

Katz Index of Activities of Daily Living

Abbreviations: **I, independent; A, assistance; D, dependent**

_____ 1. Bathing (sponge, shower, or tub):

- I: receives no assistance (gets in and out of tub if tub is the usual means of bathing)
- A: receives assistance in bathing only one part of the body (such as the back or a leg)
- D: receives assistance in bathing more than one part of the body (or not bathed)

_____ 2. Dressing:

- I: gets clothes and gets completely dressed without assistance
- A: gets clothes and gets dressed without assistance except in tying shoes
- D: receives assistance in getting clothes or in getting dressed or stays partly or completely undressed

_____ 3. Toileting:

- I: goes to "toilet room," cleans self, and arranges clothes without assistance (may use object for support such as cane, walker, or wheelchair and may manage night bedpan or commode, emptying it in the morning)
- A: 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
- D: doesn't go to room termed "toilet" for the elimination process

_____ 4. Transfer:

- I: moves in and out of bed as well as in and out of chair without assistance (may be using object for support such as cane or walker)
- A: moves in and out of bed or chair with assistance
- D: doesn't get out of bed

_____ 5. Continence:

- I: controls urination and bowel movement completely by self
- A: has occasional "accidents"
- D: supervision helps keep urine or bowel control; catheter is used, or is incontinent

_____ 6. Feeding:

- I: feeds self without assistance
- A: feeds self except for getting assistance in cutting meat or buttering bread
- D: receives assistance in feeding or is fed partly or completely by using tubes or intravenous fluids

Student _____

Based upon the results of the client's functional assessment, write the communications/directions that you would give the UAP who have not given care to this client previously.

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