

# Measuring Assistance Needs

Gerontologists, social workers and care managers often use two scales to measure a person's need for assistance:

- 1) limitations in instrumental activities of daily living (IADLs), and
- 2) limitations in activities of daily living (ADLs). You, too, can use the informal assessment form below to help determine your or a loved one's care need. The assessment will also help family caregivers identify the type and extent of care they will need to provide.

## Instrumental Activities of Daily Living (IADLs)

	Rarely	Sometimes	Often
Grocery shopping	_____	_____	_____
Doing housework	_____	_____	_____
Preparing meals	_____	_____	_____
Managing money	_____	_____	_____
Paying bills	_____	_____	_____
Dialing the telephone	_____	_____	_____
Moving around outside the home	_____	_____	_____

[If a person is able to perform the above activities on a routine basis without assistance, he or she should be able to live independently. However, the more frequently "Sometimes" and "Often" are checked, the more help the person needs.]

## Activities of Daily Living (ADLs)

	Rarely	Sometimes	Often
Dressing	_____	_____	_____
Moving around inside the home	_____	_____	_____
Bathing or showering	_____	_____	_____
Maintaining personal hygiene	_____	_____	_____
Taking medication correctly	_____	_____	_____
Getting in/out of bed or a chair	_____	_____	_____
Eating	_____	_____	_____
Using the restroom	_____	_____	_____

[Because the above activities describe personal care that is required on a daily basis, any care needed is of a higher level. Persons with 3 or more checkmarks in "Sometimes" or "Often" probably should not be living alone.]