
Activities of Daily Living for Hoarding (ADL-H)

Date: _____

Sometimes clutter in the home can prevent you from doing ordinary activities. For each of the following activities, please circle the number that best represents the degree of difficulty you experience in doing this activity because of the clutter or hoarding problem. If you have difficulty with the activity for other reasons (for example, unable to bend or move quickly due to physical problems), do not include this in your rating. Instead, rate only how much difficulty you would have **due to hoarding**. If the activity is not relevant to your situation (for example, you don't have laundry facilities or animals), circle Not Applicable (NA).

Activities affected by clutter or hoarding problem	Can do it easily	Can do it with a little difficulty	Can do it with moderate difficulty	Can do it with great difficulty	Unable to do	Not Applicable
1. Prepare food	1	2	3	4	5	NA
2. Use refrigerator	1	2	3	4	5	NA
3. Use stove	1	2	3	4	5	NA
4. Use kitchen sink	1	2	3	4	5	NA
5. Eat at table	1	2	3	4	5	NA
6. Move around inside the house	1	2	3	4	5	NA
7. Exit home quickly	1	2	3	4	5	NA
8. Use toilet	1	2	3	4	5	NA
9. Use bath/shower	1	2	3	4	5	NA
10. Use bathroom sink	1	2	3	4	5	NA
11. Answer door quickly	1	2	3	4	5	NA
12. Sit in sofa/chair	1	2	3	4	5	NA
13. Sleep in bed	1	2	3	4	5	NA
14. Do laundry	1	2	3	4	5	NA
15. Find important things (such as bills, tax forms, etc.)	1	2	3	4	5	NA
