Instrumental Activities of Daily Living

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Synonyms

IADLs

Definition

Instrumental activities of daily living are a subset of activities of daily living (ADLs). They include activities that are required to live independently, such as cooking and shopping. They are contrasted with basic activities of daily living (bADLs), which include basic self-care functions such as eating and bathing.

Cross-References

- ▶ [Activities of Daily Living \(ADLs\)](#)
- ▶ [Basic Activities of Daily Living \(BADLs\)](#)

References and Reading

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