



ACTIVITIES OF DAILY LIVING

- Tasks that you do in day-to-day life that require thinking skills of paying attention, remembering, multitasking, listening and speaking.
- Divided into more complex ADLs, called **instrumental ADLs and basic ADLs**
- The degree of ADL impairment is directly related to the stage of dementia.
- People normally perform both their IADLs and basic ADLs independently, but after onset of dementia they will require increase assistance,
 - First with their IADLs and then basic ADLs
 - Eventually becoming wholly dependent on family care partners and paid caregivers.



ACTIVITIES OF DAILY LIVING

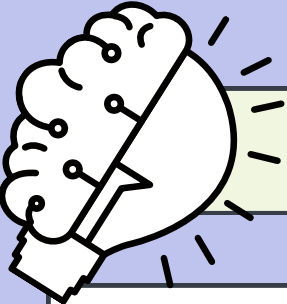
IADLS

- **Cooking-** Planning a meal, following a recipe, preparing and serving it
- **House Cleaning-** Keeping living space neat and clean
- **Taking Medication-** Taking meds as prescribed, including organizing pill bottles or pill holders
- **Laundry-** Washing clothes, sheets and towels properly
- **Shopping-** Grocery and other shopping to meet needs such as food and clothing
- **Managing finances-** Budgeting financial planning and timely payment of bills
- **Communication-** Making and receiving phone calls, listening to voicemail (cell phone, smart phone and computer use for email)
- **Transportation-** Driving a car, using a car service (taxi, Uber, Lyft and the like) or public transportation)

BASIC ADLS

- **Bathing-** Showering or taking a bath
- **Dressing-** Selecting clothes and putting them on properly
- **Transferring-** Getting up or down from a lying, sitting or standing position
- **Toileting-** Being able to urinate and have a bowel movement in the toilet as well as clean oneself afterward
- **Feeding-** Conveying food and drink to the mouth





The Allen Cognitive Disabilities Model

- Allen Cognitive Levels (ACL) provide a scale from 1 (severe impairment) to 6 (normal cognition).
- Aligning ACL with dementia stages helps care partners understand and support loved ones effectively.
- Instead of focusing on what our loved ones can no longer do, we will use a simple approach called CAN DO, WILL DO, MAY DO to understand their abilities at different stages.

(2)

CAN DO

“Biologically realistic” (Katz, 2018, p.471) **or abilities**

What they are physically and mentally capable of doing.

WILL DO

“Psychologically relevant” (Katz & Toglia, 2018, p.471) **or interests**

What they are motivated to do based on their habits, interests, and comfort.

MAY DO

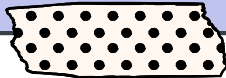

“Socially possible” (Katz & Toglia, 2018 p.471) **or possibilities**

What they might still be able to do if given the right support


MILD COGNITIVE IMPAIRMENT (MCI)

Allen Cognitive Level 5: Exploratory Actions
MMSE: 25-27, MoCA:18-25

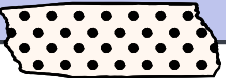

CAN DO

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- Understand cause-and-effect relationships.
 - Learn through trial and error.
 - Perform ADLs independently with little help.
 - Handles simple, familiar tasks (e.g., cooking simple meals).
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WILL DO

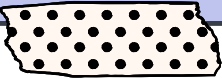
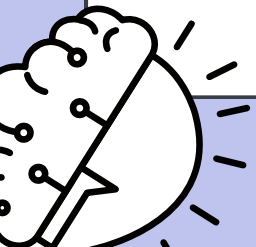
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- Try new or favorite activities.
 - Take part in social and recreational activities
 - Show motivation to problem-solve, even with mistakes

MAY DO


- 
- Set up reminders and structured tools
 - Give clear, step-by-step instructions
 - Supervise and guide decision-making
 - Encourage activities that bring joy
 - Provide memory aids to support independence
- 

EARLY STAGE DEMENTIA



CAN DO

- 
- ✓ Follow routines and complete familiar activities.
 - ✓ Cook simple meals if they have a structured environment.
 - ✓ Manage personal care (bathing, dressing) with some reminders.
 - ✓ Hold conversations but may forget recent details.
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WILL DO

- 
- Engage in social interactions and reminisce about the past.
 - Participate in simple games, puzzles, or gardening.
 - Follow structured routines, especially for self-care.

MAY DO


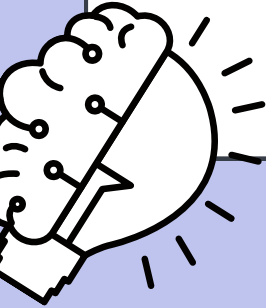
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- Manage medications if given a pill organizer or reminders.
 - Handle money if bills are set up on autopay.
 - Continue hobbies if given clear instructions.
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MIDDLE STAGE DEMENTIA


Allen Cognitive Level 3: Manual Actions

MMSE: 13-19, MoCA:6-10



CAN DO

- 
- Use their hands to complete simple, repetitive tasks.
 - Follow one-step instructions (e.g., "Brush your hair").
 - Recognize familiar people and places.
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WILL DO

- 
- Respond to music, rhythm, and sensory activities.
 - Enjoy familiar, repetitive movements (sorting objects, holding soft fabrics).
 - Follow daily routines with structured support.

MAY DO


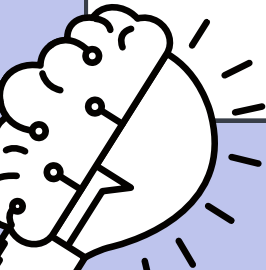
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- Eat independently if meals are pre-cut and easy to handle.
 - Participate in familiar household tasks like folding laundry.
 - Engage in social activities with guidance.
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LATE STAGE DEMENTIA


Allen Cognitive Level 2: Postural Actions

MMSE: 0-12, MoCA: 0-5

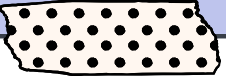

CAN DO

- 
- React to sensory experiences (warmth, touch, familiar music).
 - Move their body in response to gentle guidance (standing, walking).
 - Show emotional responses (smiling, frowning, turning toward a voice).
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WILL DO

- 
- Respond to a familiar voice or favorite song.
 - Enjoy being near loved ones, even if they don't communicate verbally.
 - React to comfort items like a warm blanket or a pet.


MAY DO

- 
- Hold soft objects or squeeze a stress ball.
 - Participate in rhythmic activities (rocking, clapping).
 - Engage in gentle movements, like swaying to music.
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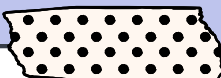
END STAGE DEMENTIA

Allen Cognitive Level 1: Automatic Actions


CAN DO

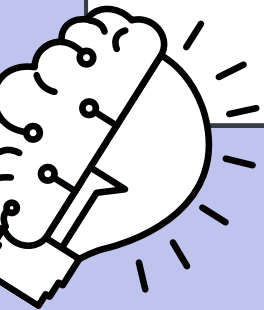
- 
- Swallowing small amounts of soft food.
 - Responding to touch, warmth, and gentle movements.
 - Sleeping and resting for long periods.

WILL DO

- 
- React to comforting sensations (warm blankets, soft textures).
 - Enjoy familiar, soothing sounds (a caregiver's voice, favorite music).
 - Find peace in a calm, predictable environment.

MAY DO

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- Show a small reaction to a loved one's voice.
 - Turn their head toward a familiar sound.
 - Grip a hand or respond to light massage.

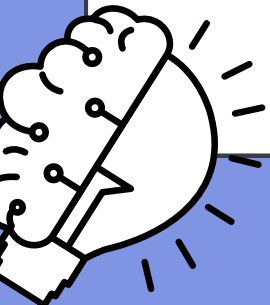


What do you think are the
“CAN-WILL-MAY DO” of your loved one?

CAN DO

WILL DO

MAY DO



REFERENCES

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