

Date \_\_\_\_\_

## Activities of Daily Living (ADLs)

These are daily activities we take care of by ourselves. As we age, or if we have health problems, some of the activities get harder to do, or even impossible. Your initial consultation with a home health care agency will include a discussion of these activities, and perhaps others. You'll want to make it clear whether you can manage by yourself, with some help, or if you depend on someone else to get it done.

Over the years, your list of ADLs and how you manage them will change. So keep a copy of this list so you can update it!

<b><i>Activity</i></b>	<b><i>Do it by <u>myself</u>, need <u>some help</u>, or depend on <u>others</u></i></b>	<b><i>Comment</i></b>
Bathing/showering		
Dressing		
Toileting		
Planning meals		
Preparing meals		
Eating		
Standing from sitting		
Transferring from/to chair		
Transferring from/to bed		
Walking		
Climbing stairs		
Using telephone		
Managing medications		
Making appointments		
Managing mail		
Managing finances		

Doing light housework		
Doing laundry		
Caring for pet		
Locking/unlocking doors		
Opening cabinets /cupboards		
Operating light switches		
Using appliances (microwave, toaster)		
Cooking using oven, stovetop		
Opening jars and cans		
Operating thermostat		
Shopping		
<b>Know how to call for help</b>		