
The Lawton Instrumental Activities of Daily Living Scale (IADL)

Lawton MP, Brody EM. Assessment of older people: self-maintaining and instrumental activities of daily living. *Gerontologist*. 1969;9(3):179-186.

Scoring:

The patient receives a score of 1 for each item labeled

1. Ability to use telephone
2. Shopping
3. Food preparation
4. Housekeeping
5. Laundry
6. Mode of transportation
7. Responsibility for own medication
8. Ability to handle finances

if his or her competence is rated at some minimal level or higher. Add the total points circled for all 8 items listed above. The total score may range from 0 – 8. A lower score indicates a higher level of dependence.

A IADL score was derived based on responses in the IADL scale questionnaire. The responses to each question were given scores that were either 0 or 1 where response with a score of 0 gave a higher level of dependence while 1 gave negative dependence. All missing responses were scored 1.

The total IADL scores from each patient responses were taken as a fraction of the observed IADL score relative to the expected total IADL score. These have been expressed as that out of 100. So the minimum possible score that could be observed could be 0 (higher level of dependence) and maximum possible score that could be observed is 100 independent.

SSAT 058: Final locked data analysis

Version 4.0: 22nd May 2018

	Baseline	Week 4	Week 12	Week 24
Attended	41	40	39	39
DNA	0	0	0	0
Drop out	0	1	2	2
Overall IADL Score <i>8 items – max possible score = 8</i> <i>Standardised so that the score is out of 100.</i> <i>Where value of 0 indicates 'higher level of dependence'</i>	100(100 to 100) Range: 88 to 100	100(100 to 100) Range: 88 to 100	100(100 to 100) Range: 100 to 100	100(100 to 100) Range: 100 to 100
<u>Ability to use telephone</u>				
1) Operates telephone on own initiative; looks up and dials numbers, etc. 1	41(100.0)	39(100.0)	39(100.0)	39(100.0)
2) Dials a few well-known numbers 1				
3) Answers telephone but does not dial 1				
4) Does not use telephone at all 0				
<u>Shopping</u>				
1. Takes care of all shopping needs 1 independently	40(100.0)	39(100.0)	39(100.0)	39(100.0)
2. Shops independently for small purchases 0	1(2.4)	0(0.0)	0(0.0)	0(0.0)
3. Needs to be accompanied on any shopping trip 0				
4. Completely unable to shop 0				
<u>Food preparation</u>				
1. Plans, prepares, and serves adequate 1 meals independently	40(100.0)	39(100.0)	39(100.0)	39(100.0)
2. Prepares adequate meals if supplied with 0 ingredients	1(2.4)	0(0.0)	0(0.0)	0(0.0)
3. Heats and serves prepared meals, or prepares meals but does not maintain adequate diet 0				
4. Needs to have meals prepared and served 0				

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<u>Housekeeping</u> 1. Maintains house alone or with occasional assistance (e.g., "heavy work domestic help") 1 2. Performs light daily tasks such as dishwashing, bed making 1 3. Performs light daily tasks but cannot maintain acceptable level of cleanliness 1 4. Needs help with all home maintenance tasks 1 5. Does not participate in any housekeeping tasks 0	41(100.0)	38(97.4)	39(100.0)	39(100.0)
<u>Laundry</u> 1. Does personal laundry completely 1 2. Launders small items; rinses stockings, etc. 1 3. All laundry must be done by others 0	41(100.0)	39(100.0)	39(100.0)	39(100.0)
<u>Mode of transportation</u> 1. Travels independently on public transportation or drives own car 1 2. Arranges own travel via taxi, but does not otherwise use public transportation 1 3. Travels on public transportation when assisted or accompanied by another 1 4. Travel limited to taxi or automobile with assistance of another 0 5. Does not travel at all 0	41(100.0)	39(100.0)	39(100.0)	39(100.0)
<u>Responsibility for own medication</u> 1. Is responsible for taking medication in correct dosages at correct time 1 2. Takes responsibility if medication is prepared in advance in separate dosages 0 3. Is not capable of dispensing own medication 0	40(97.6) 1(2.4)	39(100.0) 0(0.0)	39(100.0) 0(0.0)	39(100.0) 0(0.0)
<u>Ability to handle finances</u> 1. Manages financial matters independently (budgets, writes checks, pays rent and bills, goes to bank), collects and keeps track of income 1 2. Manages day-to-day purchases, but needs help with banking, major purchases, etc. 1 3. Incapable of handling money 0	41(100.0)	39(100.0)	39(100.0)	39(100.0)