

## What are ADLs and IADLs?

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Activities of daily living (ADLs) are basic self-care tasks. Feeding, toileting, selecting proper attire, grooming, maintaining continence, putting on clothes, bathing, walking and transferring (such as moving from bed to wheelchair) are all example of basic ADLS.

Instrumental activities of daily living (IADLs) are more complex skills needed to successfully live independently.

- • Handling transportation (driving or navigating public transit)
- • Shopping
- • Preparing meals
- • Using the telephone and other communication devices
- • Managing medications
- • Housework and basic home maintenance
- • Managing finances

Together, ADLs and IADLs represent the skills that people usually need to be able to manage in order to live as independent adults.

Difficulty managing IADLs is particularly common as people age due to challenges that often present itself physically (difficulty getting in/out of a car or vision deficits) or cognitively (difficulty with memory, decision making and/or judgement). This often results in the need for increased support from family or those who offer senior care assistance.

If you or someone you know is experiencing any difficulties impacting their independent living, Greenfield Rehabilitation's therapists are available to provide a comprehensive functional assessment to determine the root cause of the increased need for assistance as well as to develop strategies for compensation and a therapeutic program to allow for the return of optimal independence. We can provide home safety evaluations to provide recommendations or equipment for aging in place. Our goal is for everyone to "Age safely in the comfort of their own home". For more details, please reach out to Greenfield Rehabilitation at: **920-684-7171 ext. 288, St. Mary's at Felician Village, 1635 South 21st Street, Manitowoc, WI 54220 today.** We preauthorize all insurance before any treatment begins, so you are aware of your coverage.