

Activities of DAILY LIVING CHECKLIST:

Here are Katz's six activities of daily living:

- Bathing** Able to completely bathe oneself, or needs help cleaning a single part of the body.
 - Dressing** Can pick out appropriate clothing and get dressed. Help may be used to tie shoes.
 - Toileting** Able to use the restroom without help, including getting on and off the toilet and cleaning after use, taking off and putting on clothes.
 - Transferring** Can get in and out of a chair or bed without help, excluding mechanical transferring aids.
 - Continence** Able to completely control bladder and bowels.
 - Eating** Can eat without assistance, though food may be prepared for them.
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Here are eight instrumental activities of daily living:

- Using the telephone** Able to answer the phone and call friends, family or other well-known contacts.
- Shopping** Can handle all purchases without assistance.
- Food preparation** Able to plan, prepare, and serve all meals and snacks.
- Housekeeping** Can complete light household tasks with or without help.
- Laundry** Able to complete some or all personal laundry.
- Mode of transportation** Can drive oneself or arrange transportation with or without assistance.
- Responsibility for own medications** Able to take the appropriate amount of medication at the correct time without supervision or prompting.
- Managing finances** Can handle some or all finances with little to no help.