

Katz Index of Independence in Activities of Daily Living

Name: _____ Date: _____

| Activities | Independence | Dependence |
|----------------------|---|---|
| Points (1 or 0) | (1 point) NO supervision, direction, or personal assistance | (0 points) WITH supervision, direction, personal assistance, or total care. |
| Bathing | <i>(1 point)</i> Bathes self completely or needs help in bathing only a single part of the body such as the back, genital area or disabled extremity. | <i>(0 points)</i> Needs help with bathing more than one part of the body, getting in or out of the tub or shower. Requires total bathing. |
| Points: | | |
| Dressing | <i>(1 point)</i> Get clothes from closets and drawers and puts on clothes and outer garments complete with fasteners. May have help tying shoes. | <i>(0 points)</i> Needs help with dressing self or needs to be completely dressed. |
| Points: | | |
| Toileting | <i>(1 point)</i> Goes to toilet, gets on and off, arranges clothes, cleans genital area without help. | <i>(0 points)</i> Needs help transferring to the toilet, cleaning self or uses bedpan or commode. |
| Points: | | |
| Transferring | <i>(1 point)</i> Moves in and out of bed or chair unassisted. Mechanical transfer aids are acceptable. | <i>(0 points)</i> Needs help in moving from bed to chair or requires a complete transfer. |
| Points: | | |
| Continence | <i>(1 point)</i> Exercises complete self control over urination and defecation. | <i>(0 points)</i> Is partially or totally incontinent of bowel or bladder. |
| Points: | | |
| Feeding | <i>(1 point)</i> Gets food from plate into mouth without help. Preparation of food may be done by another person. | <i>(0 points)</i> Needs partial or total help with feeding or requires parenteral feeding. |
| Points: | | |
| Total points: | Scoring - 6: High (patient independent) - 4: Moderate (patient is moderately functioning) - 0-2: Low (patient very dependent) | |

Additional notes
