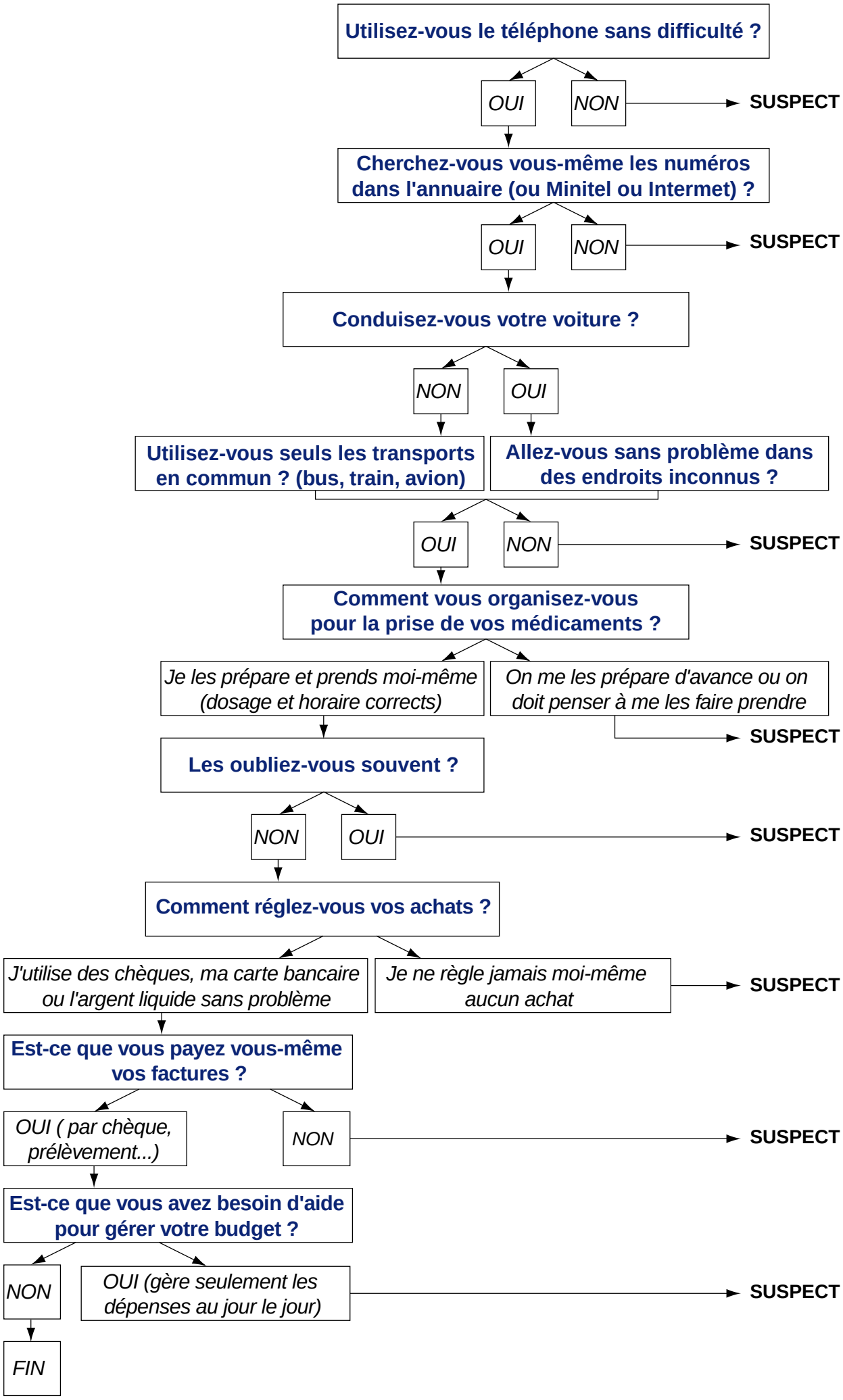Guide d'utilisation pratique des 4 IADL