

**A CARLAT PSYCHIATRY
REFERENCE TABLE**

DEATH and SHAFT Mnemonics With Sample Questions	
ADLs¹	IADLs¹
<p>Dressing</p> <ul style="list-style-type: none"> • Have you needed help getting dressed? 	<p>Shopping</p> <ul style="list-style-type: none"> • How do you go about shopping for groceries and personal items? • Have you had trouble handling money or credit cards?
<p>Eating</p> <ul style="list-style-type: none"> • Do you need assistance with consuming your meals? 	<p>Housekeeping</p> <ul style="list-style-type: none"> • Are you having trouble keeping your living area clean? • Do you experience any difficulty with operating the dishwasher or doing the laundry?
<p>Ambulating</p> <ul style="list-style-type: none"> • Do you experience trouble getting out of bed or a chair? • How many falls have you had in the past few months? 	<p>Accounting</p> <ul style="list-style-type: none"> • How do you keep up with finances and bills?
<p>Toileting</p> <ul style="list-style-type: none"> • Do you have difficulty getting to the bathroom in time? Have you had accidents? 	<p>Food Preparation</p> <ul style="list-style-type: none"> • How do you manage your meals? Do you cook yourself? • Have you burned food or left the stove/oven running?
<p>Hygiene</p> <ul style="list-style-type: none"> • Do you need assistance bathing? • Do you need help combing your hair or brushing your teeth? 	<p>Transportation</p> <ul style="list-style-type: none"> • Have you gotten lost while driving? • Have you been in any accidents in the last year?

¹Source: Bickley LS. Bates' Guide to Physical Examination and History Taking. 12th ed. Alphen aan den Rijn, The Netherlands: Wolters Kluwer; 2017.

From the Article:
“How to Interview the Older Patient”
 by **Rehan Aziz, MD**

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