

Linda Rhodes caregiving™

Part 1: Adult Daily Living Tasks Task/Activity Description	Level of Help Needed		
	None	Some	A Lot
1. Bathing:			
Sponge bath	_____	_____	_____
Shower	_____	_____	_____
Full bath	_____	_____	_____
2. Dressing (putting on clothes)			
3. Grooming (hair, shave, teeth)			
4. Assist with walking:			
Needs a person to assist	_____	_____	_____
Uses walker	_____	_____	_____
Uses cane	_____	_____	_____
Uses wheel chair	_____	_____	_____
5. Getting in and out of chair/bed			
6. Assist with going to the toilet			
7. Incontinence care (adult briefs, catheter)			
8. Meal preparation:			
Makes own meal	_____	_____	_____
Arrange food on plate/ cut food	_____	_____	_____
Place food in mouth	_____	_____	_____
9. Medication Reminding (hand them pills)			
10. Pill Organizing (sort pills/place in dispenser).			
11. How much do they interact with others?			

Part 2: Instrumental Adult Daily Living Tasks Task/Activity Description	Level of Help Needed		
	None	Some	A Lot
1. Shopping (e.g. groceries, clothes)			
2. Light housekeeping			
3. Do laundry			
4. Handle the mail			
5. Schedule and go to doctor appointments			
6. Drive			
7. Manage money (e.g. pay bills, checking acct)			
8. Household chores (garbage, repairs)			
9. Handle health insurance matters (Medicare)			
10. Number of hours can be left alone			

