

## IADL Long Form

### Interviewer Administered. Intended for participants on the Long Version list

MACSID: \_\_\_\_\_ VISIT#: \_\_\_\_\_ Visit Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
(M M) (D D) (Y Y)

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We are interested in knowing how well you are able to perform some common tasks. We need to know about your ability level **NOW** (in the last month or so) and at your **BEST EVER**.

For example, someone may have been able to bathe himself in the past, but now needs some assistance with bathing. When asked about his ability level **NOW**, he would respond “I need occasional assistance with bathing”. When asked about **BEST EVER**, he would respond “I handle all the bathing by myself.” Another person may have always had difficulty bathing due to a handicap they have had since birth, so his ability now is the same as the best ever.

1a. Housekeeping <b>NOW</b> . Please select the item that most accurately indicates the level at which you perform the activity <b>NOW</b> :
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<input type="radio"/> a. I maintain my house/apartment by myself or only need occasional help for larger jobs [code=0] <b>Skip to Q2a</b>
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<input type="radio"/> b. I am fully able to do housekeeping, but choose not to do so. [code=8]
--

<input type="radio"/> c. I only perform light daily tasks (wash dishes, make bed) [code=1]
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<input type="radio"/> d. I perform some light tasks, but have difficulty keeping my place clean [code=2]
--

<input type="radio"/> e. I need help with all housekeeping tasks [code=3]
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1b. Housekeeping <b>BEST EVER</b> . Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your <b>BEST EVER</b> :
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<input type="radio"/> a. At my best, I have maintained my house/apartment by myself or only needed occasional help for larger jobs [code=0]
---

<input type="radio"/> b. At my best, I have been fully able to do housekeeping, but have chosen not to do so. [code=8]
--

<input type="radio"/> c. At my best, I have only performed light daily tasks (wash dishes, make bed) [code=1]
---

<input type="radio"/> d. Even at my best, I have performed some light tasks, but had difficulty keeping my place clean [code=2]
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<input type="radio"/> e. Even at my best, I have needed help with all housekeeping tasks [code=3]
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2a. Managing finances **NOW**. Please select the item that most accurately indicates the level at which you perform the activity **NOW**:

a. I manage all of my finances (check cashing, banking, handling money) by myself [code=0] **Skip to Q3a.**

b. I am able to handle my own finances, but someone else does them for me [code=8]

c. I manage routine small purchases, but need help with banking, checking and balancing accounts [code=2]

d. I am not able to handle money accurately [code=3 ]

2b. Managing finances **BEST EVER**. Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your **BEST EVER**:

a. At my best, I have managed all of my finances (check cashing, banking, handling money) by myself [code=0]

b. At my best, I have been able to handle my own finances, but someone else did them for me [code=8]

c. Even at my best, I have managed routine small purchases, but needed help with banking, checking and balancing accounts [code=2 ]

d. Even at my best, I have not been able to handle money accurately [code=3 ]

3a. Buying Groceries **NOW**. Please select the item that most accurately indicates the level at which you perform the activity **NOW**:

a. I create my own grocery list and do my own shopping [code=0] **Skip to Q4a.**

b. I am able to create my own grocery list and do my own shopping, but someone else does it for me [code=8]

c. I need occasional assistance in buying groceries [code=1]

d. I need someone else to do my grocery shopping for me [code=3 ]

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3b. Buying Groceries **BEST EVER**. Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your **BEST EVER**:

- a. At my best, I have created my own grocery list and done my own shopping [code=0]
- b. At my best, I have been able to create my own grocery list and do my own shopping, but someone else did it for me [code=8]
- c. At my best, I have needed occasional assistance in buying groceries [code=1]
- d. Even at my best, I have needed someone else to do my grocery shopping for me [code=3]

4a. Cooking **NOW**. Please select the item that most accurately indicates the level at which you perform the activity **NOW**:

- a. I plan, prepare, and serve many of my own meals [code=0] **Skip to 5a.**
- b. I am able to plan, prepare, and serve my own meals but someone else does it for me [code=8]
- c. I prepare meals if someone else provides me with the right ingredients [code=1]
- d. I heat and serve meals provided by others [code=2]
- e. I need to have meals prepared and served to me [code=3]

4b. Cooking **BEST EVER**. Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your **BEST EVER**:

- a. At my best, I have planned, prepared, and served many of my own meals [code=0]
- b. At my best, I have been able to plan, prepare, and serve my own meals but someone else did it for me [code=8]
- c. At my best, I have prepared meals if someone else provided me with the right ingredients [code=1]
- d. Even at my best, I have heated and served meals provided by others [code=2]
- e. Even at my best, I have needed to have meals prepared and served to me [code=3]

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5a. Planning social activities **NOW**. Please select the item that most accurately indicates the level at which you perform the activity **NOW**:

a. I frequently initiate and plan social activities (e.g., going out, having a party) [code=0]

**Skip to Q6a.**

b. I rarely initiate and plan social activities [code=2]

c. I do not plan and initiate social activities [code=3]

5b. Planning social activities **BEST EVER**. Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your **BEST EVER**:

a. At my best, I have frequently initiated and planned social activities (e.g., going out, having a party) [code=0]

b. Even at my best, I have rarely initiated or planned social activities [code=2]

c. Even at my best, I did not plan or initiate social activities [code=3]

6a. Understanding reading materials/TV **NOW**. Please select the item that most accurately indicates the level at which you perform the activity **NOW**:

a. I understand reading materials (e.g., novels, newspaper) and TV (plots, etc.) without difficulty [code=0] **Skip to Q7a.**

b. I have occasional difficulty understanding reading materials or TV [code=1]

c. I have frequent difficulty understanding reading materials or TV [code=2]

d. I am unable to understand reading materials or TV [code=3]

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6b. Understanding reading materials/TV **BEST EVER**. Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your **BEST EVER**:

- a. At my best, I have understood reading materials (e.g., novels, newspaper) and TV (plots, etc.) without difficulty [code=0]
- b. At my best, I have had occasional difficulty understanding reading materials or TV [code=1]
- c. Even at my best, I have had frequent difficulty understanding reading materials or TV [code=2]
- d. Even at my best, I have been unable to understand reading materials or TV [code=3]

7a. Transportation **NOW**. Please select the item that most accurately indicates the level at which you perform the activity **NOW**:

- a. I drive my own car or take public transportation on my own (if you do not own a car) [code=0] **Skip to Q8a.**
- b. I arrange my own travel using taxis, but do not drive or use public transportation [code=1]
- c. I can travel on public transportation or use taxis if I am assisted by another [code=2]
- d. I am entirely dependent on others to take me where I need to go [code=3]

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7b. Transportation **BEST EVER**. Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your **BEST EVER**:

- a. At my best, I have driven my own car or taken public transportation on my own (when I have not owned a car) [code=0]
- b. At my best, I have arranged my own travel using taxis, but did not drive or use public transportation [code=1]
- c. Even at my best, I have been able to travel on public transportation or use taxis if I am assisted by another [code=2]
- d. Even at my best, I have been entirely dependent on others to take me where I need to go [code=3]

8a. Using the telephone **NOW**. Please select the item that most accurately indicates the level at which you perform the activity **NOW**:

- a. I do not have access to a telephone [code=9/not applicable]
- b. I handle using the telephone without difficulty (looking up and dialing new numbers. etc.) [code=0] **Skip to Q9a.**
- c. I only dial a few well-known numbers [code=1]
- d. I answer the telephone, but do not dial [code=2]
- e. I do not use the telephone at all [code=3]

8b. Using the telephone **BEST EVER**. Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your **BEST EVER**:

- a. I have never had access to a telephone [code=9]
- b. At my best, I have handled using the telephone without difficulty (looking up and dialing new numbers. etc.) [code=0]
- c. At my best, I have only dialed a few well-known numbers [code=1]
- d. Even at my best, I have answered the telephone, but have not dialed [code=2]
- e. Even at my best, I have not used the telephone at all [code=3]

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9a. Home repairs **NOW**. Please select the item that most accurately indicates the level at which you perform the activity **NOW**:

- a. I handle most minor home repairs (plumbing, gardening) [code=0] **Skip to Q10a**
- b. I am capable of making minor repairs but choose not to [code=8]
- c. I need assistance with most minor home repairs [code=2 ]
- d. I am unable to do most repairs by myself [code=3 ]

9b. Home repairs **BEST EVER**. Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your **BEST EVER**:

- a. At my best, I have handled most minor home repairs (plumbing, gardening) [code=0]
- b. At my best, I have been capable of making minor repairs but have chosen not to [code=8]
- c. Even at my best, I have needed assistance with most minor home repairs [code=2 ]
- d. Even at my best, I have not been able to do most repairs by myself [code=3 ]

10a. Bathing **NOW**. Please select the item that most accurately indicates the level at which you perform the activity **NOW**:

- a. I handle all of my bathing needs by myself [code=0] **Skip to Q11a.**
- b. I need occasional assistance with bathing (getting in and out of the tub/shower, etc.) [code=2]
- c. I always need help from others when bathing [code=3 ]

10b. Bathing **BEST EVER**. Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your **BEST EVER**:

- a. At my best, I have handled all of my bathing needs by myself [code=0]
- b. Even at my best, I have needed occasional assistance with bathing (getting in and out of the tub/shower, etc.) [code=2 ]
- c. Even at my best, I have always needed help from others when bathing [code=3]

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11a. Dressing **NOW**. Please select the item that most accurately indicates the level at which you perform the activity **NOW**:

- a. I am able to dress myself and pick out my own clothes [code=0] **Skip to Q12a**
- b. I dress myself, but someone else must pick out my clothes for me [code=1]
- c. I need occasional assistance getting dressed or frequently make mistakes in choosing clothes [code=2]
- d. I need frequent assistance in getting dressed [code=3]

11b. Dressing **BEST EVER**. Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your **BEST EVER**:

- a. At my best, I have been able to dress myself and pick out my own clothes [code=0]
- b. At my best, I have dressed myself, but someone else has picked out my clothes for me [code=1]
- c. Even at my best, I have needed occasional assistance getting dressed or have frequently made mistakes in choosing clothes [code=2]
- d. Even at my best, I have needed frequent assistance in getting dressed [code=3]

12a. Shopping (e.g., clothes, other non-food goods) **NOW**. Please select the item that most accurately indicates the level at which you perform the activity **NOW**:

- a. I take care of all of my shopping needs [code=0] **Skip to Q13a**
- b. I am able to shop, but choose to have someone else do my shopping for me [code=8]
- c. I only make small purchases [code=1]
- d. I need someone to go with me on any shopping trip [code=2]
- e. I am unable to shop [code=3]



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12b. Shopping (e.g., clothes, other non-food goods) **BEST EVER**. Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your **BEST EVER**:

- a. At my best, I have taken care of all of my shopping needs [code=0]
- b. At my best, I have been able to shop, but have chosen to have someone else do my shopping for me [code=8]
- c. At my best, I have only made small purchases [code=1]
- d. Even at my best, I have needed someone to go with me on any shopping trip [code=2]
- e. Even at my best, I have been unable to shop [code=3]

13a. Laundry **NOW**. Please select the item that most accurately indicates the level at which you perform the activity **NOW**:

- a. I do all of my own laundry [code=0] **Skip to Q14a**
- b. I am able to do my own laundry, but choose to have others do it for me [code=8]
- c. I need occasional help in doing the laundry [code=1]
- d. I launder only small items (e.g., rinse socks, stockings. etc.) [code=2]
- e. All laundry must be done by others [code=3]

13b. Laundry **BEST EVER**. Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your **BEST EVER**:

- a. At my best, I have done all of my own laundry [code=0]
- b. At my best, I have been able to do my own laundry, but have chosen to have others do it for me [code=8]
- c. At my best, I have needed occasional help in doing the laundry [code=1]
- d. Even at my best, I have laundered only small items (e.g., rinse socks, stockings. etc.) [code=2]
- e. Even at my best, I have needed others to do my laundry [code=3]

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14a. Taking/keeping track of medication **NOW**. Please select the item that most accurately indicates the level at which you perform the activity **NOW**:

a. I take sole responsibility for taking medications in correct dosages at the correct time [code=0] **Skip to Q15a**

b. I am able to take care of my own medications, but choose to have someone else do it for me [code=8]

c. I take medications that are prepared in individual doses by someone else [code=1]

d. I am unable to track my own medications [code=3]

14b. Taking/keeping track of medication **BEST EVER**. Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your **BEST EVER**:

a. At my best, I have taken sole responsibility for taking medications in correct dosages at the correct time [code=0]

b. At my best, I have been able to take care of my own medications, but have chosen to have someone else do it for me [code=8]

c. At my best, I have taken medications that are prepared in individual doses by someone else [code=1]

d. Even at my best, I have been unable to track my own medications [code=3]

15a. Child Care **NOW**. Please select the item that most accurately indicates the level at which you perform the activity **NOW**:

a. I do not have children [code=9]

b. I am fully able to handle child care [code=0] **Skip to Q16a**

c. I need occasional assistance in caring for my children [code=1]

d. I need constant assistance in caring for my children [code=3]

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15b. Child Care **BEST EVER**. Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your **BEST EVER**:

- a. I have never had children [code=9]
- b. At my best, I have been fully able to handle child care [code=0]
- c. At my best, I have needed occasional assistance in caring for my children [code=1]
- d. Even at my best, I have needed constant assistance in caring for my children [code=3]

16a. Work **NOW**. Please select the item that most accurately indicates the level at which you perform the activity **NOW**:

- a. I am retired [code=9]
- b. I am efficient at work [code=0] **Skip to Q17a**
- c. I am not very efficient at work and have difficulty maintaining attention or finishing tasks [code=1]
- d. I am having a great deal of difficulty in maintaining attention or finishing tasks at work [code=2]
- e. I am no longer able to work [code=3]

16b. Work **BEST EVER**. Please select the item that most accurately indicates the level at which you perform the activity when you were functioning at your **BEST EVER**:

- a. At my best, I have been efficient at work [code=0]
- b. At my best, I have not been very efficient at work and have had difficulty maintaining attention or finishing tasks [code=1]
- c. Even at my best, I have had a great deal of difficulty in maintaining attention or finishing tasks at work [code=2]
- d. Even at my best, I have never been able to work [code=3]

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17. I feel that the difficulties that I am having on the above tasks, if any, are due to:
<input type="radio"/> a. I am not having any difficulties on the previous tasks [code=0]
<input type="radio"/> b. Primarily cognitive problems (for example, thinking, memory, paying attention) [code=1]
<input type="radio"/> c. Primarily physical problems (for example, fatigue, feeling sick) [code=2]
<input type="radio"/> d. Equally cognitive and physical problems [code=3]

18. If you are having more difficulty than you used to with the above tasks, approximately when did the difficulties begin?
<input type="radio"/> a. I am not having any difficulties [code=0]
<input type="radio"/> b. Within the last month [code=1]
<input type="radio"/> c. 1 to 6 months ago [code=2]
<input type="radio"/> d. 6 months to 2 years ago [code=3]
<input type="radio"/> e. 2 to 5 years ago [code=4]
<input type="radio"/> f. More than 5 years ago [code=5]