Assess the Care Recipient's Need for Assistance

Activities of Daily Living (ADLs)

Activity	No Help Needed	Needs Some Help	Can't Do At All
Bathing			
Dressing			
Grooming			
Going to the bathroom			
Eating/feeding self			
Getting in/out of bed			
Getting in/out of chair			
Walking			

Instrumental Activities of Daily Living (IADLs)

Activities	No Help Needed	Needs Some	Can't Do At All
TT :		Help	
Using the telephone	Ш	Ш	Ш
Shopping			
Transportation			
Managing money/paying bills			
Doing laundry			
Doing light housework			
Preparing meals			

Source: Caregiver handbook. A local guide for caregivers of older adults in the Denver region. Denver: Denver Regional Council of Governments (DRCOG), p. 15-16.