### Table 1.—Index of Independence in Activities of Daily Living

The Index of Independence in Activities of Daily Living is based on an evaluation of the functional independence or dependence of patients in bathing, dressing, going to toilet, transferring, continence, and feeding. Specific definitions of functional independence and dependence appear below the index.

- **A** — Independent in feeding, continence, transferring, going to toilet, dressing, and bathing.
- **B** — Independent in all but one of these functions.
- **C** — Independent in all but bathing and one additional function.
- **D** — Independent in all but bathing, dressing, and one additional function.
- **E** — Independent in all but bathing, dressing, going to toilet, and one additional function.
- **F** — Independent in all but bathing, dressing, going to toilet, transferring, and one additional function.
- **G** — Dependent in all six functions.
- **Other** — Dependent in at least two functions, but not classifiable as C, D, E, or F.

**Independence** means without supervision, direction, or active personal assistance, except as specifically noted below. This is based on actual status and not on ability. A patient who refuses to perform a function is considered as not performing the function, even though he is deemed able.

### Bathing (Sponge, Shower, or Tub)

- **Independent:** assistance only in bathing a single part (as back or disabled extremity) or bathes self completely
- **Dependent:** assistance in bathing more than one part of body; assistance in getting into or out of tub or does not bathe self

### Dressing

- **Independent:** gets clothes from closets and drawers; puts on clothes, outer garments, braces; manages fasteners; act of tying shoes is excluded
- **Dependent:** does not dress self or remains partly undressed

### Going to Toilet

- **Independent:** gets to toilet; gets on and off toilet; arranges clothes; cleans organs of excretion; (may manage own bedpan used at night only and may or may not be using mechanical supports)
- **Dependent:** uses bedpan or commode or receives assistance in getting to and using toilet

### Transfer

- **Independent:** moves in and out of bed independently and moves in and out of chair independently (may or may not be using mechanical supports)
- **Dependent:** assistance in moving in or out of bed and/or chair; does not perform one or more transfers

### Continenence

- **Independent:** urination and defecation entirely self-controlled
- **Dependent:** partial or total incontinence in urination or defecation; partial or total control by enemas, catheters, or regulated use of urinals and/or bedpans

### Feeding

- **Independent:** gets food from plate or equivalent into mouth; (precutting of meat and preparation of food, as buttering bread, are excluded from evaluation)
- **Dependent:** assistance in act of feeding (see above); does not eat at all or parental feeding

### Table 2.—Evaluation Form

- **Name**
- **Date of evaluation**

For each area of functioning listed below, check description that applies. (The word “assistance” means supervision, direction of personal assistance.)

**Bathing**—either sponge bath, tub bath, or shower.

- **Receives no assistance (gets in and out of tub by self if tub is usual means of bathing) or (such as back or a leg)**
- **Receives assistance in bathing only one part of the body (not bathed)**

**Dressing**—gets clothes from closet and drawers—includes underclothes, outer garments and using fasteners (including braces if worn)

- **Gets clothes and gets completely dressed without assistance**
- **Gets clothes and gets dressed without assistance except for assistance in tying shoes**
- **Receives assistance in getting clothes in getting dressed, or stays partly or completely undressed**

**Toileting**—going to the “toilet room” for bowel and urine elimination; cleaning self after elimination, and arranging clothes

- **Goes to “toilet room,” cleans self, and arranges clothes without assistance (may use object for support such as cane, walker, or wheelchair and may manage night bedpan or commode)**
- **Receives assistance in going to “toilet room” or in arranging clothes after elimination or in use of night bedpan or commode**
- **Doesn’t go to room termed “toilet” for the elimination process**

**Transfer**

- **Moves in and out of bed as well as in and out of chair without assistance (may be using object for support such as cane or walker)**
- **Moves in or out of bed or chair with assistance**
- **Doesn’t get out of bed**

**Continenence**

- **Controls urination and bowel movement completely by self**
- **Has occasional “accidents”**
- **Supervision helps keep urine or bowel control; catheter is used, or is incontinent**

**Feeding**

- **Eats without assistance**
- **Eats except for getting assistance in cutting meat or buttering bread**
- **Receives assistance in feeding or is fed partly or completely by using tubes or intravenous fluids**