

KATZ INDEX OF INDEPENDENCE IN ACTIVITIES OF DAILY LIVING

Patient Name: _____

Date: _____

ACTIVITIES	Dependence	Assistance	Independence
	WITH supervision, direction, personal assistance or total care.		NO supervision, direction or personal assistance.
Bathing	Needs help with bathing more than one part of the ☐ body, getting in or out of the tub or shower. Requires total bathing.	Receives assistance in bathing only one part of the body (such as back or a leg). ☐	Bathes self completely or needs help in bathing only a single part of the body such as the back, genital area or disabled extremity. ☐
Dressing	Needs help with dressing ☐ self or needs to be completely dressed.	Gets clothes and gets dressed without assistance except for assistance in tying shoes. ☐	Gets clothes and gets completely dressed without assistance. ☐
Toileting	Needs help transferring to ☐ the toilet, cleaning self or uses bedpan or commode.	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. ☐	Goes to toilet, 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). ☐
Transfer	Needs help in moving from ☐ bed to chair or requires a complete transfer.	Moves in and out of bed or chair with assistance ☐	Moves in and out of bed or chair ☐ unassisted. Mechanical transfer aids are acceptable.
Continence	Is partially or totally ☐ incontinent of bowel or bladder.	Has occasional accidents ☐	Exercises complete self control over urination and defecation. ☐
Feeding	Needs partial or total help ☐ with feeding or requires parenteral feeding.	Feeds self except for getting assistance in cutting meat or buttering bread. ☐	Gets food from plate into mouth ☐ without help. Preparation of food may be done by another person.

References

Katz, S., Ford, A. B., Moskowitz, R.W., Jackson, B. A., & Jaffe, M.W. (1963). Studies of Illness in the Aged – The Index of ADL: A Standardized Measure of Biological and Psychosocial Function. JAMA, sept 21.

Katz, S., Down, T.D., Cash, H.R., & Grotz, R.C. (1970) Progress in the development of the index of ADL. The Gerontologist, 10(1), 20–30.

Katz, S. (1983). Assessing self-maintenance: Activities of daily living, mobility and instrumental activities of daily living. J Am Ger Soc, 31(12), 721–726.

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