

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 in 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

Continence
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 its 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 parenteral 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.			
<input type="checkbox"/> Receives no assistance (gets in and out of tub by self if tub is usual means of bathing)	<input type="checkbox"/> Receives assistance in bathing only one part of the body (such as back or a leg)	<input type="checkbox"/> Receives assistance in bathing more than one part of the body (or not bathed)	
Dressing —gets clothes from closets and drawers—including underclothes, outer garments and using fasteners (including braces if worn)	<input type="checkbox"/> Gets clothes and gets completely dressed without assistance	<input type="checkbox"/> Gets clothes and gets dressed without assistance except for assistance in tying shoes	<input type="checkbox"/> Receives assistance in getting clothes or 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	<input type="checkbox"/> 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, emptying same in morning)	<input type="checkbox"/> Receives assistance in going to "toilet room" or in cleansing self or in arranging clothes after elimination or in use of night bedpan or commode	<input type="checkbox"/> Doesn't go to room termed "toilet" for the elimination process
Transfer —	<input type="checkbox"/> 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)	<input type="checkbox"/> Moves in or out of bed or chair with assistance	<input type="checkbox"/> Doesn't get out of bed
Continence —	<input type="checkbox"/> Controls urination and bowel movement completely by self	<input type="checkbox"/> Has occasional "accidents"	<input type="checkbox"/> Supervision helps keep urine or bowel control; catheter is used, or is incontinent
Feeding —	<input type="checkbox"/> Feeds self without assistance	<input type="checkbox"/> Feeds self except for getting assistance in cutting meat or buttering bread	<input type="checkbox"/> Receives assistance in feeding or is fed partly or completely by using tubes or intravenous fluids