

# COMPREHENSIVE CARE FOR Older Adults with HIV

## Activities of Daily Living (ADL) Screening

Activities of Daily Living Screen (ADL)					
Activity	Description	3	2	1	Notes
Physical Ambulation (going places)	Ability to walk, sit, stand, lie down and get up, and climb up and down stairs, both inside and outside your living space				
Feeding (feeding yourself)	Ability to feed yourself and use fork/knife/spoon				
Dressing (dressing yourself)	Ability to dress yourself properly, including using buttons and zippers				
Grooming (combing hair, brush teething, shaving)	All activities necessary to maintain personal hygiene, (e.g. brushing your teeth, bathing, shaving, hair and nail care)				
Bathing (taking baths and/or showers)	Getting into baths and/or showers and washing yourself				
Toileting (able to go to bathroom)	Ability to use the toilet safely and clean yourself after use.				
Incontinence (lack of voluntary control over urination or defecation)	Ability to control your bladder and bowels (continence)				

**Independent:** Can do completely alone = 3  
**Partially Able:** Can do with help from someone else = 2  
**Unable:** Needs full assistance from someone else = 1

- 1. Provide the following instructions:** *Please answer the following questions about how well you can do each activity: as independent [3], partially able with help [2], or unable to do it without full assistance [1].*
- 2. Read each activity (column 1) and its description (column 2),** and ask the patient to respond with his/her ability to perform that activity.
- 3. Add scores (1, 2, or 3) for each activity.** Maximum score is 21. There is no cut off; this is used to identify where additional assistance is needed to guide the geriatrician's care plan.