

Introduction

Commonly referred to as the Katz ADL, is a tool to assess functional status by measuring the the client's ability to independently perform basic activities of daily living. Clinicians use the tool to detect performance issues if activities of daily living. The index ranks adequacy of performance in the six functions of bathing, dressing, toileting, transferring, continence, and feeding. Clients are scored yes/no for independence in each of the six functions. **A score of 6=full function, 4=moderate impairment, and 2=severe functional impairment.**

Slightly adapted from Katz S., Down, T.D., Cash, H.R. et al. (1970) Progress in the Development of the Index of ADL. Gerontologist 10:20-30. Copyright The Gerontological Society of America.

Activities for Daily Living



Katz Index of Independence in ADLs

Activity	Points	Independence 1 point	Dependence 0 Points
BATHING	<input type="checkbox"/>	Bathes self completely or needs help in bathing only a single part of the body such as the back, genital area or disabled extremity.	Needs help with bathing more than one part of the body, getting in or out of the tub or shower. Requires total bathing.
DRESSING	<input type="checkbox"/>	Gets clothes from closets and drawers and puts on clothes and outer garments complete with fasteners. May have help tying shoes.	Needs help with dressing self or needs to be completely dressed.
TOILETING	<input type="checkbox"/>	Goes to toilet, gets on and off, arranges clothes, cleans genital area without help.	Needs help transferring to the toilet, cleaning self or uses bedpan or commode.
TRANSFERRING	<input type="checkbox"/>	Moves in and out of bed or chair unassisted. Mechanical transferring aides are acceptable.	Needs help in moving from bed to chair or requires a complete transfer.
CONTINENCE	<input type="checkbox"/>	Exercises complete self control over urination and defecation.	Is partially or totally incontinent of bowel or bladder.
FEEDING	<input type="checkbox"/>	Gets food from plate into mouth without help. Preparation of food may be done by another person.	Needs partial or total help with feeding or requires parenteral feeding.
Total Pts	<input type="checkbox"/>		

Clients are scored yes/no for independence in each of the six functions.

A score of 6=full function, 4=moderate impairment, and 2=severe functional impairment.

