

Activities of Daily Living – Hoarding (ADL-H)

Name of Service User : _____ Occupational Therapist: _____

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 N/A applicable (NA).

A. Activities of Daily Living

Activities affected by clutter	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 it	N/A
1. Prepare Food	1	2	3	4	5	
2. Use refrigerator	1	2	3	4	5	
3. Use Stove	1	2	3	4	5	
4. Use kitchen sink	1	2	3	4	5	
5. Eat at table	1	2	3	4	5	
6. Move around inside unit	1	2	3	4	5	
7. Exit home quickly	1	2	3	4	5	
8. Use toilet	1	2	3	4	5	
9. Use bath/shower	1	2	3	4	5	
10. Use bathroom sink	1	2	3	4	5	
11. Answer door quickly	1	2	3	4	5	
12. Sit in sofa/ chair	1	2	3	4	5	
13. Sleep in bed	1	2	3	4	5	
14. Do laundry	1	2	3	4	5	
15. Find important things (bills, tax forms)	1	2	3	4	5	
16. Care for animals	1	2	3	4	5	

Continued

Adapted from Steketee & Frost, 2014. *Treatments That Work: Therapist guide*. New York: Oxford University Press

B. Living Conditions

Problems in the home	None	A little	Somewhat/ moderate	Substantial	Severe
17. Structural damage (floors, walls, roof, etc)	1	2	3	4	5
18. Presence of rotten food items	1	2	3	4	5
19. Insect infestation	1	2	3	4	5
20. Presence of human urine or feces	1	2	3	4	5
21. Presence of animal urine or feces	1	2	3	4	5
22. Water not working	1	2	3	4	5
23. Heat not working	1	2	3	4	5

Continued

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C. Safety Issues

Type of problem	Not at all	A little	Somewhat/ moderate	Substantial	Severe
24. Does any part of your house pose a fire hazard (i.e.: stove covered in paper, flammable objects near heat sources)?	1	2	3	4	5
25. Are parts of your house unsanitary (bathrooms unclean, strong odour)?	1	2	3	4	5
26. Would medical personnel have difficulty moving equipment through your home?	1	2	3	4	5
27. Are any exits from your home blocked (includes windows)?	1	2	3	4	5
28. Is it unsafe to move up or down the stairs or walk along other walkways?	1	2	3	4	5
29. Is there clutter outside your house?	1	2	3	4	5

Continued

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修訂日期: 4.3.2020 (取代16.10.2018)

Scoring Key

The ADL-H yields three scores:

A. Activities of Daily Living:

Sum items 1-16. Divide by the number of items that are given a numerical rating to yield an average score that ranges from 1.0-5.0.

B. Living conditions:

Sum items 17-23 and divide by 6 to yield an average score ranging from 1.0-5.0

C. Safety issues:

Sum items 24-29 and divide by 6 to yield an average score ranging from 1.0 - 5.0

An average score in the 3 range is likely to indicate substantial problems with functioning due to clutter.

Adapted from Steketee & Frost, 2014. *Treatments That Work: Therapist guide*. New York: Oxford University Press