

Lawton-Brody Instrumental Activities of Daily Living Scale

Highly Independent

Total Points: ____

Very Dependent



Directions: For each category, circle the number associated with the item description that most closely reflects the person's highest functional level. Add together all the circled numbers from each category. Compare the result to the scoring range from "Highly Independent" to "Very Dependent." To avoid potential gender bias, a woman's range is between 0 and 8; and a man's range is 0 to 5.



Use Phone

1. Looks up numbers and dials phone on own **1**
2. Dials a few well-known phone numbers **1**
3. Answers telephone, but does not call out **1**
4. Stopped using the telephone at all **0**



Laundry

1. Washes and dries all personal laundry **1**
2. Cleans small hand wash items (eg. socks) **1**
3. Laundering personal clothing done by others **0**



Shopping

1. Takes care of all shopping without help **1**
2. Makes small purchases on own **0**
3. Someone accompanies you for shopping **0**
4. No longer able to go shopping **0**



Manage Medications

1. Responsible for taking all medication in the right dosages at the appropriate time **1**
2. Takes medications, on own, if each dosage is set up in advance **1**
3. Incapable of dispensing medications **0**



Prepare Meals

1. Plans, prepares, and serves adequate, nutritious meals on own **1**
2. Prepares sufficient, healthy meals if ingredients are supplied **0**
3. Heats, prepares, and serves meals, but does not maintain a satisfactory diet **0**
4. Others prepare and serve meals **0**



Handle Finances

1. Manages financial matters independently including budgeting, check writing, bill and rent paying, banking, and income collecting **1**
2. Handles daily purchases, but needs help with banking, taxes, and major purchases **1**
3. No longer capable of managing finances **0**



Housekeeping

1. Keeps house clean on own with occasional help from others for heavy domestic tasks **1**
2. Performs light daily housework **1**
3. Fails to maintain clean house despite doing light daily household activities **1**
4. Assistance required for all housekeeping **1**
5. Does not attempt to do any housekeeping **0**



Arrange Transport

1. Drives own car or takes public transportation to get to destination **1**
2. Arranges personal travel by taxi or ride share **1**
3. Rides public transportation when accompanied by someone else **1**
4. Uses taxi or ride share when accompanied by another person **0**
5. Stopped traveling **0**

Source: "try this: Best Practices in Nursing Care to Older Adults," Carla Graf, MS, APRN, BC, The Hartford Institute for Geriatric Nursing, New York University, College of Nursing, Issue Number 2, Revised 2007, www.hartfordign.org and/or www.ConsultGerRN.org.