

Activities of Daily Living

Activities of daily living (ADLs) are tasks people perform each day to take care of themselves and their well-being.



Basic Activities of Daily Living (BADLs)

Basic ADLs are skills one needs to manage their **physical self-care**, including bathing, dressing, toileting, eating, or moving from one place to another.

Instrumental Activities of Daily Living (IADL)

Instrumental ADLs are **complex skills** that allow someone to **live independently**, such as preparing meals, cleaning their home, shopping, driving, managing finances, managing medications, and laundry.

Assess Needs

Assess your loved one's ability to perform BADLs and IADLs using the "**Katz Index of Independence in ADL**" and the "**Lawton IADL Scale**" located in the **Caregiver Binder** at caregivinghaven.org. Assess the home for **safety risks** and make changes to prevent accidents and falls.

BADL & IADL Aids

Search online for "**aids for daily living**" to find bathing, dressing, dining, or other household aids to help your loved one maintain their independence.

Attend Caregiver Webinars & Classes

Look online for free **webinars**, **classes**, or **training sessions** to learn tips and tricks that help your loved one perform BADLs and IADLs independently. Check out the **training section** on caregivinghaven.org to get started.