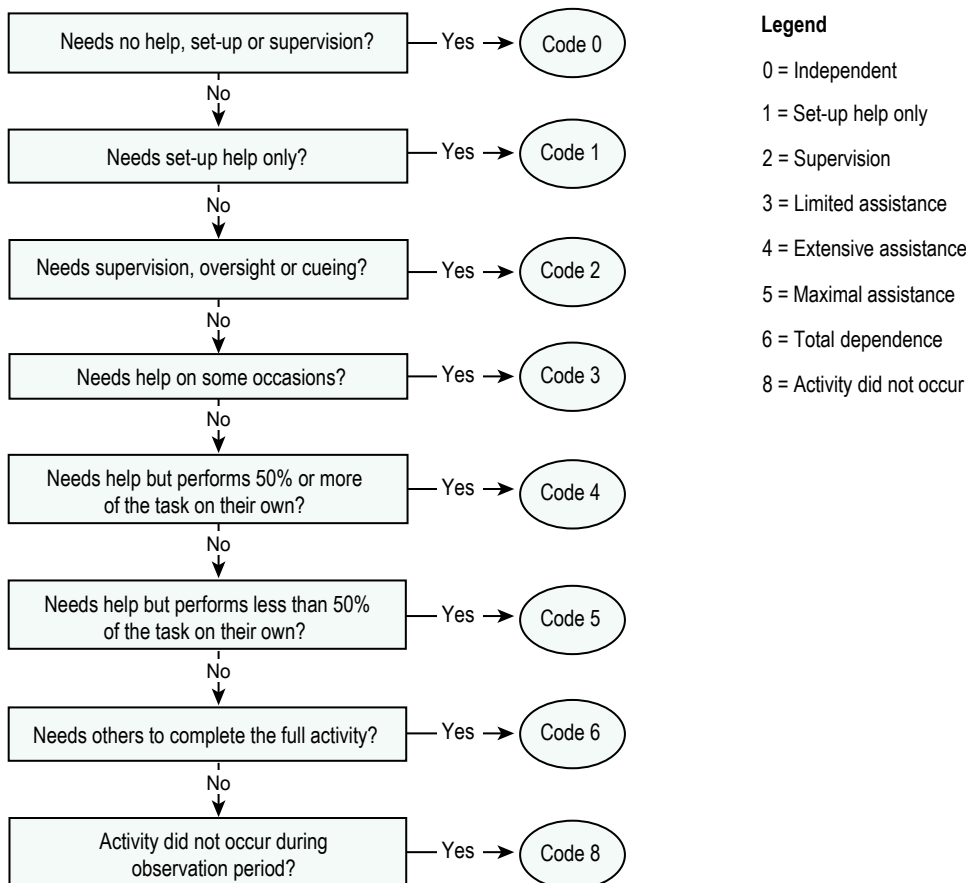# interRAI HC (IRRS): IADL Self-Performance and Capacity (G1)

The intent of item G1: IADL Self-Performance and Capacity is to examine the areas of function that are most commonly associated with independent living (instrumental activities of daily living, or IADLs). Each item should be scored in 2 categories: self-performance and capacity. It is important to distinguish between non-performance that is due to impairment of capability (caused by health problems) and non-performance that is due to other factors (not related to the person's health).

Performance: Measures what the person actually did within each IADL category in the last 3 days. Do not base coding on what the person might be capable of doing (see Capacity below).

Code for the **most dependent episode** during the observation period. If there was only 1 performance episode during the 3-day observation period, base the score on that single episode.

Capacity: Code based on the person's presumed ability to carry out the activity. This may require speculation and clinical judgment by the assessor.

Needs no help, set-up or supervision?	— Yes → Code 0
↓ No	
Needs set-up help only?	— Yes → Code 1
↓ No	
Needs supervision, oversight or cueing?	— Yes → Code 2
↓ No	
Needs help on some occasions?	— Yes → Code 3
↓ No	
Needs help but performs 50% or more of the task on their own?	— Yes → Code 4
↓ No	
Needs help but performs less than 50% of the task on their own?	— Yes → Code 5
↓ No	
Needs others to complete the full activity?	— Yes → Code 6
↓ No	
Activity did not occur during observation period?	— Yes → Code 8

Legend

0 = Independent

1 = Set-up help only

2 = Supervision

3 = Limited assistance

4 = Extensive assistance

5 = Maximal assistance

6 = Total dependence

8 = Activity did not occur

IADL subtasks

These examples of subtasks may be helpful when assessing how the person performs each IADL (G1). **Note: This is not a comprehensive list.**

Meal preparation (G1a)	Ordinary housework (G1b)	Managing finances (G1c)	Managing medications (G1d)	Phone use (G1e)	Stairs (G1f) (full flight)	Shopping (G1g)	Transportation (G1h)
• Planning meals • Gathering ingredients • Preparing food: washing, cutting, peeling, etc. • Using kitchen appliances: stove, oven, microwave, fridge, freezer, kettle, etc. • Opening food packages, cans or boxes • Setting out utensils and dishes **Do not consider** the nutritional value of the meal.	• Loading and unloading dishwasher • Washing and drying dishes • Making bed • Light dusting • Doing personal laundry • Tidying kitchen, bathroom, bedroom, etc. • Managing garbage **Do not consider** the quality of the housework. **Exclude** moving furniture and heavy cleaning.	• Paying bills • Accessing bank accounts • Monitoring credit card • Balancing a cheque book • Counting out cash and coins **Include** managing finances online.	• Opening medication bottles, dosettes or blister packs • Taking medications as prescribed • Applying ointments or creams • Giving injections • Managing eyedrops, eardrops, etc. • Calling pharmacy for refills	• Picking up and hanging up the phone • Dialing telephone or using pre-programmed numbers • Using voice commands to dial a number • Using phone book • Retrieving voice messages **Exclude** texting as part of phone use.	• Holding rail • Ascending and descending • Upright or crawling/ bum-scooting **Do not consider** if using an automated stair lift. **Exclude** half or partial flights of stairs or if uses a ramp.	• Selecting items • Reading labels • Paying money • Using grocery cart or basket **Do not consider** what is being purchased. **Exclude** telephone and online shopping.	• Navigating public transportation • Calling and arranging for a taxi • Arranging transportation with family or friends • Paying fares • Getting in and out of vehicle • Driving self • Using a bicycle **Exclude** placing equipment into vehicle or putting on a seatbelt.

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Appendix: Text alternative for figure

If the person needs no help, set-up or supervision, code 0 (Independent). If the person needs set-up help only, code 1 (Set-up help only). If the person needs supervision, oversight or cueing, code 2 (Supervision). If the person needs help on some occasions, code 3 (Limited assistance). If the person needs help but can perform 50% or more of the task on their own, code 4 (Extensive assistance). If the person needs help but performs less than 50% of the task on their own, code 5 (Maximal assistance). If the person needs others to complete the full activity, code 6 (Total dependence). If the activity did not occur during the observation period, code 8 (Activity did not occur).