INDEX OF INDEPENDENCE IN ACTIVITIES OF DAILY LIVING

The Index of Independence in Activities of Daily Living is based on an evaluation of the functional independence or dependence of patients in bathing, dressing, going to toilet, transferring, continence, and feeding. Specific definitions of functional independence and dependence appear below the index.

A – Independent in feeding, continence, transferring, going to toilet, dressing, and bathing.
B – Independent in all but one of these functions.
C – Independent in all but bathing and one additional function.
D – Independent in all but bathing, dressing, and one additional function.
E – Independent in all but bathing, dressing, going to toilet, and one additional function.
F – Independent in all but bathing, dressing, going to toilet, transferring, and one additional function.
G – Dependent in all six functions.
Other – Dependent in at least two functions, but not classifiable as C, D, E, or F.

Independence means without supervision, direction, or active personal assistance, except as specifically noted below. This is based on actual status and not on ability. A patient who refuses to perform a function is considered as not performing the function, even though he is deemed able.

Bathing (Sponge, Shower, or Tub)
Independent: assistance only in bathing a single part (as back or disabled extremity) or bathes self completely
Dependent: assistance in bathing more than one part of body; assistance in getting in or out of tub or does not bathe self

Dressing
Independent: gets clothes from closets and drawers; puts on clothes, outer garments, braces; manages fasteners; act of tying shoes is excluded
Dependent: does not dress self or remains partly undressed

Going to Toilet
Independent: gets to toilet; gets on and off toilet; arranges clothes; cleans organs of excretion; (may manage own bedpan used at night only and may or may not be using mechanical supports)
Dependent: uses bedpan or commode or receives assistance in getting to and using toilet

Transfer
Independent: moves in and out of bed independently and moves in and out of chair independently (may or may not be using mechanical supports)
Dependent: assistance in moving in or out of bed and/or chair; does not perform one or more transfers

Continence
Independent: urination and defeation entirely self-controlled
Dependent: partial or total incontinence in urination or defeation; partial or total control by enemas, catheters, or regulated use of urinals and/or bedpans

Feeding
Independent: gets food from plate or its equivalent into mouth; (precutting of meat and preparation of food, as buttering bread, are excluded from evaluation)
Dependent: assistance in act of feeding, (see above); does not eat at all or parenteral feeding