Activities of Daily Living in Hoarding (ADL-H)

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
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 the house	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 (such as bills, tax forms, etc.)	1	2	3	4	5