

Northwick Park Index of Independence in ADL

Instructions

The patient is assessed in a room, and is observed undertaking each activity as described. General guidelines are given at the end.

Transfer: bed to chair

In and out of bed to a chair beside bed.

0	Cannot get out of bed
1	Moves in and out of bed with assistance
2	Independent

Dressing

Patient asked to undress and dress again

0	Unable to put on any clothes
1	Gets fully dressed and undressed with assistance
2	Independent

Bathing: in and out

Patient is asked to get in and out of a bath using bath seat and bath board if necessary.

0	Cannot get into bath, or needs more than one assistant
1	Gets in and out of bath with assistance
2	Independent

Bathing: washing

Patient asked to simulate washing of back, arms and feet (either in bath or in front of wash basin).

0	Unable to wash himself
1	Needs assistance with washing
2	Independent

Lavatory

Patient is asked to use or mime use of lavatory.

0	Cannot use lavatory
1	Goes to a uses lavatory with assistance for cleaning and/or clothes
2	Independent in reaching lavatory, cleaning and clothes

Continence

Enquiry is made of the patient/nursing staff/relatives as to the continence of bowels and bladder.

0	Incontinent, or only able to keep control with help
1	Has 'occasional' accidents
2	Continent

Grooming: teeth

Patient asked to demonstrate the cleaning of teeth

0	Cannot clean teeth
2	Cleans teeth

Grooming: other

Patient asked to demonstrate brushing and combing hair (women only), shaving (men only)

0	Cannot brush and comb hair/ shave
2	Independent brushing and combing of hair/ shaving

Transfer off floor

Patient is asked to lie (or is put to lie) on floor. A chair is placed by his side and he is asked to seat himself in his chair by any method he choses.

0	Cannot get off floor without more than one person helping
1	Gets from floor to chair with assistance
2	Independent

Preparation of tea

Patient is asked to make a pot of tea. This requires him to collect items from a high and low cupboard and refrigerator and to manipulate cooker. He makes and serves tea using a trolley if necessary.

0	Cannot prepare tea
1	Gets ingredients and prepares tea with assistance
2	Independent

Use of taps

Patient is asked to turn on and off normal four pronged taps

0	Cannot turn taps
1	Turns specially adapted taps on and off
2	Independent with standard taps

Cooking

Patient is asked to fill and lift a kettle on and off a cooker without using adjacent work surface

0	Cannot lift/fill kettle
1	Lifts and fills kettle with assistance
2	Independent

Feeding

Patient is asked to cut and eat a piece of food/simulated food, using a knife and fork or adapted cutlery if necessary

0	Cannot feed himself even with assistance
1	Feeds with assistance
2	Independent

Mobility (indoors)

Patient is asked to move from assessment room to stairs, negotiating doors, carpet and polished surfaces. Wheelchair bound patients are rated according to their independence.

0	Unable to move between rooms
1	Moves between rooms with assistance
2	Independent

Stairs: up

Patient is asked to go up and down a flight of stairs. (Ten stairs, maximum depth 19 cm, minimum tread 24 cm. The banister rail may be used.)

0	Cannot climb stairs
1	Climbs stairs with assistance
2	Independent

Stairs: down

0	Cannot descend stairs
1	Descends stairs with assistance
2	Independent

Mobility (outdoors)

Patient is asked to negotiate a kerb, uneven ground and a slope. Wheelchair bound patients are rated according to their independence

0	Cannot move about outdoors even with assistance
1	Moves about outdoors with assistance
2	Independent

General guidelines

Total Independence – this means the ability to perform an activity without supervision, direction or active personal assistance. A patient who refuses to perform is scored 'totally dependent' even though he is deemed able. The patient may use any method or aid to perform the activity.

Partial dependence – the patient can perform the greater part of the activity himself, but needs assistance (verbal or physical) , or supervision to complete the activity.

Total dependence – the activity is carried out for the patient or assistance is required from more than one person.

Scoring

Originally:

1= total independence

2= partial dependence

3= total dependence

Range = 17-55 (good – bad)

Recommended (and shown above):

2= total independence

1= partial dependence

0= total dependence

Range = 0-34 (bad – good)

References Benjamin (1976); Sheikh *et al.*(1979); Smith *et al.* (1981)