

The BARTHEL ADL Index

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BOWELS 2 | | | | | | | | | | | | | | | | | | | | | |

- 0 = incontinent
- 1 = occasional accident
- 2 = continent

BLADDER 1 | | | | | | | | | | | | | | | | | | | | | |

- 0 = incontinent or catheterised & unable to manage
- 1 = occasional accident (max 1x per 24 hours)
- 2 = continent (for over 7 days)

GROOMING 1 | | | | | | | | | | | | | | | | | | | | | |

- 0 = needs help
- 1 = independent, face / hair / teeth / shaving

TOILET USE 2 | | | | | | | | | | | | | | | | | | | | | |

- 0 = dependent
- 1 = needs some help, but can do something
- 2 = independent (on & off, dressing, wiping)

FEEDING 2 | | | | | | | | | | | | | | | | | | | | | |

- 0 = unable
- 1 = needs help cutting, spreading butter etc.
- 2 = independent

TRANSFER 3 | | | | | | | | | | | | | | | | | | | | | |

- 0 = unable
- 1 = major help (1-2 people, physical)
- 2 = minor help (verbal or physical)
- 3 = independent

MOBILITY 3 | | | | | | | | | | | | | | | | | | | | | |

- 0 = immobile
- 1 = wheel chair independent including corners etc.
- 2 = walks with help of 1 person (verbal or physical)
- 3 = independent (but may use any aid, e.g. stick)

DRESSING 2 | | | | | | | | | | | | | | | | | | | | | |

- 0 = dependent
- 1 = needs help, but can do about half unaided
- 2 = independent

STAIRS 0 | | | | | | | | | | | | | | | | | | | | | |

- 0 = unable
- 1 = needs help (verbal, physical, carrying aid)
- 2 = independent up and down

BATHING 1 | | | | | | | | | | | | | | | | | | | | | |

- 0 = dependent
- 1 = independent

TOTAL 17 | | | | | | | | | | | | | | | | | | | | | |

