

## Katz Index of Independence in Activities of Daily Living

| <b>Activities</b><br>Points (1 or 0) | <b>Independence</b><br>(1 Point)<br>NO supervision, direction or personal assistance  | <b>Dependence</b><br>(0 Points)<br>WITH supervision, direction, personal assistance or total care                                |
|--------------------------------------|---|--|
| BATHING<br><br>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) Need help with bathing more than one part of the body, getting in or out of the tub or shower. Requires total bathing |
| DRESSING<br><br>Points: _____        | (1 POINT) Get clothes from closets and drawers and puts 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<br><br>Points: _____       | (1 POINT) Goes to toilet, gets on and off, arranges clothes, cleans genital area without help.  | (0 POINTS) Needs help transferring to the toilet, cleaning self or uses bedpan or commode.                                       |
| TRANSFERRING<br><br>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<br><br>Points: _____      | (1 POINT) Exercises complete self control over urination and defecation.  | (0 POINTS) Is partially or totally incontinent of bowel or bladder   |
| FEEDING<br><br>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: \_\_\_\_\_

Score of 6 = High, Patient is independent.

Score of 0 = Low, patient is very dependent.