

Activities of Daily Living (ADL) and Instrumental Activities of Daily Living (IADL) Assistance Chart

Updated: Feb. 4, 2026

ADL Assist Types and Need Level Chart

ADL	Component	Tasks	Assist Type	Component Assist Level (Frequency)
Mobility	Ambulation	<ul style="list-style-type: none"> • Inside • Outside 	Hands-on	<p>Minimal Assist - At least once a week outside, less than once a week inside</p> <p>Substantial Assist - At least once a week inside</p> <p>Full Assist - Every task, every time</p>
Mobility	Transfer	<ul style="list-style-type: none"> • Up/Off • Down/On 	Hands-on	<p>Assist - At least once a week</p> <p>Full - Every task, every time</p>

ADL	Component	Tasks	Assist Type	Component Assist Level (Frequency)
		<ul style="list-style-type: none"> • Repositioning (consumer-specific) 		
Eating	Eating	<ul style="list-style-type: none"> • Eating • Feeding • Nutritional IV • Feeding Tube 	<ul style="list-style-type: none"> • Hands-on • Cueing • Setup 	<p>Minimal Assist - At least once a week with:</p> <ul style="list-style-type: none"> • Hands-on for: feeding, attaching special utensils, or to address choking; or • Set-up of nutritional IV or feeding tube; or • Cueing during the act of eating <p>Substantial Assist - Always needs help:</p> <ul style="list-style-type: none"> • Set-up of nutritional IV or feeding tube; or • Cueing during the act of Eating

ADL	Component	Tasks	Assist Type	Component Assist Level (Frequency)
				<p>Full Assist - Always needs help with:</p> <ul style="list-style-type: none"> • Hands-on feeding; or • Constant cueing with Hands-on intervention to prevent choking or aspiration
Elimination	Bladder	<ul style="list-style-type: none"> • Catheter Care • Ostomy Care 	Hands-on	<p>Assist - At least once a week</p> <p>Full - Every task, every time</p>
Elimination	Bowel	<ul style="list-style-type: none"> • Enemas • Suppositories • Ostomy Care • Digital Stimulation 	Hands-on	<p>Assist - At least once a week</p> <p>Full - Every task, every time</p>
Elimination	Toileting	<ul style="list-style-type: none"> • Adjust Clothes • Cleansing • Changing Clothes or Incontinence Supplies (consumer-specific) 	<ul style="list-style-type: none"> • Hands-on • Cueing 	<p>Assist - At least once a week</p> <p>Full - Every task, every time</p>

ADL	Component	Tasks	Assist Type	Component Assist Level (Frequency)
		<ul style="list-style-type: none"> • Cueing for Incontinence (consumer-specific) 		
Cognition	Self-Preservation	Inability to recognize and act on health and safety needs	<ul style="list-style-type: none"> • Hands-on • Cueing • Reassurance • Redirection • Monitoring • Support 	<p>Minimal Assist - Once a month or event-specific and unable to act on the need or understand the need</p> <p>Substantial Assist - Daily and unable to act on the need nor understand the need</p> <p>Full Assist - Throughout the day and cannot be left alone without risk of significant negative health outcome</p>
Cognition	Decision-Making	Inability to make decisions, complete tasks and understand risks	<ul style="list-style-type: none"> • Hands-on • Cueing • Redirection 	<p>Minimal Assist - Once a month or event-specific and unable to make necessary decisions to stay safe and healthy</p>

ADL	Component	Tasks	Assist Type	Component Assist Level (Frequency)
			<ul style="list-style-type: none"> • Monitoring • Support 	<p>Substantial Assist - Daily and needs assistance to make decisions and to complete necessary ADL/IADL tasks</p> <p>Full Assist - Throughout the day and cannot be left alone without risk of significant negative health outcome</p>
Cognition	Making Self Understood	Inability to communicate or express needs	<ul style="list-style-type: none"> • Hands-on • Cueing • Reassurance • Redirection • Monitoring • Support 	<p>Minimal Assist - Once a month or event-specific and needs help to find the right words or finish thoughts</p> <p>Substantial Assist - Daily and needs help to communicate health and safety needs</p> <p>Full Assist - Throughout the day and cannot be left alone without</p>

ADL	Component	Tasks	Assist Type	Component Assist Level (Frequency)
				risk of significant negative health outcome
Cognition	Challenging Behaviors	Unaware of behaviors that harm health and safety	<ul style="list-style-type: none"> • Hands-on • Cueing • Reassurance • Redirection • Monitoring 	<p>Minimal Assist - Once a month and can be distracted and is able to self-regulate</p> <p>Substantial Assist - Daily and is unable to self-regulate</p> <p>Full Assist - Constant assistance and cannot be left alone without risk of significant negative health outcome</p>
Bathing and Personal Hygiene	Bathing	<ul style="list-style-type: none"> • In/Out of Shower • Washing Body • Washing Hair 	<ul style="list-style-type: none"> • Hands-on • Cueing • Standby 	<p>Assist - At least once a week</p> <p>Full Assist - Every task, every time</p>
Bathing and	Personal Hygiene	<ul style="list-style-type: none"> • Mouth Care • Shaving 	<ul style="list-style-type: none"> • Hands-on • Cueing 	Assist - Once a week

ADL	Component	Tasks	Assist Type	Component Assist Level (Frequency)
Personal Hygiene		<ul style="list-style-type: none"> • Menstruation Care 	<ul style="list-style-type: none"> • Standby 	<p>Full Assist - At least two tasks every time</p>
Dressing and Grooming	Dressing	<ul style="list-style-type: none"> • Putting Clothes On • Taking Clothes Off • Shoes/Socks On/Off 	<ul style="list-style-type: none"> • Hands-on • Cueing • Standby 	<p>Assist - At least once a week</p> <p>Full Assist - Every task, every time</p>
Dressing and Grooming	Grooming	<ul style="list-style-type: none"> • Hair Care • Nail Care 	<ul style="list-style-type: none"> • Hands-on • Cueing • Standby 	<p>Assist - At least once a week</p> <p>Full Assist - Every task, every time</p>

IADL Assist Types and Need Level Chart

IADL	Tasks - Examples (include, but not limited to) or Defined	Assist Level (Frequency Criteria)
Housekeeping	<p>Examples:</p> <ul style="list-style-type: none"> • Wiping surfaces • Washing dishes • Making the bed • Cleaning floors • Taking out the garbage • Dusting 	<p>Assist - Unable to accomplish some tasks without assistance</p> <p>Full Assist - Needs help with all tasks, every time they are attempted</p>
Laundry	<p>Examples:</p> <ul style="list-style-type: none"> • Gathering soiled clothing and linens • Washing soiled clothing and linens • Using the washing machine and dryer 	<p>Assist - Unable to accomplish some tasks without assistance</p> <p>Full Assist - Needs help with all tasks, every time they are attempted</p>

IADL	Tasks - Examples (include, but not limited to) or Defined	Assist Level (Frequency Criteria)
	<ul style="list-style-type: none"> • Hanging, folding and putting away clean clothes and linens 	
Meal Preparation (Breakfast, Lunch, Dinner)	<p>Examples:</p> <ul style="list-style-type: none"> • Preparing ingredients • Cutting food • Cooking the meal • Placing food within reach 	<p>Minimal Assist - Able to accomplish most of the tasks without assistance</p> <p>Substantial Assist - Able to accomplish only a small portion of the tasks</p> <p>Full Assist - Needs help with all tasks, every time the tasks are attempted</p>
Medication Management	<p>Defined tasks:</p> <ul style="list-style-type: none"> • Ordering prescribed medication • Organizing prescribed medication • Administering prescribed medications 	<p>Minimal Assist - Able to accomplish most of the tasks without assistance</p> <p>Substantial Assist - Able to accomplish only a small portion of the tasks</p> <p>Full Assist - Needs help with all tasks, every time the tasks are attempted</p>

IADL	Tasks - Examples (include, but not limited to) or Defined	Assist Level (Frequency Criteria)
	<ul style="list-style-type: none"> • Set-up, reminding, cueing, checking for effect, monitoring for choking • Oxygen management • Administering, monitoring equipment, assuring adequate oxygen supply 	
Shopping	<p>Examples:</p> <ul style="list-style-type: none"> • Purchasing clothing - related to Dressing • Purchasing cleaning supplies - related to Housekeeping • Purchasing food - related to Meal Preparation 	<p>Minimal Assist - Able to accomplish most of the tasks without assistance</p> <p>Substantial Assist - Able to accomplish only a small portion of the tasks</p> <p>Full Assist - Needs help with all tasks, every time the tasks are attempted</p>

IADL	Tasks - Examples (include, but not limited to) or Defined	Assist Level (Frequency Criteria)
	<ul style="list-style-type: none"> Purchasing toilet paper - related to Elimination 	
Transportation	<p>Defined tasks:</p> <ul style="list-style-type: none"> Arranging rides Getting in or out of a vehicle Assistance during a ride - for physical or cognitive need such as spasticity, memory impairment, aspiration, choking or seizures 	<p>Minimal Assist - Able to accomplish most of the tasks without assistance</p> <p>Substantial Assist - Able to accomplish only a small portion of the tasks</p> <p>Full Assist - Needs help with all tasks, every time the tasks are attempted</p>

Resources

[Oregon Administrative Rule for Long-Term Care Service Priorities \(411-015\)](#)

[CM Tools Page: Assessment Tools](#) - See Manual, guides, and tools section for the following documents:

- Fact Sheet - Sample Assessment Questions
- Fact Sheet - Activities of Daily Living (ADL) + IADL

Need this document in another format?

You can get this letter in other languages, large print, braille, or a format you prefer for free. Contact ODHS at apd.ltss@odhsoha.oregon.gov or at **503-945-5600 (voice/text)**. We accept all relay calls.