

# INSTRUMENTAL ACTIVITIES OF DAILY LIVING SCALE (IADL)

M.P. Lawton & E.M. Brody

## Rationale

This tool is valuable for evaluating patients with early-stage disease, both to assess the level of disease and to determine the patient's ability to care for him- or herself. At a higher level of functioning are the instrumental activities of daily living (IADLs). Whereas basic activities of daily living (ADLs) diminish in the late-middle and later phases of the illness, IADLs diminish earlier. Performance of IADLs requires mental as well as physical capacity. The IADL scale measures the functional impact of emotional, cognitive, and physical impairments. Only four IADLs are used when determining if an individual is eligible to receive personal care service. If an individual is eligible for personal care services, he/she may receive assistance with IADLs that are not considered when determining the eligibility for personal care services, but have been scored a 1 or 2. IADLs are scored based on what an individual can do rather than what he/she is doing. IADLs should be scored based on how an individual usually performs a task.

## Ability to Use Telephone

1. Operates telephone on own initiative; looks up and dials numbers.....1
2. Dials a few well-known numbers.....1
3. Answers telephone, but does not dial.....1
4. Does not use telephone at all.....0

## Shopping

1. Takes care of all shopping needs independently.....1
2. Shops independently for small purchases .....0
3. Needs to be accompanied on any shopping trip .....0
4. Completely unable to shop .....0

## Food Preparation

1. Plans, prepares, and serves adequate meals independently.....1
2. Prepares adequate meals if supplied with ingredients.....0
3. Heats and serves prepared meals or prepares meals but does not maintain adequate diet .....0
4. Needs to have meals prepared and served .....0

## Housekeeping

1. Maintains house alone with occasion assistance (heavy work).....1
2. Performs light daily tasks such as dishwashing, bed making.....1
3. Performs light daily tasks, but cannot maintain acceptable level of cleanliness .....1
4. Needs help with all home maintenance tasks .....1
5. Does not participate in any housekeeping tasks.....0

## Laundry

1. Does personal laundry completely.....1
2. Launders small items, rinses socks, stockings, etc .....1
3. All laundry must be done by others .....0

## Mode of Transportation

1. Travels independently on public transportation or drives own car .....1
2. Arranges own travel via taxi, but does not otherwise use public transportation.....1
3. Travels on public transportation when assisted or accompanied by another.....1
4. Travel limited to taxi or automobile with assistance of another .....0
5. Does not travel at all .....0

## Responsibility for Own Medications

1. Is responsible for taking medication in correct dosages at correct time .....1
2. Takes responsibility if medication is prepared in advance in separate dosages.....0
3. Is not capable of dispensing own medication.....0

## Ability to Handle Finances

1. Manages financial matters independently (budgets, writes checks, pays rent and bills, goes to bank); collects and keeps track of income.....1
2. Manages day-to-day purchases, but needs help with banking, major purchases, etc .....1
3. Incapable of handling money .....0

**Source:** Lawton, M.P., and Brody, E.M. "Assessment of older people: Self-maintaining and instrumental activities of daily living." *Gerontologist* 9:179-186, (1969).

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