



INDEPENDENCE TRACKER

Does your loved one need help with activities of daily living?

BASIC ACTIVITIES OF DAILY LIVING	NO HELP	SOME HELP	HELP REQUIRED	INSTRUMENTAL ACTIVITIES OF DAILY LIVING	NO HELP	SOME HELP	HELP REQUIRED
Personal Hygiene & Grooming				Managing Money			
Bathing & Showering				Moving Within Community			
Dressing				Meal Preparation			
Using The Toilet				Grocery & Necessities Shopping			
Mobility				Taking Prescription Medications			
Self-Feeding				Using Phones & Communication Devices			