

## IADL Long Form

**Interviewer Administered. Intended for participants on the Long Version list**

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MACSID: MACSID VISIT#: VISIT\_055 Visit Date: \_\_\_/\_\_\_/\_\_\_  
 (M M) (D D) (Y Y)  
 Date of Birth: DOBMIA\_055 Center#: \_\_\_\_\_ (1=Baltimore; 2=Chicago; 3=Pittsburgh; 4=LA)  
DOBDIA\_055 DOBYIA\_055 CENTR\_055  
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We are interested in knowing how well you are able to perform some common tasks. We need to know about your ability level NOW (in the last month or so) and at your BEST EVER.

For example, someone may have been able to bathe himself in the past, but now needs some assistance with bathing. When asked about his ability level NOW, he would respond “I need occasional assistance with bathing”. When asked about BEST EVER, he would respond “I handle all the bathing by myself.” Another person may have always had difficulty bathing due to a handicap they have had since birth, so his ability now is the same as the best ever.

**IADL1A\_055**

1a. Housekeeping <b>NOW</b> . Please select the item that most accurately indicates the level at which you perform the activity <b>NOW</b> :
<input type="radio"/> a. I maintain my house/apartment by myself or only need occasional help for larger jobs [code=0] <b>Skip to Q2a</b>
<input type="radio"/> b. I am fully able to do housekeeping, but choose not to do so. [code=8]
<input type="radio"/> c. I only perform light daily tasks (wash dishes, make bed) [code=1]
<input type="radio"/> d. I perform some light tasks, but have difficulty keeping my place clean [code=2]
<input type="radio"/> e. I need help with all housekeeping tasks [code=3]

**IADL1B\_055**

1b. Housekeeping <b>BEST EVER</b> . Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your <b>BEST EVER</b> :
<input type="radio"/> a. At my best, I have maintained my house/apartment by myself or only needed occasional help for larger jobs [code=0]
<input type="radio"/> b. At my best, I have been fully able to do housekeeping, but have chosen not to do so. [code=8]
<input type="radio"/> c. At my best, I have only performed light daily tasks (wash dishes, make bed) [code=1]
<input type="radio"/> d. Even at my best, I have performed some light tasks, but had difficulty keeping my place clean [code=2]
<input type="radio"/> e. Even at my best, I have needed help with all housekeeping tasks [code=3]

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#### IADL2A\_055

2a. Managing finances **NOW**. Please select the item that most accurately indicates the level at which you perform the activity **NOW**:

a. I manage all of my finances (check cashing, banking, handling money) by myself [code=0] **Skip to Q3a.**

b. I am able to handle my own finances, but someone else does them for me [code=8]

c. I manage routine small purchases, but need help with banking, checking and balancing accounts [code=2]

d. I am not able to handle money accurately [code=3 ]

#### IADL2B\_055

2b. Managing finances **BEST EVER**. Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your **BEST EVER**:

a. At my best, I have managed all of my finances (check cashing, banking, handling money) by myself [code=0]

b. At my best, I have been able to handle my own finances, but someone else did them for me [code=8]

c. Even at my best, I have managed routine small purchases, but needed help with banking, checking and balancing accounts [code=2 ]

d. Even at my best, I have not been able to handle money accurately [code=3 ]

#### IADL3A\_055

3a. Buying Groceries **NOW**. Please select the item that most accurately indicates the level at which you perform the activity **NOW**:

a. I create my own grocery list and do my own shopping [code=0] **Skip to Q4a.**

b. I am able to create my own grocery list and do my own shopping, but someone else does it for me [code=8]

c. I need occasional assistance in buying groceries [code=1]

d. I need someone else to do my grocery shopping for me [code=3 ]

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#### IADL3B\_055

3b. Buying Groceries **BEST EVER**. Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your **BEST EVER**:

- a. At my best, I have created my own grocery list and done my own shopping [code=0]
- b. At my best, I have been able to create my own grocery list and do my own shopping, but someone else did it for me [code=8]
- c. At my best, I have needed occasional assistance in buying groceries [code=1]
- d. Even at my best, I have needed someone else to do my grocery shopping for me [code=3]

#### IADL4A\_055

4a. Cooking **NOW**. Please select the item that most accurately indicates the level at which you perform the activity **NOW**:

- a. I plan, prepare, and serve many of my own meals [code=0] **Skip to 5a.**
- b. I am able to plan, prepare, and serve my own meals but someone else does it for me [code=8]
- c. I prepare meals if someone else provides me with the right ingredients [code=1]
- d. I heat and serve meals provided by others [code=2]
- e. I need to have meals prepared and served to me [code=3]

#### IADL4B\_055

4b. Cooking **BEST EVER**. Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your **BEST EVER**:

- a. At my best, I have planned, prepared, and served many of my own meals [code=0]
- b. At my best, I have been able to plan, prepare, and serve my own meals but someone else did it for me [code=8]
- c. At my best, I have prepared meals if someone else provided me with the right ingredients [code=1]
- d. Even at my best, I have heated and served meals provided by others [code=2]
- e. Even at my best, I have needed to have meals prepared and served to me [code=3]

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#### IADL5A\_055

5a. Planning social activities **NOW**. Please select the item that most accurately indicates the level at which you perform the activity **NOW**:

a. I frequently initiate and plan social activities (e.g., going out, having a party) [code=0]

**Skip to Q6a.**

b. I rarely initiate and plan social activities [code=2]

c. I do not plan and initiate social activities [code=3]

#### IADL5B\_055

5b. Planning social activities **BEST EVER**. Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your **BEST EVER**:

a. At my best, I have frequently initiated and planned social activities (e.g., going out, having a party) [code=0]

b. Even at my best, I have rarely initiated or planned social activities [code=2]

c. Even at my best, I did not plan or initiate social activities [code=3]

#### IADL6A\_055

6a. Understanding reading materials/TV **NOW**. Please select the item that most accurately indicates the level at which you perform the activity **NOW**:

a. I understand reading materials (e.g., novels, newspaper) and TV (plots, etc.) without difficulty [code=0] **Skip to Q7a.**

b. I have occasional difficulty understanding reading materials or TV [code=1]

c. I have frequent difficulty understanding reading materials or TV [code=2]

d. I am unable to understand reading materials or TV [code=3]

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#### IADL6B\_055

6b. Understanding reading materials/TV **BEST EVER**. Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your **BEST EVER**:

a. At my best, I have understood reading materials (e.g., novels, newspaper) and TV (plots, etc.) without difficulty [code=0]

b. At my best, I have had occasional difficulty understanding reading materials or TV [code=1]

c. Even at my best, I have had frequent difficulty understanding reading materials or TV [code=2]

d. Even at my best, I have been unable to understand reading materials or TV [code=3]

#### IADL7A\_055

7a. Transportation **NOW**. Please select the item that most accurately indicates the level at which you perform the activity **NOW**:

a. I drive my own car or take public transportation on my own (if you do not own a car) [code=0] **Skip to Q8a.**

b. I arrange my own travel using taxis, but do not drive or use public transportation [code=1]

c. I can travel on public transportation or use taxis if I am assisted by another [code=2]

d. I am entirely dependent on others to take me where I need to go [code=3]

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#### IADL7B\_055

7b. Transportation **BEST EVER**. Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your **BEST EVER**:

- a. At my best, I have driven my own car or taken public transportation on my own (when I have not owned a car) [code=0]
- b. At my best, I have arranged my own travel using taxis, but did not drive or use public transportation [code=1]
- c. Even at my best, I have been able to travel on public transportation or use taxis if I am assisted by another [code=2]
- d. Even at my best, I have been entirely dependent on others to take me where I need to go [code=3]

#### IADL8A\_055

8a. Using the telephone **NOW**. Please select the item that most accurately indicates the level at which you perform the activity **NOW**:

- a. I do not have access to a telephone [code=9/not applicable]
- b. I handle using the telephone without difficulty (looking up and dialing new numbers. etc.) [code=0] **Skip to Q9a.**
- c. I only dial a few well-known numbers [code=1]
- d. I answer the telephone, but do not dial [code=2]
- e. I do not use the telephone at all [code=3]

#### IADL8B\_055

8b. Using the telephone **BEST EVER**. Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your **BEST EVER**:

- a. I have never had access to a telephone [code=9]
- b. At my best, I have handled using the telephone without difficulty (looking up and dialing new numbers. etc.) [code=0]
- c. At my best, I have only dialed a few well-known numbers [code=1]
- d. Even at my best, I have answered the telephone, but have not dialed [code=2]
- e. Even at my best, I have not used the telephone at all [code=3]

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#### IADL9A\_055

9a. Home repairs **NOW**. Please select the item that most accurately indicates the level at which you perform the activity **NOW**:

- a. I handle most minor home repairs (plumbing, gardening) [code=0] **Skip to Q10a**
- b. I am capable of making minor repairs but choose not to [code=8]
- c. I need assistance with most minor home repairs [code=2 ]
- d. I am unable to do most repairs by myself [code=3 ]

#### IADL9B\_055

9b. Home repairs **BEST EVER**. Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your **BEST EVER**:

- a. At my best, I have handled most minor home repairs (plumbing, gardening) [code=0]
- b. At my best, I have been capable of making minor repairs but have chosen not to [code=8]
- c. Even at my best, I have needed assistance with most minor home repairs [code=2 ]
- d. Even at my best, I have not been able to do most repairs by myself [code=3 ]

#### IADL10A\_055

10a. Bathing **NOW**. Please select the item that most accurately indicates the level at which you perform the activity **NOW**:

- a. I handle all of my bathing needs by myself [code=0] **Skip to Q11a.**
- b. I need occasional assistance with bathing (getting in and out of the tub/shower, etc.) [code=2]
- c. I always need help from others when bathing [code=3 ]

#### IADL10B\_055

10b. Bathing **BEST EVER**. Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your **BEST EVER**:

- a. At my best, I have handled all of my bathing needs by myself [code=0]
- b. Even at my best, I have needed occasional assistance with bathing (getting in and out of the tub/shower, etc.) [code=2 ]
- c. Even at my best, I have always needed help from others when bathing [code=3]

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#### IADL11A\_055

11a. Dressing **NOW**. Please select the item that most accurately indicates the level at which you perform the activity **NOW**:

- a. I am able to dress myself and pick out my own clothes [code=0] **Skip to Q12a**
- b. I dress myself, but someone else must pick out my clothes for me [code=1]
- c. I need occasional assistance getting dressed or frequently make mistakes in choosing clothes [code=2]
- d. I need frequent assistance in getting dressed [code=3]

#### IADL11B\_055

11b. Dressing **BEST EVER**. Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your **BEST EVER**:

- a. At my best, I have been able to dress myself and pick out my own clothes [code=0]
- b. At my best, I have dressed myself, but someone else has picked out my clothes for me [code=1]
- c. Even at my best, I have needed occasional assistance getting dressed or have frequently made mistakes in choosing clothes [code=2]
- d. Even at my best, I have needed frequent assistance in getting dressed [code=3]

#### IADL12A\_055

12a. Shopping (e.g., clothes, other non-food goods) **NOW**. Please select the item that most accurately indicates the level at which you perform the activity **NOW**:

- a. I take care of all of my shopping needs [code=0] **Skip to Q13a**
- b. I am able to shop, but choose to have someone else do my shopping for me [code=8]
- c. I only make small purchases [code=1]
- d. I need someone to go with me on any shopping trip [code=2]
- e. I am unable to shop [code=3]



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#### IADL12B\_055

12b. Shopping (e.g., clothes, other non-food goods) **BEST EVER**. Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your **BEST EVER**:

- a. At my best, I have taken care of all of my shopping needs [code=0]
- b. At my best, I have been able to shop, but have chosen to have someone else do my shopping for me [code=8]
- c. At my best, I have only made small purchases [code=1]
- d. Even at my best, I have needed someone to go with me on any shopping trip [code=2]
- e. Even at my best, I have been unable to shop [code=3]

#### IADL13A\_055

13a. Laundry **NOW**. Please select the item that most accurately indicates the level at which you perform the activity **NOW**:

- a. I do all of my own laundry [code=0] **Skip to Q14a**
- b. I am able to do my own laundry, but choose to have others do it for me [code=8]
- c. I need occasional help in doing the laundry [code=1]
- d. I launder only small items (e.g., rinse socks, stockings. etc.) [code=2]
- e. All laundry must be done by others [code=3]

#### IADL13B\_055

13b. Laundry **BEST EVER**. Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your **BEST EVER**:

- a. At my best, I have done all of my own laundry [code=0]
- b. At my best, I have been able to do my own laundry, but have chosen to have others do it for me [code=8]
- c. At my best, I have needed occasional help in doing the laundry [code=1]
- d. Even at my best, I have laundered only small items (e.g., rinse socks, stockings. etc.) [code=2]
- e. Even at my best, I have needed others to do my laundry [code=3]

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#### IADL14A\_055

14a. Taking/keeping track of medication <b>NOW</b> . Please select the item that most accurately indicates the level at which you perform the activity <b>NOW</b> :
<input type="radio"/> a. I take sole responsibility for taking medications in correct dosages at the correct time [code=0] <b>Skip to Q15a</b>
<input type="radio"/> b. I am able to take care of my own medications, but choose to have someone else do it for me [code=8]
<input type="radio"/> c. I take medications that are prepared in individual doses by someone else [code=1]
<input type="radio"/> d. I am unable to track my own medications [code=3]

#### IADL14B\_055

14b. Taking/keeping track of medication <b>BEST EVER</b> . Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your <b>BEST EVER</b> :
<input type="radio"/> a. At my best, I have taken sole responsibility for taking medications in correct dosages at the correct time [code=0]
<input type="radio"/> b. At my best, I have been able to take care of my own medications, but have chosen to have someone else do it for me [code=8]
<input type="radio"/> c. At my best, I have taken medications that are prepared in individual doses by someone else [code=1]
<input type="radio"/> d. Even at my best, I have been unable to track my own medications [code=3]

#### IADL15A\_055

15a. Child Care <b>NOW</b> . Please select the item that most accurately indicates the level at which you perform the activity <b>NOW</b> :
<input type="radio"/> a. I do not have children [code=9]
<input type="radio"/> b. I am fully able to handle child care [code=0] <b>Skip to Q16a</b>
<input type="radio"/> c. I need occasional assistance in caring for my children [code=1]
<input type="radio"/> d. I need constant assistance in caring for my children [code=3]

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#### IADL15B\_055

15b. Child Care **BEST EVER**. Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your **BEST EVER**:

- a. I have never had children [code=9]
- b. At my best, I have been fully able to handle child care [code=0]
- c. At my best, I have needed occasional assistance in caring for my children [code=1]
- d. Even at my best, I have needed constant assistance in caring for my children [code=3]

#### IADL16A\_055

16a. Work **NOW**. Please select the item that most accurately indicates the level at which you perform the activity **NOW**:

- a. I am retired [code=9]
- b. I am efficient at work [code=0] **Skip to Q17a**
- c. I am not very efficient at work and have difficulty maintaining attention or finishing tasks [code=1]
- d. I am having a great deal of difficulty in maintaining attention or finishing tasks at work [code=2]
- e. I am no longer able to work [code=3]

#### IADL16B\_055

16b. Work **BEST EVER**. Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your **BEST EVER**:

- a. At my best, I have been efficient at work [code=0]
- b. At my best, I have not been very efficient at work and have had difficulty maintaining attention or finishing tasks [code=1]
- c. Even at my best, I have had a great deal of difficulty in maintaining attention or finishing tasks at work [code=2]
- d. Even at my best, I have never been able to work [code=3]

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#### IADL17\_055

17. I feel that the difficulties that I am having on the above tasks, if any, are due to:
<input type="radio"/> a. I am not having any difficulties on the previous tasks [code=0]
<input type="radio"/> b. Primarily cognitive problems (for example, thinking, memory, paying attention) [code=1]
<input type="radio"/> c. Primarily physical problems (for example, fatigue, feeling sick) [code=2]
<input type="radio"/> d. Equally cognitive and physical problems [code=3]

#### IADL18\_055

18. If you are having more difficulty than you used to with the above tasks, approximately when did the difficulties begin?
<input type="radio"/> a. I am not having any difficulties [code=0]
<input type="radio"/> b. Within the last month [code=1]
<input type="radio"/> c. 1 to 6 months ago [code=2]
<input type="radio"/> d. 6 months to 2 years ago [code=3]
<input type="radio"/> e. 2 to 5 years ago [code=4]
<input type="radio"/> f. More than 5 years ago [code=5]