



Sample Case Report Form

ADCS – Activities of Daily Living Inventory

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Information obtained through: Informant visit
 Telephone call

Instructions: For each question, use the subject's name where {s} appears. Before beginning, read the questionnaire guidelines to the informant.

1. Regarding **eating:**

Which best describes {S} usual performance during the past 4 weeks?

- 3 ate without physical help, and used a knife
- 2 used a fork or spoon, but not a knife, to eat
- 1 used fingers to eat
- 0 {S} usually or always was fed by someone else

2. Regarding **walking (or getting around in a wheelchair), in the past 4 weeks, which best describes his/her **optimal** performance:**

- 3 mobile outside of home without physical help
- 2 mobile across a room without physical help
- 1 transferred from bed to chair without help
- 0 required physical help to walk or transfer

3. Regarding bowel and bladder function **at the toilet, which best describes his/her **usual** performance in the past 4 weeks:**

- 3 did everything necessary without supervision or help
- 2 needed supervision, but no physical help
- 1 needed physical help, and was usually continent
- 0 needed physical help, and was usually incontinent



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4. Regarding **bathing**, in the past 4 weeks, which best describes his/her **usual** performance:
- 3 bathed without reminding or physical help
 - 2 no physical help, but needed supervision/reminders to bathe completely
 - 1 needed minor physical help (e.g., with washing hair) to bathe completely
 - 0 needed to be bathed completely
5. Regarding **grooming**, in the past 4 weeks, which best describes his/her **optimal** performance:
- 3 cleaned and cut fingernails without physical help
 - 2 brushed or combed hair without physical help
 - 1 kept face and hands clean without physical help
 - 0 needed help for grooming of hair, face, hands, and fingernails

Yes	No	Don't Know
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	0	0

6. Regarding **dressing, in the past 4 weeks:**

A) Did {S} select his/her first set of clothes for the day?

If yes, which best describes his/her usual performance:

- 3 without supervision or help
- 2 with supervision
- 1 with physical help

B) Regarding physically getting dressed, which best describes his/her usual performance in the past 4 weeks:

- 4 dressed completely without supervision or physical help
- 3 dressed completely with supervision, but without help
- 2 needed physical help only for buttons, clasps, or shoelaces
- 1 dressed without help if clothes needed no fastening or buttoning
- 0 always needed help, regardless of the type of clothing



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Yes	No	Don't Know
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	0	0

7. In the past 4 weeks, did {S} use a telephone?

If yes, which best describes his/her **highest** level of performance:

- 5 made calls after looking up numbers in white or yellow pages, or by dialing directory assistance
- 4 made calls only to well-known numbers, without referring to a directory or list
- 3 made calls only to well-known numbers, by using a directory or list
- 2 answered the phone; did not make calls
- 1 did not answer the phone, but spoke when put on the line

Yes	No	Don't Know
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	0	0
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	0	0
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	0	0
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	0	0

8. In the past 4 weeks, did {S} watch television?

If yes, ask all questions:

Did (S):

- a) usually select or ask for different programs or his/her favorite show?
- b) usually talk about the content of a program while watching it?
- c) talk about the content of a program within a day (24 hours) after watching it?

Yes	No	Don't Know
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	0	0

9. In the past 4 weeks, did {S} ever appear to pay attention to conversation or small talk for at least 5 minutes?

Note: {S} did not need to initiate the conversation.

If yes, which best describes his/her usual degree of participation:

- 3 usually said things that were related to the topic
- 2 usually said things that were not related to the topic
- 1 rarely or never spoke

Yes	No	Don't Know
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	0	0

10. Did {S} clear the dishes from the table after a meal or snack?

If yes, which best describes how he/she usually performed:

- 3 without supervision or help
- 2 with supervision
- 1 with physical help



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Yes	No	Don't Know
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	0	0

11. In the past 4 weeks, did {S} usually manage to find his/her personal belongings at home?

If yes, which best describes how he/she usually performed:

- 3 without supervision or help
2 with supervision
1 with physical help

Yes	No	Don't Know
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	0	0

12. In the past 4 weeks, did {S} obtain a hot or cold beverage for him/herself?
(A cold beverage includes a glass of water.)

If yes, which describes his/her highest level of performance

- 3 made a hot beverage, usually without physical help
2 made a hot beverage, usually if someone else heated the water
1 obtained a cold beverage, usually without physical help

Yes	No	Don't Know
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	0	0

13. In the past 4 weeks, did {S} make him/herself a meal or snack at home?

If yes, which best describes his/her highest level of food preparation:

- 4 cooked or microwaved food, with little or no help
3 cooked or microwaved food, with extensive help
2 mixed or combined food items for a meal or snack, without cooking or microwaving (e.g., made a sandwich)
1 obtained food on his/her own, without mixing or cooking it

Yes	No	Don't Know
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	0	0

14. In the past 4 weeks, did {S} dispose of garbage or litter in an appropriate place or container at home?

If yes, which best describes how he/she usually performed:

- 3 without supervision or help
2 with supervision
1 with physical help



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Yes No Don't
Know

0 0

15. In the past 4 weeks, did {S} get around (or travel) outside of his/her home?

If yes, which best describes his/her **optimal** performance:

- 4 alone, went at least 1 mile away from home
3 alone, but remained within 1 mile of home
2 only when accompanied and supervised, regardless of the trip
1 only with physical help, regardless of the trip

Yes No Don't
Know

0 0

16. In the past 4 weeks, did {S} ever go shopping ?

If yes, ask A and B:

A) Which one best describes how {S} usually selects items:

- 3 without supervision or physical help?
2 with some supervision or physical help?
1 not at all, or selected mainly random or inappropriate items?

1 0 0

B) Did {S} usually pay for items without supervision or physical help?

Yes No Don't
Know

0 0

17. In the past 4 weeks, did {S} keep appointments or meetings with other people, such as relatives, a doctor, the hairdresser, etc.?

If yes, which best describes his/her awareness of the meeting ahead of time:

- 3 usually remembered, may have needed written reminders
e.g. notes, a diary, or calendar
2 only remembered the appointment after verbal reminders on the day
1 usually did not remember, in spite of verbal reminders on the day



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Note: 1. Do not ask Q18 if the {S} is institutionalized; check here
2. Being taken to day care or having a sitter at home does not constitute being left alone.

Yes	No	Don't Know
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
↓	0	0
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	0	0
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	0	0
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	0	0

18. In the past 4 weeks, was {S} ever left on his/her own ?

If yes, ask all questions:

Was {S} left:

- a) away from home, for 15 minutes or longer, during the day?
- b) at home, for an hour or longer, during the day?
- c) at home, for less than 1 hour, during the day?

Yes	No	Don't Know
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
↓	0	0
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	0	0
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	0	0
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	0	0

19. In the past 4 weeks, did {S} talk about current events? (This means events or incidents that occurred during the past month.)

If yes, ask all questions:

Did {S} talk about events that...:

- a) he/she heard or read about or saw on TV but did not take part in?
- b) he/she took part in outside home involving family, friends, or neighbors?
- c) events that occurred at home that he/she took part in or watched?

Yes	No	Don't Know
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
↓	0	0
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	0	0
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	0	0

20. In the past 4 weeks, did {S} read a magazine, newspaper or book for more than 5 minutes at a time?

If yes, ask all questions:

Did {S} usually:

- a) talk about details of what he/she read while or shortly (< than 1 hour) after reading?
- b) talk about what he/she read 1 hour or longer after reading?



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Yes	No	Don't Know
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	0	0

21. In the past 4 weeks, did {S} ever write things down?

Note: If {S} wrote things only after encouragement or with help, the response should still be 'yes.'

If yes, which best describes the most complicated things that he/she wrote:

- 3 letters or long notes that other people understood
2 short notes or messages that other people understood
1 his/her signature or name

Yes	No	Don't Know
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	0	0

22. In the past 4 weeks, did {S} perform a pastime, hobby or game?

If yes, which pastimes did he/she perform:

Ask about all of the following, check all that apply:

- card or board games (including bridge, chess, checkers)
 bingo crosswords art
 musical instrument knitting sewing
 reading gardening golf
 tennis workshop fishing
 other _____

Note: Walking does NOT count as a hobby/pastime for this scale.

If {S} performs hobbies/pastimes only at day care, check here.

If yes, how did {S} usually perform his/her most common pastimes:

- 3 without supervision or help
2 with supervision
1 with help



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Yes No Don't
Know

0 0

23. In the past 4 weeks, did {S} use a household appliance to do chores?

→ **Ask about all of the following**, and check those that were used:

- | | | |
|--------------------------------------|------------------------------------|---|
| <input type="checkbox"/> washer | <input type="checkbox"/> dryer | <input type="checkbox"/> vacuum |
| <input type="checkbox"/> dishwasher | <input type="checkbox"/> toaster | <input type="checkbox"/> toaster oven |
| <input type="checkbox"/> range | <input type="checkbox"/> microwave | <input type="checkbox"/> food processor |
| <input type="checkbox"/> other _____ | | |

If yes, for the most commonly used appliances, which best describes how {S} usually used them:

- 4 without help, operating more than on-off controls if needed
- 3 without help, but operated only on/off controls
- 2 with supervision, but no physical help
- 1 with physical help

Total Score (0-78)

Number of "Don't Know" Responses