



CARE Patrol[™]
Your Partner In Senior Care Solutions



Senior Care Options with Care and Compassion

ADLs vs. IADLs. Why It's Important to Know.

From the CarePatrol Educational Series

When selecting care options, consider the support needed to complete activities of daily living (ADLs) to live at home and be fully-independent.



WHAT ARE ACTIVITIES OF DAILY LIVING (ADLs)?

ADLs are essential and routine tasks that should be able to be completed without assistance. The inability to accomplish essential activities of daily living may lead to unsafe conditions and poor quality of life. Those who are unable to accomplish these essential activities may be unsafe and suffer a poor quality of life.

There are two classifications of ADLs:

- Basic Activities of Daily Living (BADLs)
- Instrumental Activities of Daily Living (IADLs)

Basic ADLs are those skills required to manage one's basic physical needs, including:

- Personal hygiene
- Dressing
- Continence
- Toileting
- Ambulating
- Feeding/Eating

IADLs are not necessary for fundamental functioning, but may require more complex thinking, cognitive and organizational skills, include:

- Managing transportation
- Managing finances
- Shopping and meal preparation
- House cleaning and home maintenance
- Managing communication with others
- Managing medications
- Care of others (pets, other individuals, supervising caregivers)

There are many causes and reasons why someone's ability to perform ADL declines, from aging, health conditions and cognitive or mental decline to social isolation, hospitalization or acute illness and medication side effects.

When visiting a loved one, assess the extent of ADL support needed, including:

- Bathe and groom oneself
- Maintain dental hygiene, nail and hair care
- Select appropriate clothes and dress oneself
- Control bladder and bowel function
- Able to and from the toilet, using it appropriately, and cleaning oneself
- Move from one position to another and walk independently
- Grocery shop, meal prep and feed oneself
- Ability to drive or organize other forms of transportation
- Pay bills and manage financial assets
- Household chores, including clean after eating, maintain reasonably clean and tidy living spaces and to keep up with home maintenance
- Manage phone, mail and technology
- Obtain medications and take them as directed
- Selecting and supervising caregivers
- Care for pets and/or other individuals

Considering senior care options? We are your partner in the process. Contact us.



CarePatrol.com

©2022 CarePatrol Franchise Systems, LLC. Each office is independently owned and operated. CarePatrol is an equal opportunity employer.

Follow Us:    