

# Activities of Daily Living

## Basic ADLs

Basic ADLs (BADLs)<sup>1</sup> consist of self-care tasks, including

- [Bathing](#) and [showering](#) (washing the body)
- Bowel and bladder management (recognizing the need to relieve oneself)
- [Dressing](#)
- Eating (including chewing and swallowing)
- Feeding (setting up food and bringing it to the mouth)
- Functional mobility (moving from one place to another while performing activities)
- Personal device care
- [Personal hygiene](#) and [grooming](#) (including [washing hair](#))
- [Sexual activity](#)
- Toilet hygiene (completing the act of [relieving oneself](#))

## Instrumental ADLs

Instrumental activities of daily living (IADLs) are not necessary for fundamental functioning, but they let an individual live independently in a community.<sup>2</sup>

- [Housework](#)
- Taking medications as prescribed
- Managing money
- [Shopping](#) for groceries or clothing
- Use of telephone or other form of communication
- Using technology (as applicable)
- Transportation within the community

1: Slightly adapted. Katz S., Down, TD, Cash, HR, et al. (1970) progress in the development of the index of ADL. Gerontologist 10:20-30. Copyright The Gerontological Society of America. Reproduced by permission of the publisher

2: Lawton, M.P., & Brody, E.M. (1969). Assessment of older people: Self-maintaining and instrumental activities of daily living. The Gerontologist, 9(3), 179-186