

## Functional Assessment

### Activities of Daily Living

Activities Points (1 or 0)	Independence (1 Point) No supervision, direction or personal assistance	Dependence (0 Points) With supervision, direction, personal assistance or total care
<b>Bathing</b> Points: _____	<b>(1 Point)</b> Bathes self completely or needs help in bathing only a single part of the body such as the back, genital area or disabled extremity.	<b>(0 Points)</b> Needs help with bathing more than one part of the body, getting in or out of the tub or shower. Requires total bathing.
<b>Dressing</b> Points: _____	<b>(1 Point)</b> Gets clothes from closets and drawers and puts on clothes and outer garments complete with fasteners. May have help tying shoes.	<b>(0 Points)</b> Needs help dressing self or needs to be completely dressed.
<b>Toileting</b> Points: _____	<b>(1 Point)</b> Goes to toilet, gets on and off, arranges clothes, cleans genital area without help.	<b>(0 Points)</b> Needs help transferring to the toilet, cleaning self or uses bedpan or commode.
<b>Transferring</b> Points: _____	<b>(1 Point)</b> Moves in and out of bed or chair unassisted. Mechanical transferring aides are acceptable.	<b>(0 Points)</b> Needs help moving from bed to chair or requires complete transfer.
<b>Continence</b> Points: _____	<b>(1 Point)</b> Exercises complete self-control over urination and defecation.	<b>(0 Points)</b> Is partially or totally incontinent of bowel or bladder.
<b>Feeding</b> Points: _____	<b>(1 Point)</b> Gets food from plate into mouth without help. Preparation of food may be done by another person.	<b>(0 Points)</b> Needs partial or total help with feeding or requires parenteral feeding.

Total Points = \_\_\_\_\_ 6 = High (patient Independent) 0 = Low (patient very dependent)

Slightly adapted from Katz, S., Down, T.D., Cash, H.R., & Grotz, R.C. (1970) Progress in the development of index of ADL. *The Gerontologist*, 10 (1), 20-30.

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