

Katz Index of Independence in Activities of Daily Living (ADLs)

Highly Independent

Very Dependent

Scoring:



- Review the summary descriptions to determine the person's ability to independently complete task. For additional clarification, refer to blog post.
- Assign "1" point if no supervision, direction, or personal assistance is required to complete the activity; and "0" points if some supervision, direction, assistance, or total care is required.
- Total the points for each ADL at bottom. Circle the total score along the range from "Highly Independent" to "Very Dependent" to get an indication of overall independence.
- ADLs with a "0" ranking indicate areas where person may need additional support.



BATHING

Points Rating: ____

- Bathes or showers on their own or with limited help to wash a single part such as back, genital area, or disabled extremity. (1 Point)
- Relies on help to wash more than one part of the body, getting into or out of tub or stall, or requires complete help to take a bath or shower. (0 Point)



DRESSING

Points Rating: ____

- Gathers clothes from closets and drawers; puts on underwear and clothing; and secures all fasteners. May get help to tie shoes. (1 Point)
- Requires help to put on shoes and clothing or completely relies on others to get dressed. (0 Point)



FEEDING

Points Rating: ____

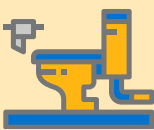
- Lifts food from plate or bowl into mouth and drinks beverage from cup or glass, without help. (1 Point)
- Relies on others to partially or fully get food or beverages into mouth; or must be fed by others. (0 Point)



TRANSFERRING

Points Rating: ____

- Gets in and out of bed or chair without assistance. May use mechanical aids to complete transfer. (1 Point)
- Requires assistance to move into and out of the bed or a chair; or others complete the transfer. (0 Point)



TOILETING

Points Rating: ____

- Sits on toilet, relieves oneself, cleans genital area, gets off toilet, arranges clothes, and secures fasteners without help. (1 Point)
- Needs help transferring on and off toilet, cleaning genital area, or uses bedpan or commode. (0 Point)



CONTINENCE

Points Rating: ____

- Exercises complete self control of natural discharges of urine and feces. (1 Point)
- Lacks ability to partially or totally control evacuations of bowel and/or bladder. (0 Point)

Total Points: ____

Source: "try this: Best Practices in Nursing Care to Older Adults," Marie Boltz, PhD, GNP-BC, and Mary Shelkey, PhD, ARNP, The Hartford Institute for Geriatric Nursing, New York University, College of Nursing, Issue Number 2, Revised 2007, www.hartfordign.org and/or www.ConsultGerIRN.org.