

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

Patient's Name: _____

Date: _____

Instructions: For each area of functioning listed below, check the description that applies. (The word "assistance" means supervision, direction, or personal assistance.) Data recorded on the evaluation form is converted into an overall ADL grade with the aid of definitions in the table on the following page.

BATHING – either sponge bath, tub bath, or shower

- | | | |
|--|--|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Receives no assistance (gets in and out of tub by self if tub is usual means of bathing) | Receives assistance in bathing only one part of the body (such as back or a leg) | 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"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 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 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"/> | <input type="checkbox"/> | <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) | Receives assistance in going to "toilet room" or in cleaning self 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

- | | | |
|--|--|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <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) | Moves in and out of bed or chair with assistance | Doesn't get out of bed |

CONTINENCE

- | | | |
|--|----------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 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

- | | | |
|-------------------------------|---|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Feeds self without assistance | Feeds self 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 |

(Katz et al., 1963)

Scoring:

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, toileting, transferring, continence, and feeding. Specific definitions of functional independence and dependence appear below the index.

- A – Independent in feeding, continence, transferring, toileting, 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, toileting, and one additional function
- F – Independent in all but bathing, dressing, toileting, 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.

Definitions:

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 or she 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 just 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

Toileting

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 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

Sources:

- Katz S, Downs TD, Cash HR, Grotz RC. Progress in development of the index of ADL. *Gerontologist*. 1970;10(1):20-30.
- Katz S, Ford AB, Moskowitz RW, Jackson BA, Jaffe MW. Studies of illness in the aged. The Index of ADL: a standardized measure of biological and psychosocial function. *JAMA*. 1963;185(12):914-9.