

Table 1. Physical Self-Maintenance Scale.

	Score	% Correct	% Error		Score	% Correct	% Error
A. Toilet		66	3.8	D. Grooming (neatness, hair, nails, hands, face, clothing)		42	9.4
1. Cares for self at toilet completely, no incontinence.	1			1. Always neatly dressed, well-groomed, without assistance.	1		
2. Needs to be reminded, or needs help in cleaning self, or has rare (weekly at most) accidents.	0			2. Grooms self adequately with occasional minor assistance, e.g., shaving.	0		
3. Soiling or wetting while asleep more than once a week.	0			3. Needs moderate and regular assistance or supervision in grooming.	0		
4. Soiling or wetting while awake more than once a week.	0			4. Needs total grooming care, but can remain well-groomed after help from others.	0		
5. No control of bowels or bladder.	0			5. Actively negates all efforts of others to maintain grooming.	0		
B. Feeding		77	3.8	E. Physical Ambulation		27	7.9
1. Eats without assistance.	1			1. Goes about grounds or city.	1		
2. Eats with minor assistance at meal times and/or with special preparation of food, or help in cleaning up after meals.	0			2. Ambulates within residence or about one block distant.	0		
3. Feeds self with moderate assistance and is untidy.	0			3. Ambulates with assistance of (check one) a () another person, b () railing, c () cane, d () walker, e () wheel chair.	0		
4. Requires extensive assistance for all meals.	0			1____Gets in and out without help.			
5. Does not feed self at all and resists efforts of others to feed him.	0			2____Needs help in getting in and out.			
C. Dressing		56	4.2	4. Sits unsupported in chair or wheelchair, but cannot propel self without help.	0		
1. Dresses, undresses, and selects clothes from own wardrobe.	1			5. Bedridden more than half the time.	0		
2. Dresses and undresses self, with minor assistance.	0			F. Bathing		43	4.2
3. Needs moderate assistance in dressing or selection of clothes.	0			1. Bathes self (tub, shower, sponge bath) without help.	1		
4. Needs major assistance in dressing, but cooperates with efforts of others to help.	0			2. Bathes self with help in getting in and out of tub.	0		
5. Completely unable to dress self and resists efforts of others to help.	0			3. Washes face and hands only, but cannot bathe rest of body.	0		
				4. Does not wash self but is cooperative with those who bathe him.	0		
				5. Does not try to wash self and resists efforts to keep him clean.	0		
Rep.± .96		N ± 265		Rep= .96		N = 265	