

Activities of Daily Living – Hoarding (ADL-H) Scales

A. Activities of Daily Living

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

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

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 (for example, stove covered with paper, flammable objects near furnace, etc.	1	2	3	4	5
25. Are parts of your house unsanitary (bathrooms unclean, strong odor)?	1	2	3	4	5
26. Would medical emergency personnel have difficulty moving equipment through your home?	1	2	3	4	5
27. Are any exits from your home blocked?	1	2	3	4	5

28. Is it unsafe to move up or down the stairs or along other walkways?	1	2	3	4	5
29. Is there clutter outside your house (porch, yard, alleyway, common areas, if apartment or condo)?	1	2	3	4	5

Scoring Key

The Hoarding ADL 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 7 to yield an average score ranging from 1.0 to 5.0.
- C. Safety Issues: Sum items 24-29 and divide by 6 to yield an average score ranging from 1.0 to 5.0.

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

Reproduced from Steketee, G., & Frost, R.O. (2007). *Compulsive hoarding and acquiring: Therapist guide*. New York: Oxford University Press.