



## ADCS - ACTIVITIES OF DAILY LIVING (ADL) INVENTORY

- NOTES:** (1) {P} refers to the participant and should be replaced by the participant's name or relationship to the study partner each time an ADL question is asked of the study partner.
- (2) This ADL inventory must be given in the format of an interview of the study partner, either directly or by telephone. The form should NOT be given to a study partner to complete on his/her own.

### READ THE FOLLOWING INSTRUCTIONS TO THE STUDY PARTNER:

I am going to ask you about a number of daily activities that {P} may have performed during the past 4 weeks. Please tell me about {P}'s actual performance, not about what he/she could have done if an opportunity had arisen. For each activity that {P} attempted, I'm going to ask you to choose one out of a number of descriptions that best fits his/her most usual performance.

For some activities, I'll ask about whether {P} performed independently, or with supervision or help. Let me explain how we are defining these words:

**Independently** means that {P} completed the activity without being helped. We still consider it independent if {P} was reminded or prompted to get started, or received a little prompting while performing the activity.

**With supervision** means that {P} required verbal reminders and instructions while doing the activity.

**With help** means that {P} was given some degree of physical assistance by another person to perform the activity.

### INSTRUCTIONS FOR THE RATER:

If the study partner states that {P} had no opportunity to perform the task during the past four weeks (e.g., {P} did not have access to a telephone, therefore could not possibly make phone calls), the response should be recorded as 'no.'

If either the study partner's answer or the questionnaire are unclear, please make notes on the case report form detailing the problem.

For questions regarding specific ADL items, please refer to the ADL Response Card.

# ADCS-MCI Activities of Daily Living Inventory - Page 1 of 11

## Month 6 Visit

M	C	Subject Number		Subject Initials		Examiner Initials		Examination Date		
		<input type="text"/>								
								Month	Day	Year

**INSTRUCTIONS:** Complete questions 1-18 and 19-24. Then go back to page 8 of this ADL exam to calculate the total score for questions 1-18 and proceed to page 9 of this ADL exam to complete the "Don't Know" answers worksheet for questions 1-18.

Information obtained through: 1  Subject visit  
2  Telephone call

Yes    No    Don't Know

      

1. In the past 4 weeks, did {S} **usually** manage to find his/her personal belongings at home?

→ **If yes**, which best describes how he/she usually performed:

- 3  without supervision or help
- 2  with supervision
- 1  with physical help

      

2. In the past 4 weeks, did {S} select his/her first set of clothes for the day?

→ **If yes**, which best describes his/her **usual** performance:

- 3  without supervision or help
- 2  with supervision
- 1  with physical help

3. Regarding physically getting dressed, which best describes his/her **usual** performance in the past 4 weeks: (check one)

- 4  dressed completely without supervision or physical help
- 3  dressed completely with supervision, but without help
- 2  needed physical help only for buttons, clasps, or shoelaces
- 1  needed some help even if clothes needed no fastening or buttoning
- 0  someone else dressed him/her

**Subscore** for Page 1  
(Range = 0-10)

# ADCS-MCI Activities of Daily Living Inventory - Page 2 of 11

## Month 6 Visit

Subject Number      Subject Initials

M	C								
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**Yes**    **No**    **Don't Know**

      

4. In the past 4 weeks, did {S} clean a living-, sitting-, or family room?

→ **If yes**, which best describes how he/she **usually** performed:

- 2  without supervision or help
- 1  with supervision
- 0  with physical help

      

5. In the past 4 weeks, did {S} balance his/her checkbook or a credit card statement?

→ **If yes**, which best describes how he/she **usually** performed:

- 2  without supervision or help
- 1  with supervision
- 0  with physical help

      

6. In the past 4 weeks, did {S} ever write things down?

**Note:** *If {S} wrote things only after encouragement or with help, the response should still be 'yes.'*

→ **If yes**, which best describes the **most complicated** things that he/she wrote:

- 2  letters or long notes that other people understood
- 1  short notes or messages that other people understood
- 0  his/her signature or name

      

7. In the past 4 weeks, did {S} clean a load of laundry ?

→ **If yes**, which best describes how he/she **usually** performed:

- 2  without supervision or help
- 1  with supervision
- 0  with physical help

**Subscore** for Page 2  
(Range = 0-8)

# ADCS-MCI Activities of Daily Living Inventory - Page 3 of 11

## Month 6 Visit

Subject Number      Subject Initials

M	C								
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**Yes**      **No**      **Don't Know**

          

8. In the past 4 weeks, did {S} keep appointments or meetings with other people, such as relatives, a doctor, the hairdresser, etc.?

→ **If yes**, which best describes his/her awareness of the meeting ahead of time:

- 3  usually remembered without written or verbal reminders
- 2  usually referred to notes, a diary, or calendar
- 1  usually remembered the appointment after verbal reminders on the day
- 0  usually did not remember, in spite of verbal reminders on the day

          

9. In the past 4 weeks, did {S} use a telephone?

→ **If yes**, which best describes his/her **highest** level of performance:

- 4  made any call necessary e.g., after looking up numbers in white or yellow pages, or by dialing directory assistance
- 3  made calls only to well-known numbers, without referring to a directory or list
- 2  made calls only to well-known numbers, by using a directory or list
- 1  answered the phone and spoke to callers; did not make calls
- 0  did not answer the phone, but spoke when put on the line

          

10. In the past 4 weeks, did {S} make him/herself a meal or snack at home?

→ **If yes**, which best describes his/her **highest** level of food preparation:

- 3  cooked or microwaved food, with little or no help
- 2  cooked or microwaved food, with extensive help
- 1  mixed or combined food items for a meal or snack, without cooking or microwaving (e.g. made a sandwich)
- 0  obtained food on his/her own, without mixing or cooking it

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**Subscore** for Page 3  
(Range = 0-10)

# ADCS-MCI Activities of Daily Living Inventory - Page 4 of 11

## Month 6 Visit

Subject Number      Subject Initials

M	C								
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**Yes**      **No**      **Don't Know**

          

**11.** In the past 4 weeks, did {S} get around (or travel) outside of his/her home?

→ **If yes**, which best describes his/her **optimal** performance:

- 3  traveled alone, went at least 1 mile away from home
- 2  traveled alone, but remained within 1 mile of home
- 1  traveled only with a chaperone for supervision regardless of the trip
- 0  traveled only with physical help, regardless of the trip

          

**12.** In the past 4 weeks, did {S} talk about current events? (This means events or incidents that occurred during the past month.)

**If yes, ask questions 12a, 12b, 12c and 12d :**

→ **12a)** Did {S} talk about regional, national, or international events (including sports)?

- 1  Yes      0  No

→ **12b)** Did {S} talk about events outside home involving family, friends, or neighbors?

- 1  Yes      0  No

→ **12c)** Did {S} talk about events that occurred at home that he/she took part in or watched?

- 1  Yes      0  No

→ **12d)** Did {S} converse without repeating him/herself, or asking the same questions repeatedly?

- 1  Yes      0  No

**Subscore** for Page 4  
(Range = 0-7)

# ADCS-MCI Activities of Daily Living Inventory - Page 5 of 11

## Month 6 Visit

Subject Number      Subject Initials

M	C								
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Yes	No	Don't Know
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**13.** In the past 4 weeks, did {S} read a magazine, newspaper or book for more than 5 minutes at a time?

**If yes, ask questions 13a, 13b and 13c:**

→ **13a)** Did {S} usually select or ask for something to read?

1  Yes      0  No

→ **13b)** Did {S} usually talk about what he/she read while or shortly after reading (less than 1 hour)?

1  Yes      0  No

→ **13c)** Did {S} usually talk about what he/she read 1–24 hours after reading?

1  Yes      0  No

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**14.** In the past 4 weeks, did {S} watch television?

**If yes, ask questions 14a, 14b and 14c:**

→ **14a)** Did {S} usually select or ask for different programs or his/her favorite show?

1  Yes      0  No

→ **14b)** Did {S} usually talk about the content of a program while watching it?

1  Yes      0  No

→ **14c)** Did {S} talk about the content of a program within a day (24 hours) after watching it?

1  Yes      0  No

**Subscore for Page 5**  
(Range = 0-6)

# ADCS-MCI Activities of Daily Living Inventory - Page 6 of 11

## Month 6 Visit

Subject Number      Subject Initials

M	C								
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**Yes**    **No**    **Don't Know**

      

**15.** In the past 4 weeks, did {S} ever go shopping at a store?

*If yes, ask questions 15a and 15b:*

→ **15a)** Did {S} usually select correct items without supervision or help?

1  Yes    0  No

→ **15b)** Did {S} usually pay for items on his/her own?

1  Yes    0  No

      

**16.** In the past 4 weeks, was {S} ever left on his/her own?

*If yes, ask questions 16a, 16b and 16c:*

→ **16a)** Was {S} left **away** from home, for 15 minutes or longer, during the day?

1  Yes    0  No

→ **16b)** Was {S} **left** at home, for an hour or longer, during the day?

1  Yes    0  No

→ **16c)** Was {S} **left** at home, for less than 1 hour, during the day?

1  Yes    0  No

**Subscore** for Page 6  
(Range = 0-5)

# ADCS-MCI Activities of Daily Living Inventory - Page 7 of 11

## Month 6 Visit

Subject Number      Subject Initials

M	C								
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**Yes**    **No**    **Don't Know**

      

17. In the past 4 weeks, did {S} use a household appliance to do chores?

(This does not include a TV.)

→ **If yes, ask about all of the following, and check those that apply:**

- |                                      |  |   |
|--------------------------------------|--|---|
| <input type="checkbox"/> washer      | <input type="checkbox"/> dryer         | <input type="checkbox"/> vacuum         |
| <input type="checkbox"/> dishwasher  | <input type="checkbox"/> power tool(s) | <input type="checkbox"/> toaster oven   |
| <input type="checkbox"/> range       | <input type="checkbox"/> microwave     | <input type="checkbox"/> food processor |
| <input type="checkbox"/> other _____ |  |   |

**If yes, ask question 17a:**

→ **17a) For the 1 or 2 most commonly used appliances, which best describes how {S} usually used them:**

- 4  without help, and operated all necessary controls
- 3  without help, but operated only on/off controls
- 2  with supervision (e.g., instructions), but no physical help
- 1  with physical help

**Note:** *plugging in and switching on = 3;*  
*switching on and adjusting volume/power = 4*

**Subscore** for Page 7  
(Range = 0-4)

# ADCS-MCI Activities of Daily Living Inventory - Page 8 of 11

## Month 6 Visit

Subject Number      Subject Initials

M	C								
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**Yes**      **No**      **Don't Know**

          

**18.** In the past 4 weeks, did {S} perform a pastime, hobby or game?

→ **If yes, ask about all of the following, check all that apply:**

- card or board games (including bridge, chess, checkers)
- bingo                               crosswords       art
- musical instrument       knitting       sewing
- reading                               gardening       golf
- tennis                               workshop       fishing
- other \_\_\_\_\_

**Note:** Walking does NOT count as a hobby/pastime for this scale.

**If yes, ask questions 18a and 18b:**

→ **18a)** Did {S} require supervision, or help, to perform any of these hobbies?

- 3  no supervision required
- 2  supervision
- 1  help

→ **18b)** List any hobby(ies) that the subject has lost the ability to perform:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Subscore** for Page 8  
(Range = 0-3)

**Proceed to questions 19-24 on pages 10 and 11 of this ADL exam, Then return to this page to total the scores for questions 1-18.**

### ADL TOTAL SCORE

Sum the page subscores for pages 1-8 of the ADL (items 1-18)

**ADL Total Score.**  
(Range = 0-53)