

Daily Living Skills Checklist

Basic Daily Activities (ADLs)

These are the everyday tasks we all do to take care of ourselves.

- ☐ **Moving Around (Ambulating):** Able to walk, stand, sit, get in and out of bed, and go up or down stairs.
- ☐ **Personal Care (Grooming):** Able to brush teeth, bathe, shave, and care for hair and nails.
- ☐ **Toileting:** Able to use the toilet safely and manage personal hygiene.
- ☐ **Dressing:** Able to dress and undress, including using buttons and zippers.
- ☐ **Eating:** Able to feed yourself and use utensils independently.

Independent Living Activities (IADLs)

These tasks help maintain independence and quality of life.

- ☐ **Money Management:** Paying bills, budgeting, and using bank services.
- ☐ **Health Management:** Scheduling doctor visits and following medical instructions.
- ☐ **Shopping:** Buying groceries, toiletries, and other essentials.
- ☐ **Meal Preparation:** Planning, cooking, and serving meals.
- ☐ **Transportation:** Driving or arranging rides, using taxis or public transport.
- ☐ **Communication:** Using phone, email, or other ways to stay connected.
- ☐ **Household Tasks:** Cleaning, laundry, and maintaining your home or garden.
- ☐ **Pet Care:** Feeding and caring for pets.
- ☐ **Child or Caregiver Supervision:** Looking after children or supervising caregivers
- ☐ **Personal Interests:** Participating in hobbies, faith activities, or clubs.
- ☐ **Safety Awareness:** Knowing what to do in an emergency and who to contact.