

Rivermead Activities of Daily Living (ADL) Scales

Instructions

1. Decide where to start. If the patient can do that item, go back three to make sure that the patient can do these as well, and forward until three consecutive failures – then stop. This applies to each section.
2. All aids supplied or recommended to be stated on form.
3. Guidelines are given on next page.

Scoring

3 = Independent with/without aid

2 = Verbal assistance only

1 = Dependent (i.e. if unfit, unassessable, unsafe or time is taken beyond practical bounds)

Item	Score	Equipment
<i>Self care</i>		
Drinking		
Clean teeth		
Comb hair		
Wash face/hands		
Make up or shave		
Eating		
Undress		
Indoor mobility		
Bed to chair		
Lavatory		
Outdoor mobility		
Dressing		
Wash in bath		
In/out of bath		
Overall wash		
Floor to chair		
<i>Household 1</i>		
Preparation of hot drink		
Preparation of snack		
Cope with money		
Get in/out of car		
Prepare meal		
Carry shopping		
Crossing roads		
Transport self to shop		
Public transport		
<i>Household 2</i>		
Washing		
Ironing		
Light cleaning		
Hang out washing		
Bed-making		
Heavy cleaning		

Self-care

- Drinking
A full cup of hot liquid, not spilling more than 1/8 of its contents.
- Clean teeth
Unscrewing toothpaste, putting toothpaste on brush, managing tap (faucet).
- Comb hair
To be presentable on completion.
- Wash face and hands
At basin (not with bowl), including putting in plug and managing taps and patient drying him/herself.
(All materials to hand.)
- Make up or shave
Shaving to be done by patient's preferred method
- Eating
A slice of cheese on toast eaten with a knife and fork.
- Undress
Dressing gown, pyjamas, socks and shoes to be taken off.
- Indoor mobility
Moving from one room to another. Turns must be to the left. Distance of 10 m.
- Bed to chair
From lying covered, to chair with arm, within reach.
- Lavatory
Mobility to WC (less than 10m). To include managing pants and trousers, cleaning self and transferring.
- Outdoor mobility
To cover a distance of 50 m, and to include going up a ramp and through a door.
- Dressing
Does not involve fetching clothes. Clothes to be within reach in a pile, but not in any specific order.
All essential fastenings to be done up by patient.
- Wash in bath
Showing movements i.e. ability to wash all over. Ability to manage taps (faucets) and plugs.
- In and out of bath
A dry bath.
- Overall wash
Not in bath – at basin (not with bowl). Patient must be able to wash good arm, stand up and touch toes from sitting in order to be able to wash all over.
- Floor to chair
From lying to upholstered chair without arms, seat 45 cm (15 in) high.

Household 1

- Preparation of hot drink

Fill electric kettle, everything to be ready on working surface

- Preparation of snack
Cheese on toast – materials to be easily reached. Washing and cleaning work surface to be done easily.
- Cope with money
Match coins to packet of sugar, cornflakes and margarine. Ask for change of 34p from 50p; 72p from £1.00 ; £3.21 from £5.00
- Get in and out of car
Front seat of any car except sports model.
- Preparation of meal
Peel one potato, fry sausage. Frozen vegetables from freezer. Open tin.
- Carry shopping
Half-pound of butter (250g), 14 oz tin (500g) and money.
- Crossing road
Cross at traffic lights with kerbs – no pedestrian crossing.
- Transport self to shop and back
Distance of ½ mile (1 Km)
- Public transport
Travel on bus (not Park and Ride). Distance of at least 1 mile (2 Km) with minimum three stops before destination.

Household 2

- Washing
Handwash underwear at sink.
- Ironing
Not with steam iron. Organise surface (board or table).
- Light cleaning
Cleaning and tidying surface – height 13-37 in (30-90 cm).
- Hang out washing
On rail indoors, away from sink, no pegs.
- Bed making
Putting on sheet and blanket, straightening and tucking in. Bed 21 in (50 cm) high.
- Heavy cleaning
Hoover (vacuum), sweep and dustpan/brush 11 ft (3 m) square room, moving dining room chairs only.

References Whiting and Lincoln (1980); Lincoln and Edmans (1990)