

Functional tests for independence

On the internet there are various tests available. Following are two tests – one for personal care, one for functional ability. They address different areas of competence needed to live independently.

The Personal Care is more critical, in my opinion.

This is in early stage of development; please email comments and suggestions to me

-- ross hart

Independence in Personal Care Activities of Daily Living

ACTIVITIES	INDEPENDENT	DEPENDENT:
BATHING	<p>NO supervision, direction or personal Assistance required. <i>One Point per Item unless noted.</i></p> <p>Can bathe self completely or gets help in bathing a <u>single</u> part of the body such as the back, genital area or disabled extremity.</p>	<p>WITH or REQUIRES supervision, direction, personal assistance or total care</p> <p>Needs help with bathing more than one part of the body, getting in or out of the tub or shower. Requires total bathing.</p>
DRESSING	<p>Gets clothes from closets and drawers and puts on undergarments, clothes and outer garments complete with fasteners.</p> <p><i>May have help tying shoes.</i></p>	<p>Needs help with dressing self or needs to be completely dressed.</p>
TOILETING	<p>Goes to toilet, gets on and off, arranges clothes, cleans genital area without help.</p>	<p>Needs help transferring to the toilet, cleaning self or uses bedpan or commode.</p>
TRANSFERRING	<p>(2 pts) Moves in and out of bed or chair unassisted or (1 pt) only with mechanical aid</p>	<p>Needs help in moving from bed to chair or requires a complete transfer.</p>
CONTINENCE	<p>Exercises complete self control over urination and defecation.</p>	<p>Is partially or totally incontinent of bowel or bladder.</p>
FEEDING	<p>Gets food from plate into mouth without help. <i>Preparation of food may be done by another person.</i></p> <p>Extra Point: Can prepare light meal or microwave pre-prepared meal and eat it without help</p>	<p>Needs partial or total help with feeding or requires parenteral feeding.</p>
<p>TOTAL POINTS _____ (0 – 8)</p>	<p>8 = High (<i>patient independent in ADL's</i>) 0 = Low (<i>patient very dependent</i>)</p>	<p>7-8 Independent 5-6 high functioning level 3-4 moderate impairment 2 or less – severe impairment</p>

FUNCTIONAL ACTIVITIES OF DAILY LIVING

Telephone

1. Operates telephone on own initiative; looks up and dials numbers 3
2. Dials a few well-known numbers 2
3. Answers telephone, but does not dial 1
4. Does not use telephone at all 0

Shopping

1. Takes care of all shopping needs independently 3
2. Shops independently for small purchases 2
3. Needs to be accompanied on any shopping trip 1
4. Completely unable to shop 0

Food Preparation

1. Plans, prepares, and serves adequate meals independently 3
2. Prepares adequate meals if supplied with ingredients 2
3. Heats and serves prepared meals or prepares meals but does not maintain adequate diet 1
4. Needs to have meals prepared and served 0

Housekeeping

1. Maintains house alone with occasion assistance (heavy work) 3
2. Performs light daily tasks such as dishwashing, bed making 2
3. Performs some light daily tasks, but cannot maintain acceptable level of cleanliness 1
4. Needs help with all home maintenance tasks 0
5. Does not participate in any housekeeping tasks -1

Laundry

1. Does personal laundry completely 2
2. Launders small items, rinses socks, stockings, etc 1
3. All laundry must be done by others 0

Transportation

1. Drives own car or, travels independently on public transportation or, arranges own travel via taxi 2
2. Travels on public transportation when assisted or accompanied by another 1
3. Travel limited to taxi or automobile with assistance of another 0
4. Does not travel at all -1

Medications

1. Is responsible for taking medication in correct dosages at correct time 2
2. Takes responsibility if medication is prepared in advance in separate dosages 1
3. Is not capable of dispensing own medication 0

Handle Finances

1. Manages financial matters independently (budgets, writes checks, pays rent and bills, goes to bank); collects and keeps track of income 2
2. Manages day-to-day purchases, but needs help with banking, major purchases, etc 1
3. Incapable of handling money 0