

ADLs vs. IADLs

Activities of Daily Living (ADLs) Necessary for everyone



Bathing



Dressing



Eating



Transferring



Continence



Toileting

Instrumental Activities of Daily Living (IADLs)

Necessary to remain independent



Housework



Managing
money



Taking
medication



Transportation



Shopping



Using the
telephone



Caring
for pets



Preparing and
cleaning up
after meals



Responding
to emergency
alerts

Source material: <https://www.ltcfeds.gov/planning-tools/webinars>

For more articles and information visit

LTCFEDS.gov/care-navigator