

## MEASURING ASSISTANCE NEEDS

Gerontologists, social workers and care managers often use two scales to measure a person’s need for assistance:

1. Limitations in Instrumental Activities of Daily Living (IADLs) and
2. Limitations in Activities of Daily Living (ADLs). You, too, can use the informal assessment form below to help determine your or a loved one’s care needs. The assessment will also help family caregivers identify the type and extent of care they will need to provide.

### Level of assistance needed with these Instrumental Activities of Daily Living (IADLs)

	Rarely	Sometimes	Often
Grocery Shopping	_____	_____	_____
Doing Housework	_____	_____	_____
Preparing Meals	_____	_____	_____
Managing Money	_____	_____	_____
Paying Bills	_____	_____	_____
Dialing the Telephone	_____	_____	_____
Moving Around Outside the Home	_____	_____	_____

*(If the person is able to perform the above duties on a routine basis without assistance, he or she should be able to live independently. However, the more frequently “Sometimes” and “Often” are checked, the more help the person needs.)*

### Level of assistance needed with these Activities of Daily Living (ADLs)

	Rarely	Sometimes	Often
Dressing	_____	_____	_____
Moving Around Inside the Home	_____	_____	_____
Bathing or Showering	_____	_____	_____
Maintaining Personal Hygiene	_____	_____	_____
Taking Medication Correctly	_____	_____	_____
Getting In/Out of Bed or a Chair	_____	_____	_____
Eating	_____	_____	_____
Using the Restroom	_____	_____	_____

*(Because the above activities describe personal care that is required on a daily basis, any care needed is of a higher level. Persons with three or more checkmarks in “Sometimes” or “Often” probably should not be living alone.)*