



## Activities of Daily Living Checklist

<i>Activities</i>	Requires No Help	Requires Modifications <i>(such as the use of assistive technology)</i>	Requires Help
<b>Bathing/Showering:</b> Can you run the water at a safe temperature, clean yourself, and get in and out of the shower or bathtub?			
<b>Dressing:</b> Can you pick out your clothes, put them on and take them off?			
<b>Grooming:</b> Can you brush and floss your teeth, shave, and trim your nails?			
<b>Toileting:</b> Can you control bladder and bowel function, get to and on the toilet, and clean yourself?			
<b>Eating:</b> Can you feed yourself using utensils?			
<b>Transferring:</b> Can you get in and out of bed?			
<b>Mobility:</b> Can you walk or get around?			
<b>Shopping:</b> Can you shop for all your needs?			
<b>Cooking:</b> Can you plan and prepare meals, including cooking and cleaning up?			
<b>Managing Medications:</b> Can you get your medicine and take the correct dose at the correct time?			
<b>Housework:</b> Can you clean your home, such as washing dishes or dusting?			
<b>Laundry:</b> Can you wash and dry your clothes?			

### *Instrumental Activities*

<b>Transportation:</b> Can you drive or arrange other transportation for yourself?			
<b>Managing Finances:</b> Can you handle your money and pay your bills?			
<b>Communication:</b> Can you send mail, use the phone, email, or otherwise communicate with people?			

# Daily Living

**SA Dillow**



## **Daily Living:**

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