

ASSESSMENT OF NEEDS CHECKLIST			
Ability level code: 1. ▷ Can do this task 2. ▷ Can do this task with difficulty 3. ▷ Needs assistance			
ACTIVITIES OF DAILY LIVING (ADL)	ABILITY LEVEL	UNPAID HELP AVAILABLE	COMMENTS
Get in/out of chair			
Get in/out of bed			
Walk in home			
Walk outside			
Climb stairs			
Bathe: Tub			
Shower			
Sponge			
Shave			
Shampoo			
Toileting			
Dress/undress			
Buy groceries			
Prepare meals/special diet			
Feed self			
Take medications			
Use telephone			
Read/watch TV			
Money mgmt./pay bills			
Exercise			
Light cleaning			
Laundry			
Change bed linens			
Heavy chores			
Home repairs			