INSTRUMENTAL ACTIVITIES OF DAILY LIVING SCALE (IADL)
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A. Ability to use telephone
1. Operates telephone on own initiative; looks up and dials numbers, etc. 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

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

B. 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

F. 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 accompanied by another. 1
4. Travel limited to taxi or automobile with assistance of another. 0
5. Does not travel at all. 0

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

G. 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 dosage. 0
3. Is not capable of dispensing own medication. 0

D. Housekeeping
1. Maintains house alone or with occasional assistance (e.g. “heavy work domestic help”) 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

H. Ability to Handle Finances
1. Manages financial matters independently (budgets, writes checks, pays rent, 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 if handling money. 0

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