

Table S1.Shopping in PADA-D

Score	Process	actions that make up the process	check		Remarks
	1.Enter the store	(1) Enter the store (2)Take a shopping basket / cart (3)Confirm the section	YES YES YES	NO NO NO	
	2. Go to the section	(1)Go toward the section (2)Walk without hitting people or product shelves (3)Get to the section	YES YES YES	NO NO NO	
	3.Find a product	(1)Find the target product (2)Check the price and expiration date (3)Put the required quantity of the products in the basket	YES YES YES	NO NO NO	
	4.Pay for the product	(1)Stand in line at the cash register (2)Understand and pay the total amount (3)Check the change	YES YES YES	NO NO NO	
	5.Take home the product	(1)Pick up the product (2)Put the product into a shopping bag (3)Go toward the exit	YES YES YES	NO NO NO	

Table S2 .Cooking in PADA-D

Score	Process	actions that make up the process	check		Remarks
	1.Plan a meal	(1)Search for and understand the steps for cooking (2)Prepare the ingredients (3)Prepare the cooking utensils	YES	NO	
	2.Prepare the food (wash, cut and cook the ingredients)	(1)Wash the foodstuffs (2)Slice/cut /mash the foodstuffs (3)Fry/ steam/ boil /bake the foodstuffs	YES	NO	
	3.Season the ingredients (choose seasoning, et al)	(1)Choose appropriate seasoning (2)Add a suitable amount of seasoning (3)Check the taste	YES	NO	
	4.Plate the food	(1)Select the appropriate dishes for the food (2)Prepare dishes for the number of people (3)Serve the proper quantity of meal on the dishes	YES	NO	
	5.Set the table	(1)Carry dishes to the table (2)Set dishes on the table (3)Set chopsticks / spoons and fork or knife	YES	NO	

Table S3. Housekeeping in PADA-D

Score	Process	actions that make up the process	check		Remarks
	1. Clean up after a meal	(1)Wash the dishes and cooking utensils (2)Dry the dishes (3)Put the dishes back where they belong	YES	NO	
	2. Managing daily necessities	(1)Understand about the contents of the refrigerator (2)Sort out the mail and the bills (3)Change clothes according to the season	YES	NO	
	3. Management of bedding	(1)Make the bed (2)Change the bedspread regularly (3)Dry the bedding in a dryer	YES	NO	
	4. Clean the house	(1)vacuum and sweep the room (2)Wipe and scrub the room (3)Tidy up the room / put something back	YES	NO	
	5. Garbage dumping	(1)Separate the garbage (2)Put out the garbage on collection day (3)Take the garbage to the dumpster	YES	NO	

Table S4. Use modes of transportation in PADA-D

Score	Process	actions that make up the process	check		Remarks
	1. Take a taxi	(1)Call or catch a taxi (2)Tell the driver the destination (3)Get out at the destination	YES	NO	
	2.Take a bus or train	(1)Go to the station / bus stop (2)Take a train or bus to the destination (3)Get off at the station / bus stop	YES	NO	
	3. Ride a bicycle	(1)Riding a bicycle (2)Obey traffic rules (3)Arrive at the destination and park the bike in a parking lot	YES	NO	
	4. Drive a mobility scooter	(1)Drive a mobility scooter (2)Obey traffic rules (3)arrive at the destination and park the mobility scooter in a parking lot	YES	NO	
	5.Choose an appropriate mode of transportation	(1)Understand the time /distance to the destination (2)Understand the fare for the chosen mode of transportation (3)Use different modes of transportation depending on the situation	YES	NO	

Table S5. Laundry in PADA-D

Score	Process	actions that make up the process	check		Remarks
	1. Put the laundry in the washing machine	(1)Separate the laundry (2)Open the lid of the washing machine (3)Put the laundry into the washing machine	YES YES YES	NO NO NO	
	2.Start the washing machine	(1)Put some detergent in the washing machine (2)Close the lid of the washing machine (3)Turn on the power and start the washing machine	YES YES YES	NO NO NO	
	3.Operate the dryer or find another effective means to dry the laundry	(1)Take the laundry out of the washing machine (2)Stretch the wrinkle on the laundry (3)Hang the laundry / put the laundry in the dryer	YES YES YES	NO NO NO	
	4. Take in and fold the laundry	(1)Check whether the laundry is dry or damp (2)Take in the laundry (3)Fold the laundry according to the shape of clothes	YES YES YES	NO NO NO	
	5.Put the clothes in the chest/closet	(1)Carry the clothes to the chest/closet (2)Put the clothes in appropriate storage (3)Close drawers and closet door	YES YES YES	NO NO NO	

Table S6. Managing finances in PADA-D

Score	Process	actions that make up the process	check		Remarks
	1.Handle cash	(1)Take out the required number of coins (2)Take out the required number of bills (3)Get the correct amount of change	YES YES YES	NO NO NO	
	2.Use cash on a daily life	(1)Mainly handle cash for purchasing of grocery (2)Handle cash for rent and bill payments (3)Handle cash for special events	YES YES YES	NO NO NO	
	3.Understand household express	(1)Understand the necessary amount for living expenses (2)Understand the amount of savings (3)Understand assets	YES YES YES	NO NO NO	
	4.Use the bank and the post office	(1)Understand where the seals / passbooks / cards have been stored (2)Understand the procedures for transactions at the bank counter (for withdrawals, deposits, bank transfers/payment) (3)Use the ATM for withdrawals/deposits/ bank transfers/payments	YES YES YES	NO NO NO	
	5.Use electronic money	(1)Tap card against the card reader (2) Transfer some cash to the card (3)Understand the balance on the card.	YES YES YES	NO NO NO	

Table S7. Managing medication in PADA-D

Score	Process	actions that make up the process	check		Remarks
	1.Keep the regular time to take medicate	(1)Understand the regular time during the day to take medication (2)Understand the regular time during the day to take medication when outside the home (3)Understand the way of taking the time to remember own medication	YES YES YES	NO NO NO	
	2.Take out the prescribed medicine	(1)Understand the place to store the medicine (2)Take out the storage case for regular medicine (3)Open the storage case for regular medicine	YES YES YES	NO NO NO	
	3.Check the correct quantity of medicine	(1)Understand the shape of the medicine (2)Understand the color of the medicine (3)Understand the dosage of medicine	YES YES YES	NO NO NO	
	4.Take medicine correctly	(1)Take the medicine with water (2)Place a medical patch on the affected part (3)Put ointment on the affected part	YES YES YES	NO NO NO	
	5.Keep track of leftover medicine	(1)Understand what medicine to take at the next time (2)Understand the shortage /surplus of medicine (3)Self-handling of medicine shortage and surplus	YES YES YES	NO NO NO	