



Katz Index of Independence in Activities of Daily Living (Katz ADL)^{1494,1495}

Resource summary: The Katz ADL is one of the most commonly used instruments for measuring a client's functional status in relation to ADLs. It assesses performance in six areas: bathing, dressing, toileting, transferring, continence, and feeding. A person's ability or inability to perform ADLs and instrumental ADLs (IADLs) is used to gauge the need for care.

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

Activities	Independence (1 Point) No supervision, direction, or personal assistance	Dependence (0 Points) With supervision, direction, personal assistance, or total care
BATHING Points: _____	(1 POINT) Bathes self completely or needs help in bathing only a single part of the body, such as the back, genital area, or disabled extremity.	(0 POINTS) Needs help with bathing more than one part of the body, getting in or out of the tub, or shower. Requires total bathing.
DRESSING Points: _____	(1 POINT) Can get clothes from closet and drawers and put on clothes and outer garments complete with fasteners. May have help tying shoes.	(0 POINTS) Needs help with dressing self or needs to be completely dressed.
TOILETING Points: _____	(1 POINT) Goes to the toilet, gets on and off, arranges clothes, and cleans genital area without help.	(0 POINTS) Needs help transferring to the toilet or cleaning self or uses bedpan or commode.
TRANSFERRING Points: _____	(1 POINT) Moves in and out of bed or chair unassisted. Mechanical transfer aids are acceptable.	(0 POINTS) Needs help in moving from bed to chair or requires a complete transfer.
CONTINENCE Points: _____	(1 POINT) Exercises complete self-control over urination and defecation.	(0 POINTS) Is partially or totally incontinent of bowel or bladder.
FEEDING Points: _____	(1 POINT) Gets food from plate into mouth without help. Preparation of food may be done by another person.	(0 POINTS) Needs partial or total help with feeding or requires parenteral feeding.
Total Points: _____		
A score of 6 indicates full function; 4, moderate impairment; and 2 or less, severe functional impairment.		
Adapted from Katz, S., Down, T. D., Cash, H. R., & Grotz, R. C. <i>Progress in the development of the index of ADL. Gerontologist</i> 1970, 10(1):20–30. By permission of The Gerontological Society of America. ¹⁴⁹⁶		