

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

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## ADL Assist Types and Need Level Chart

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

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

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

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

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

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

## 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"> <li>• Wiping surfaces</li> <li>• Washing dishes</li> <li>• Making the bed</li> <li>• Cleaning floors</li> <li>• Taking out the garbage</li> <li>• Dusting</li> </ul>	<p><b>Assist</b> - Unable to accomplish some tasks without assistance</p> <p><b>Full Assist</b> - Needs help with all tasks, every time they are attempted</p>
Laundry	<p>Examples:</p> <ul style="list-style-type: none"> <li>• Gathering soiled clothing and linens</li> <li>• Washing soiled clothing and linens</li> <li>• Using the washing machine and dryer</li> </ul>	<p><b>Assist</b> - Unable to accomplish some tasks without assistance</p> <p><b>Full Assist</b> - 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"> <li>• Hanging, folding and putting away clean clothes and linens</li> </ul>	
<b>Meal Preparation (Breakfast, Lunch, Dinner)</b>	<p>Examples:</p> <ul style="list-style-type: none"> <li>• Preparing ingredients</li> <li>• Cutting food</li> <li>• Cooking the meal</li> <li>• Placing food within reach</li> </ul>	<p><b>Minimal Assist</b> - Able to accomplish most of the tasks without assistance</p> <p><b>Substantial Assist</b> - Able to accomplish only a small portion of the tasks</p> <p><b>Full Assist</b> - Needs help with all tasks, every time the tasks are attempted</p>
<b>Medication Management</b>	<p>Defined tasks:</p> <ul style="list-style-type: none"> <li>• Ordering prescribed medication</li> <li>• Organizing prescribed medication</li> <li>• Administering prescribed medications</li> </ul>	<p><b>Minimal Assist</b> - Able to accomplish most of the tasks without assistance</p> <p><b>Substantial Assist</b> - Able to accomplish only a small portion of the tasks</p> <p><b>Full Assist</b> - 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"> <li>• Set-up, reminding, cueing, checking for effect, monitoring for choking</li> <li>• Oxygen management</li> <li>• Administering, monitoring equipment, assuring adequate oxygen supply</li> </ul>	
<b>Shopping</b>	<p>Examples:</p> <ul style="list-style-type: none"> <li>• Purchasing clothing - related to Dressing</li> <li>• Purchasing cleaning supplies - related to Housekeeping</li> <li>• Purchasing food - related to Meal Preparation</li> </ul>	<p><b>Minimal Assist</b> - Able to accomplish most of the tasks without assistance</p> <p><b>Substantial Assist</b> - Able to accomplish only a small portion of the tasks</p> <p><b>Full Assist</b> - 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"> <li>Purchasing toilet paper - related to Elimination</li> </ul>	
<b>Transportation</b>	<p>Defined tasks:</p> <ul style="list-style-type: none"> <li>Arranging rides</li> <li>Getting in or out of a vehicle</li> <li>Assistance during a ride - for physical or cognitive need such as spasticity, memory impairment, aspiration, choking or seizures</li> </ul>	<p><b>Minimal Assist</b> - Able to accomplish most of the tasks without assistance</p> <p><b>Substantial Assist</b> - Able to accomplish only a small portion of the tasks</p> <p><b>Full Assist</b> - 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

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