



CANADIAN STROKE BEST PRACTICE RECOMMENDATIONS

Vascular Cognitive Impairment Seventh Edition, 2024

Box 2A: Examples of Activities of Daily Living impacted by Cognitive changes

Swartz R.H, Longman S (Writing Group Chairs)

*on behalf of the Canadian Stroke Best Practice Recommendations
Vascular Cognitive Impairment Writing Group, the Canadian Stroke Best Practice
Recommendations Advisory Committee, and in collaboration with the
Canadian Stroke Consortium and CanStroke Recovery Clinical Trials Platform.*

© 2024 Heart and Stroke Foundation of Canada

Box 2A: Examples of Activities of Daily Living impacted by Cognitive changes

The following activities are examples of Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADL) that may be impacted by vascular cognitive impairment. This box provides examples of ADLs and IADLs that may need to be considered or adapted as part of a safety plan.*

Activities of Daily Living (ADLs)

- Bathing / personal hygiene
- Dressing / selecting appropriate clothing
- Feeding (e.g., swallowing, food handling, healthy dietary choices)
- Toileting
- Household mobility and transfers (including fall risk)

Instrumental Activities of Daily Living (IADLs)

- Driving
- Parenting and caring for others
- Community mobility
- Shopping (including purchase choice)
- Cleaning
- Kitchen safety (e.g., meal preparation, discarding spoiled foods, fire safety)
- Medication safety and adherence
- Healthcare decisions
- Financial decisions
- Home safety
- Living alone or spending time home alone

* *Note this is not a comprehensive list. Rather it represents more common and frequent areas of concern.*