

## **BOSTON UNIVERSITY GERIATRIC SERVICES HOME CARE PROGRAM**

### ***Katz Index of Activities of Daily Living***

For each area of functioning below, circle description that applies. (The word “assistance” means supervision, direction, or personal assistance.)

1. BATHING -- either sponge bath, tub bath, or shower
  - a. receives no assistance (gets in and out of tub by self, if tub is usual means of bathing) 02
  - b. receives assistance in bathing only one part of the body (such as back or a leg) 01
  - c. receives assistance in bathing more than one part of the body (or not bathed) 00
  
2. DRESSING -- gets clothes from closets and drawers, including underclothes, outer garments, and using fasteners (including braces, if worn)
  - a. gets clothes and gets completely dressed without assistance 02
  - b. gets clothes and gets dressed without assistance, except for assistance in tying shoes 01
  - c. receives assistance in getting clothes or in getting dressed, or stays partly or completely undressed 00
  
3. TOILETING -- going to the “toilet room” for bowel and urine elimination, cleaning self after elimination and arranging clothes
  - a. goes to “toilet room”, cleans self, and arranges clothes without assistance 02  
(may use object for support such as cane, walker, or wheelchair and may
  - b. manage night bedpan or commode, emptying same in morning) 01  
receives assistance in going to “toilet room” or in cleansing self or in  
arranging clothes after elimination or in use of night bedpan or commode
  - c. doesn't get to room termed “toilet” for the elimination process 00
  
4. TRANSFER
  - a. moves in and out of bed as well as in and out of chair without assistance 02  
(may be using object for support, such as cane or walker)
  - b. moves in and out of bed or chair with assistance 01
  - c. doesn't get out of bed 00
  
5. CONTINENCE
  - a. controls urination and bowel movement completely by self 02
  - b. has occasional “accidents” 01

- c. supervision helps keep urine or bowel control; catheter is used or person is incontinent 00

6. FEEDING

- a. feeds self without assistance 02
- b. feeds self except for getting assistance in cutting meat or buttering bread 01
- c. receives assistance in feeding or is fed partly or completely by using tubes or intravenous fluids 00

**OARS Instrumental Activities of Daily Living**

Can you use the telephone...	
Without help, including looking up numbers and dialing.....	02
With some help (can answer phone or dial operator in an emergency, but need a special phone or help getting the number or dialing).....	01
Or are you completely unable to use the telephone.....	00
Can you get to places out of walking distance...	
Without help (drive your own car, or travel alone on buses, or taxis).....	02
With some help (need someone to help you or go with you when traveling).....	01
Or are unable to travel unless emergency arrangements made for a specialized vehicle like an ambulance.....	00
Can you go shopping for groceries or clothes [ASSUMING SUBJECT HAS TRANSPORTATION]:	
Without help (taking care of all shopping needs yourself, assuming you had transportation).....	02
With some help (need someone to go with you on all shopping trips).....	01
Or are unable to do any shopping.....	00
Can you prepare your own meals...	
Without help (plan and cook full meals yourself).....	02
With some help (can prepare some things but unable to cook full meals yourself).....	01
Or are you completely unable to prepare any meals.....	00
Can you do your housework...	
Without help (can clean floors, etc.).....	02
With some help (can do light housework but need help with heavy work).....	01
Or are you completely unable to do any housework.....	00
Can you do your laundry..	
Without help (can take clothes to washing machine, etc.).....	02
With some help (can do hand washing but need help with larger items).....	01
Or are you completely unable to do your laundry.....	00
Can you take your own medicine...	
Without help (in the right dose at the right time).....	02
With some help (able to take medicine if someone prepares it for you and/or reminds you to take it).....	01
Or are you completely unable to take your medicines.....	00
Can you handle your own money...	
Without help (write checks, pay bills, etc.).....	02
With some help (manage day-to-day buying but need help with managing your checkbook and paying your bills).....	01
Or are you completely unable to handle money.....	00

