

## Activities of Daily Living Assessment

This assessment tool is designed to help you have a realistic look at the ways the clutter in your environment is affecting how you are living in your spaces. Even though you may still be able to manage, sometimes the clutter that has built up requires people to make adaptations to how they function. Often these adaptations begin to feel normal. A closer look can help you make a more mindful choice about how you are willing to live today moving forward and out of the clutter. Clutter can involve inanimate things or animals or the combination.

Remember when deciding which degree of difficulty is accurate, you are just considering whether the difficulty is due to clutter only.

<b>Daily Life Tasks</b>	<b>EASILY</b> = 0	<b>WITH A LITTLE DIFFICULTY</b> = 1	<b>WITH MODERATE DIFFICULTY</b> = 2	<b>WITH GREAT DIFFICULTY</b> = 3	<b>UNABLE TO DO</b> = 4	<b>N/A</b>
Use clear counter space to prepare food						NA
Walk to the refrigerator						NA
Use food in the refrigerator before the expiry date is reached						NA
Walk to the stove						NA
Maintain stove surfaces clear between cooking times with minimal effort						NA
Maintain faucets in functional order and water potable. i.e. Are you comfortable having services in when maintenance is needed. i.e. Have necessary funds been spent on acquiring items.						NA
Use the kitchen sink easily						NA
Eat at a table intended for meals						NA
Maintain clear access for move around inside the house i.e.no pathways						NA
Maintain 2 clear door ways to enter and exit the home quickly in case of emergency.						NA

Use a toilet that flushes (see note for faucets)						NA
Maintain bath/shower clear and available for use (see note for faucets)						NA
Maintain bathroom sink clear and available for use						NA
Maintain a clear, accessible route to answer door quickly which meets local Fire Code requirements						NA
Is a sofa/chair available for yourself and others when/should they visit						NA
Maintain bed surface completely clear and available for sleeping						NA
Maintain bedroom floor spaces clear enough to allow for emergency exit should the need arise						NA
Keep clothing stored so that it does not present a tripping hazard and remains wearable						NA
Laundry can be done and before being done is stored away from heat sources (furnaces, hot water tanks etc.) according to local Fire Code requirements.						NA
Keep all hallways clear and accessible according to local Fire Code requirements						NA
Keep all staircases clear and accessible according to local Fire Code requirements.						NA
Bare light bulbs which are in use are kept away from combustible items and cannot fall onto combustible items						NA
Functional use of rooms does not require extension cords to be used on a permanent basis and do not represent a tripping hazard.						NA
Taxes are kept current (not in arrears due to documents missing in the clutter)						NA
Find important things (such as bills, tax forms, documents for eligibility purposes etc.)						NA
<b>Totals</b>						
						<b>/ 100</b>

