

Activities of Daily Living (ADLs) are a series of basic activities that people do on a daily basis that are necessary for them to live independently in their homes and communities. We often take these activities for granted. As people age, however, these activities may gradually become more difficult, or even ignored, especially by those with dementia.

This checklist can help you assess the level of care that your loved one needs in order to remain living in the comfort of their home. Check the level of care boxes against the activities. If you decided that an experienced caregiver would be beneficial, please give us a call.

Activities of Daily Living (ADL) Assessment Chart

ADL Activity	Independent	Needs Help	Dependent	Cannot Do
Bathing				
Dressing				
Grooming				
Mouth Care				
Toileting				
Transferring bed or chair				
Walking				
Climbing Stairs				
Eating				



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