

# Index of Independence in Activities of Daily Living (ADL)

*By: Laura Bell, SafeStack Limited, New Zealand*

**WHY:** Digital tools and technologies are now a key enabler and vehicle for societal engagement. By understanding the level of digital independence held by an individual, we can enable them to operate safely in this space and cater our security tools, advice, education and processes to their specific requirements.

**TARGET POPULATION:** The instrument is used effectively among all community members but particularly those outside of traditional technical communities. The tool is most useful when baseline measurements are taken when the individual is well and compared to periodic or subsequent measures.

**HOW TO INTERPRET THE SCORE** Digital independence is measured on a scale from 'Fully Independent' to 'Fully Dependent'.

SCORES	ASSESSMENT
16	Fully Independent
8	Supported
0	Fully Dependent

## Index of Instrumental Activities of Digital Living

		INDEPENDENCE	SUPPORTED	DEPENDENCE
		<b>NO</b> supervision, direction or personal assistance	<b>WITH</b> supervision, direction, personal assistance	<b>RELIANT</b> on a proxy or assistant acting on their behalf
<b>ACTIVITIES</b>	<b>POINTS</b>	2 POINTS	1 POINT	0 POINTS
SHOPPING		Can use online stores to purchase goods and services. Can identify and select between different sources of goods and services. Can change between vendors as requirements change.	Can purchase from small number of online retailers for small, low risk purchases. Seeks help and recommendations when identifying suitable online retailers.	Assistants, carers or other proxy operates on their behalf.
FINANCIAL MANAGEMENT		Can actively manage finances using online tools and platforms. Can compare options and select financial information sources and tools to suit needs and risk appetite.	Can complete simple, common activities such as checking statements in email. Seeks help with more complex tasks	Assistants, carers or other proxy operates on their behalf.
FINDING INFORMATION		Can use online tools to find new information. Able to analyze information to identify source, validity and accuracy. Can verify information.	Can complete simple searches using common search engines. Limited experience with checking validity of information. Seeks help with more complex tasks	Assistants, carers or other proxy operates on their behalf.
CHOOSING AND ADOPTING NEW TECHNOLOGY		Can select and adopt new technology and devices. Can compare options and select technology most suited to needs.	Confident in replacing devices and technologies when like-for-like. Seeks help when choosing new technologies	Assistants, carers or other proxy operates on their behalf.
RECOVERING FROM UNEXPECTED EVENTS		Can identify unusual and unexpected events. Can seek assistance or change behavior to recover from unexpected events.	Can identify simple unexpected events. Seeks assistance where available. Requires assistance to recover.	Assistants, carers or other proxy operates on their behalf.  Unaware of event unless informed.

COMMUNICATING		Can use a range of communication tools to interact with different groups. Can select tools and communication channels to best suit needs of audience. Can adapt communication style, tone and content to match the needs of the tool used.	Can use a small number of communications tools without assistance including phone and limited email. Requires assistance to use new communication tools. Requires assistance to understand tone, content and usage requirements for different tools.	Assistants, carers or other proxy operates on their behalf.
ABILITY TO PHYSICALLY OPERATE DEVICES		Can operate new devices without assistance. Can learn new devices and interfaces. No physical limitations to types of devices that can be used (such as eye sight, tremors, hearing loss)	Seeks help with new devices. Requires specific configuration or accommodations	Assistants, carers or other proxy operates on their behalf.
ENTERTAINMENT		Can interact with a range of entertainment platforms to consume media in visual, audio or written forms.	Can operate simple, frequently used entertainment systems Low level of awareness of entertainment options. Seeks help.	Assistants, carers or other proxy operates on their behalf.
Total Score				