



# THE UNIVERSITY OF CHICAGO MEDICINE

Center for Comprehensive Care  
and Research on Memory Disorders

## Activities of Daily Living Assessment Form

Please circle the best response for each activity that best describes your care partner's abilities. Make any specific comments in area next to activity:

### A. Eating

0-No problem

1-Independent, but slow or some spills

2-Needs help to cut or pour; spills often

3-Must be fed most foods

### B. Dressing

0-No problem

1-Independent, but slow or clumsy

2-Wrong sequence, forgets items

3-Won't help with dressing, resistive at times

4-Clothing inappropriate for weather outside

### C. Bathing

0-No problem

1-Bathes self, but needs to be reminded

2-Bathes self with assistance

3-Must be bathed by others

4-Resistive to bathing

### D. Elimination

0-Goes to bathroom independently

1-Goes to bathroom when reminded; some accidents

2-Needs assistance for elimination

3-Has no control over either bowel or bladder

### E. Talking/Communication

0-Same as usual

- 1-Less talkative; has trouble thinking of words or names**
- 2-Makes occasional errors in speech**
- 3-Speech is almost intelligible**

**F. Interest in personal appearance**

- 0-Same as always; looks neat clean and well groomed**
- 1-Interested in appearance when going out but not at home**
- 2-Allows self to be groomed, or does on request only**
- 3-Resistive to caregiver to clean and groom**

**G. Meal preparation**

- 0-Plans and prepares meals without difficulty**
- 1-Some cooking, but less than usual, or less variety**
- 2-Burns food left on stove, oven or microwave. May leave water running**
- 3-Gets food only if it has already been prepared**
- 4-Never cooked before**

**H. Housekeeping**

- 0-Keeps house neat and clean as usual**
- 1-Does at least half of usual tasks**
- 2-Supervises others to do chores that can no longer be done physically**
- 3-No longer does any maintenance or housekeeping tasks**

**I. Recreation**

- 0-Same outside activities as before**
- 1-Engages in recreational activities less frequently**
- 2-Has lost some skills needed for recreational activities; needs coaxing to participate**
- 3-No longer pursues recreational activities**
- 4-Never engaged in recreational activities**

**J. Travel**

- 0-Same as usual**
- 1-Can travel only if accompanied by another person**
- 2-Gets out only if persuaded by another person. Prefers staying home**
- 3-Homebound – goes out only to doctor appointments**

**K. Food shopping**

- 0-No problem**
- 1-Forgets items or buys unnecessary items**
- 2-Needs to be accompanied when shopping**
- 3-Does not participate in any shopping**

**L. Handling money**

**0-No problem paying bills, banking**

**1-Has difficulty paying bills: forgets to pay on time, can't write checks correctly**

**2-Forgets to pay bills; cannot balance checkbook, needs help from others**

**3-No longer manages any finances**

**4-Never had responsibility for this activity**

**M. Driving**

**0-Drives as usual; does not get lost, has had no accidents**

**1-Drives more cautiously**

**2-Drives less carefully; has gotten lost while driving**

**3-No longer drives-**

**MD suggested patient stop driving**

**Family suggested patient stop driving**

**Patient stopped driving by him/herself**

**N. Taking Medications**

**0- Remembers without help**

**1-Remembers if dose is kept in a special place like pill box**

**2-Needs spoken or written reminders**

**3-Must be given medication by others**

**4-Resistive to taking medication**

**O. Understanding**

**0-Understands everything that is said as usual**

**1-Less talkative; has trouble thinking of words or names of people seen often**

**2-Has trouble understanding conversations or specific words occasionally**

**3-Does not understand what people are saying most of the time**

**P. Writing**

**0-Same as usual**

**1-Writes less often; makes occasional spelling errors**

**2-Signs name but no other writing**

**3-Never writes or never wrote much in the past**

**Q. Telephone use**

**0-Same as usual**

**1-Calls a few familiar numbers**

**2-Will only answer phone and won't make calls**

**3-Doesn't use phone at all**