

ACTIVITIES OF DAILY LIVING

Now, I am going to ask you some questions about how you take care of yourself AT THIS TIME. Each question is about some activity of daily living, things we all need to do as part of our daily lives.

AT THIS TIME, do you receive assistance with:	Receive no assistance	Receive some assistance	Unable to do alone
Washing or bathing yourself? Y6ADL	Α Ο	1	2
Dressing and undressing (other than tying shoes)? Y6ADLI	B 0	1	2
Going to the toilet or cleaning yourself? Y6ADLO		1	2
Getting in and out of bed or a chair? Y6ADLI	0	1	2
Eating (other than precutting meat or buttering bread)?	<u> </u>	1	2
Walking (other than using a single, straight cane)? Y6ADLI	- 0	1	2
Using the telephone, including looking up and dialing numbers, and answering the phone? Y6ADLO	G	1	2
Getting to places out of walking distance by using public transportation or driving your car? Y6ADLI	н	1	2
Shopping for groceries or clothes? Y6ADLI	0	1	2
Preparing, serving, and providing meals for yourself? Y6ADL.	J	1	2
Doing light housework, such as dusting or washing dishes Y6ADLI	o	1	2
Doing laundry? Y6ADLI	_ O	1	2
Taking pills or medicines in the correct amounts and at the correct times? Y6ADLI	0	1	2
Handling your own money, including writing checks and paying bills? Y6ADLI	0 N	1	2

Heart & Soul Year 5 ADL Interview, Version 05/31/2005, Main Study, Page 1

PARTICIPANT ID



HEART AND SOUL STUDY Activities of Daily Living

AT THIS TIME:	Never	Sometimes	Often
How often do you have accidents with your bowels during the day or night? Y6ADLO	Ο	1	2
How often do you wet yourself during the day or night? Y6ADLP	Ο	1	2

	\geq 3 days	1 or 2 days	0 days
In the past 2 weeks, how many times have you been outside of your house (or residence)? Y6ADLO	Ο	1	2

