



IADL

LAWTON-BRODY INSTRUMENTAL ACTIVITIES OF DAILY LIVING SCALE

ABILITY TO USE TELEPHONE

1. Operates telephone on own initiative 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

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

FOOD PREPARATION

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

HOUSEKEEPING

1. Maintains house alone or with occasional assistance 1
2. Performs light daily tasks such as dishwashing or bed making 1
3. Performs light daily tasks but cannot maintain acceptable level of cleanliness 1
4. Needs help with all house maintenance tasks 1
5. Does not participate in any housekeeping tasks 0

E. LAUNDRY

1. Does personal laundry completely 1
2. Launders small items by self 1
3. All laundry must be done by others 0

MODE OF TRANSPORTATION

1. Travels independently on public transport or drives own car 1
2. Arranges own travel via taxi, but does not use other modes of transportation 1
3. Travels on public transportation when accompanied by another 1
4. Travels limited to full assistance by another 0
5. Does not travel at all 0

RESPONSABILITY FOR MEDICATIONS

1. Is able to take medications in correct dosages at correct time 1
2. Takes medications if they are prepared in advance in correct dosages 0
3. Is not capable of dispensing own medications 0

ABILITY TO HANDLE FINANCE

1. Manages financial matters independently (e.g., paying bills, go to bank) 1
2. Manages day-to-day purchases but needs help with banking, major transactions. 1
3. Incapable of handling money 0

TOTAL SCORE: _____

SCORING

The resultant score will be a number between 0 (very dependent) and 8 (totally independent).

Lawton M.P. and Brody E.M. (1969). Assessment of older people: self-maintaining and instrumental activities of daily living. *Gerontologist*, 9, 179-186.