

Your Senior Wellness Checklist:

# *Activities of Daily Living*



The Bluffs  
OF  
FLAGSTAFF  
SENIOR LIVING



## *What are Activities of Daily Living?*

**Preparing a meal. Showering. Getting dressed.** These are daily tasks most of us do not think twice about. However, for an aging loved one, the ability to complete the most basic task can impact not only their quality of life but also their safety. And while everyone desires a life of independence, sometimes a bit of assistance can make all the difference. That's where we can help. Before you consult with a senior living expert about your loved one's needs, learn more about Activities of Daily Living and how they impact your loved one's life. Then, use our checklist to see how your loved one is performing at home and to help determine if they are ready for senior living assistance.

### **Activities of Daily Living**

These essential and routine self-care tasks should be able to be performed without assistance, helping your loved one live independently at home. The inability to do so could lead to unsafe conditions and a poor quality of life.

- ✓ **Personal Care & Hygiene:**  
Grooming essentials, such as bathing, dental hygiene, and hair
- ✓ **Getting Dressed:**  
Being able to choose clothing and physically dress oneself
- ✓ **Eating:**  
The ability to feed oneself (not necessarily cooking or preparing meals)
- ✓ **Toileting and Continence:**  
Control of bladder and bowel function, plus the ability to use the toilet independently
- ✓ **Mobility:**  
Getting into and out of bed or a chair and walking independently

### **Instrumental Activities of Daily Living**

Though more complex than the basic ADL tasks, IADLs are still essential to living independently and supporting a high quality of life. Understanding IADLs helps assess how much assistance your loved one may need.

- ✓ **Cooking and Meal Preparation**
- ✓ **Housekeeping and Home Maintenance**
- ✓ **Medication Management**
- ✓ **Health Management and Maintenance**
- ✓ **Shopping and Managing Purchases**
- ✓ **Communication (Phone, Email, Mail)**
- ✓ **Managing Finances**
- ✓ **Using Transportation**
- ✓ **Care of Others and/or Pets**
- ✓ **Safety Procedures and Emergency Responses**
- ✓ **Religious Observances**

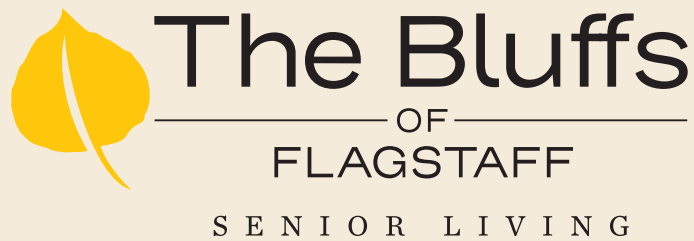
*If you've noticed your family member's abilities seem to have changed, use our*

**ACTIVITIES OF DAILY LIVING CHECKLIST** **NEXT PAGE** >>

# Activities of Daily Living Checklist

For each activity, assess your loved one's level of independence and check the appropriate box. This will help determine if extra support would benefit your loved one's quality of life. **Then, contact one of our senior living experts and let us assist you and your loved one.**

ACTIVITY	DOES NOT NEED HELP	SOMETIMES NEEDS HELP	ALWAYS NEEDS HELP	DOES NOT DO ACTIVITY
<b>Personal Hygiene &amp; Dressing</b>				
Gets dressed and undressed				
Chooses weather-appropriate clothing				
Showers/baths easily				
Maintains personal hygiene (dental, combing hair, shaving, trimming nails)				
<b>Toileting</b>				
Manages toilet needs				
Controls bladder/bowel function				
Cleans themselves effectively				
<b>Personal Healthcare</b>				
Manages medication				
Orders/pick up prescriptions				
Manages/maintains personal health				
Manages doctors appointments				
<b>Eating &amp; Meal Preparation</b>				
Eats without difficulty (swallowing, chewing, using utensils)				
Prepares/cooks meals				
Washes dishes and keeps kitchen tidy				
Shops/orders groceries				
<b>Mobility</b>				
Moves around the house easily				
Walks around the block				
Climbs up and down stairs				
Gets into or out of bed				
<b>Other Instrumental Activities</b>				
Cleans house, keeps it easy to navigate				
Manages house maintenance				
Cleans laundry regularly				
Shops and manages purchases				
Pays bills on time				
Manages overall finances				
Drives and maintains a car				
Safely uses the internet and email				
Phones/texts friends and family				
Cares for another person living with them and/or pets				



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As a trusted part of the senior living industry, we are happy to share our expertise and connect you with one of our local professional partnerships to help guide you and answer your questions. Please feel free to contact us and see how we can help.



**SCAN TO CONTACT US**



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