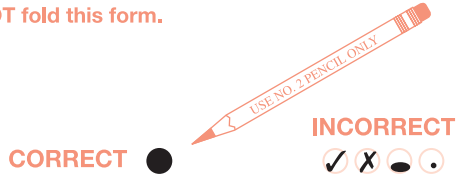


# Instrumental Activities of Daily Living (IADL) Short Form

Self-administered. Intended for participants not on the Long Version List.

## MARKING INSTRUCTIONS

- Make dark marks that fill the circle completely.
- Make clean erasures.
- Make NO stray marks.
- Do NOT fold this form.



MACSID				VISIT #		VISIT DATE			DATE OF BIRTH					
MACSID				VISIT #		MO	DAY	YEAR	MO	DAY	YEAR			
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**INSTRUCTIONS TO PARTICIPANT:** 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).

**1. Housekeeping - Pick the one option that best describes your ability level NOW (in the last month or so).**

- a. I maintain my house/apartment by myself or only need occasional help for larger jobs IADL1A\_056
- b. I am fully able to do housekeeping, but choose not to do so
- c. I only perform light daily tasks (wash dishes, make bed)
- d. I perform some light tasks, but have difficulty keeping my place clean
- e. I need help with all housekeeping tasks

**2. Managing finances - Pick the one option that best describes your ability level NOW (in the last month or so).**

- a. I manage all of my finances (check cashing, banking, handling money) by myself IADL2A\_056
- b. I am able to handle my own finances, but someone else does them for me
- c. I manage routine small purchases, but need help with banking, checking and balancing accounts
- d. I am not able to handle money accurately

**3. Buying Groceries - Pick the one option that best describes your ability level NOW (in the last month or so).**

- a. I create my own grocery list and do my own shopping IADL3A\_056
- b. I am able to create my own grocery list and do my own shopping, but someone else does it for me
- c. I need occasional assistance in buying groceries
- d. I need someone else to do my grocery shopping for me



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4. **Cooking - Pick the one option that best describes your ability level NOW (in the last month or so).**

- a. I plan, prepare, and serve many of my own meals IADL4A\_056
- b. I am able to plan, prepare, and serve my own meals but someone else does it for me
- c. I prepare meals if someone else provides me with the right ingredients
- d. I heat and serve meals provided by others
- e. I need to have meals prepared and served to me

5. **Planning social activities - Pick the one option that best describes your ability level NOW (in the last month or so).**

- a. I frequently initiate and plan social activities (e.g., going out, having a party) IADL5A\_056
- b. I rarely initiate and plan social activities
- c. I do not plan and initiate social activities

6. **Understanding reading materials/TV - Pick the one option that best describes your ability level NOW (in the last month or so).**

- a. I understand reading materials (e.g., novels, newspaper) and TV (plots, etc.) without difficulty IADL6A\_056
- b. I have occasional difficulty understanding reading materials or TV
- c. I have frequent difficulty understanding reading materials or TV
- d. I am unable to understand reading materials or TV

7. **Transportation - Pick the one option that best describes your ability level NOW (in the last month or so).**

- a. I drive my own car or take public transportation on my own (if you do not own a car) IADL7A\_056
- b. I arrange my own travel using taxis, but do not drive or use public transportation
- c. I can travel on public transportation or use taxis if I am assisted by another
- d. I am entirely dependent on others to take me where I need to go

8. **Using the telephone - Pick the one option that best describes your ability level NOW (in the last month or so).**

- a. I do not have access to a telephone IADL8A\_056
- b. I handle using the telephone without difficulty (looking up and dialing new numbers, etc.)
- c. I only dial a few well-known numbers
- d. I answer the telephone, but do not dial
- e. I do not use the telephone at all

9. Home repairs - Pick the one option that best describes your ability level NOW (in the last month or so).

a. I handle most minor home repairs (plumbing, gardening)

IADL9A\_056

b. I am capable of making minor repairs but choose not to

c. I need assistance with most minor home repairs

d. I am unable to do most repairs by myself

10. Bathing - Pick the one option that best describes your ability level NOW (in the last month or so).

a. I handle all of my bathing needs by myself

IADL10A\_056

b. I need occasional assistance with bathing (getting in and out of the tub/shower etc.)

c. I always need help from others when bathing

11. Dressing - Pick the one option that best describes your ability level NOW (in the last month or so).

a. I am able to dress myself and pick out my own clothes

IADL11A\_056

b. I dress myself, but someone else must pick out my clothes for me

c. I need occasional assistance getting dressed or frequently make mistakes in choosing clothes

d. I need frequent assistance in getting dressed

12. Shopping (e.g., clothes, other non-food goods) - Pick the one option that best describes your ability level NOW (in the last month or so).

a. I take care of all of my shopping needs

IADL12A\_056

b. I am able to shop, but choose to have someone else do my shopping for me

c. I only make small purchases

d. I need someone to go with me on any shopping trip

e. I am unable to shop

13. Laundry - Pick the one option that best describes your ability level NOW (in the last month or so).

a. I do all of my own laundry

IADL13A\_056

b. I am able to do my own laundry, but choose to have others do it for me

c. I need occasional help in doing the laundry

d. I launder only small items (e.g., rinse socks, stockings, etc.)

e. All laundry must be done by others

