

Home Based Functional Checklist:

Name:

Date:

Completed by:

Complete the following checklist through discussion with the person with dementia and their carer/relative.

Use the columns to identify and tick if the Activity of Daily Living (ADL) is affected because of cognition and/or vision and/or hearing.

ADL domain	Sub-category	Difficulty identified			Possible considerations	Notes
		Cognition	Vision	Hearing		
Personal ADLs	Dressing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Identifying clothing, recognising need to change dirty clothing, initiation & sequencing, spatial orientation of clothing	
	Washing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Identifying products, maintaining hygiene standards, initiation	
	Grooming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Identifying products, shaving, applying makeup, managing toothpaste / toothbrush, maintaining previous standards	
	Eating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Contrast perception – plate and food, cutlery use, recognising hunger, spilling	
	Drinking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Handling cup / mug, recognising thirst, spilling	
	Managing medication	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Identifying contents of bottles, managing blister pack, noticing and locating dropped medication	
	Toileting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Locating toilet, transfers, management of clothing, continence	

ADL domain	Sub-category	Difficulty identified.			Possible considerations	Notes
		Cognition	Vision	Hearing		
Mobility / transfers	Transfers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Effort / need for assistance or aids during transfers	
	Mobility - indoors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Use of furniture / aids for stability?, perception on stairs / steps, history of trips / falls	
	Mobility - outdoors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Use of support aids, road crossing and pavement safety, negotiating obstacles, finding destination – known and unknown areas, history of trips / falls	
Domestic ADLs (1)	Preparing food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Locating and distinguishing items, contrast perception, sequencing and timing, reading & understanding recipes, management of perishable foods, pouring, peeling, chopping, weighing	
	Preparing drink	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Locating items, pouring liquids, contrast perception, use of kettle, safety with hot liquids	
	Housework	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Locating products, recognising need (e.g. dust / dirt), initiating activity, safety (e.g. ironing), recognising and addressing trip hazards (e.g. clutter / cords)	

ADL domain	Sub-category	Difficulty identified.			Possible considerations	Notes
		Cognition	Vision	Hearing		
Domestic ADLs (2)	Gardening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Safe use of tools, maintenance of standards, access / mobility	
	Using appliances	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Identifying dials, safety (e.g. stove), knowing how to work appliances	
	Correspondence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Managing bills, reading mail, handling matters that require attention	
Community ADLs	Shopping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Remembering keys, money etc., decision making / planning, management of list, reading signs, getting to store, locating items, managing transactions	
	Transport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ability to use public transport, ability to access desired community locations	
	Handling money	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Recognising money values, handling transactions, management of money (e.g. restoring change to safe place)	
	Reading packaging	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Reading small print e.g. instructions / contents	
Communication	Conversation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hearing and comprehending, verbal / gestural communication, frustration, arguments, managing changes in pitch and volume, maintaining thread, withdrawal	
	Telephone use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hearing telephone ring, answering calls, taking messages, making calls, remembering telephone number	

ADL domain	Sub-category	Difficulty identified.			Possible considerations	Notes
		Cognition	Vision	Hearing		
Leisure ADLs	Engagement in pastimes / hobbies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Level of participation, confidence / skills	
	Eating out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Reading menu, managing background noise, decision making, orientation within environment (e.g. locating WC), management of cutlery etc.	
	Attending community events	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hearing, managing interactions, managing multiple distractions, level of confidence, avoidance?	
	Visiting / socialising	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Willingness / withdrawal, social anxiety / embarrassment?, recognising people and remembering names	
	TV/radio	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Watching TV, reading guide / listings, environmentally acceptable noise level, managing remote control / finding programmes, concentration	
	Reading books / magazines / paper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Print size, keeping place in text, maintaining continuity of storyline	
	Photos	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Locating, seeing, recognising people / places	

ADL domain	Sub-category	Difficulty identified.			Possible considerations	Notes
		Cognition	Vision	Hearing		
Orientation	Time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Telling the time, orientation to routines (e.g. refuse collection), awareness of time / day / date	
	Place	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Orientation within home environment & outdoors	
Environmental considerations	Lighting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Glare / shadowing, task lighting, moving between different environments (e.g. dark to light), maximising visual perception	
	Sound	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Maintaining concentration, managing distractions, openness / confidence to address	
Emotional impact		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Irritability, frustration, withdrawal, upset, signs of anxiety / depression	
Other		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Managing corrective equipment (e.g. hearing aids / glasses)	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Exercise / being outdoors	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Technology use (e.g. mobile phone / computer / internet use)	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Organisation strategies, finding misplaced items	