



Eddy Senior Living

ST PETER'S HEALTH PARTNERS

Measuring Assistance Needs for Seniors

There are two scales often used to measure a person's need for assistance:

1. Limitations in instrumental activities of daily living (IADLs)
2. Limitations in activities of daily living (ADLs)

In order to help determine care needs for yourself, or a senior parent or loved one, Eddy Senior Living has provided this informal assessment. This assessment can also help family caregivers identify and better understand the type and extent of care they will need to provide.

Instrumental Activities of Daily Living (IADLs)

If a person is able to perform the activities below 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.

	Rarely	Sometimes	Often
Grocery shopping	___	___	___
Doing housework	___	___	___
Preparing meals	___	___	___
Managing money	___	___	___
Paying bills	___	___	___
Dialing the telephone	___	___	___
Moving around outside the home	___	___	___

Activities of Daily Living (ADLs)

The activities below describe personal care that is required on a daily basis. Persons with 3 or more checkmarks in "Sometimes" or "Often" probably should not be living alone.

	Rarely	Sometimes	Often
Dressing	___	___	___
Moving around inside the home	___	___	___
Bathing or showering	___	___	___
Maintaining personal hygiene	___	___	___
Taking medication(s) correctly	___	___	___
Getting in/out of bed or a chair	___	___	___
Eating	___	___	___
Using the restroom	___	___	___