

# Katz Index of Independence in Activities of Daily Living

## KATZ INDEX OF INDEPENDENCE IN ACTIVITIES OF DAILY LIVING

Name: \_\_\_\_\_ Date: \_\_\_\_\_ dd / mm / yyyy

BATHING - Bathes self completely or needs help in bathing only a single part of the body such as the back, genital area or disabled extremity (1 POINT) / Need help with bathing more than one part of the body, getting in or out of the tub or shower. Requires total bathing (0 POINTS)

1  0

DRESSING - Get clothes from closets and drawers and puts on clothes and outer garments complete with fasteners. May have help tying shoes (1 POINT) / Needs help with dressing self or needs to be completely dressed (0 POINTS)

1  0

TOILETING - Goes to toilet, gets on and off, arranges clothes, cleans genital area without help (1 POINT) / Needs help transferring to the toilet, cleaning self or uses bedpan or commode (0 POINTS)

1  0

TRANSFERRING - Moves in and out of bed or chair unassisted. Mechanical transfer aids are acceptable (1 POINT) / Needs help in moving from bed to chair or requires a complete transfer (0 POINTS)

1  0

CONTINENCE - Exercises complete self control over urination and defecation (1 POINT) / Is partially or totally incontinent of bowel or bladder (0 POINTS)

1  0

FEEDING - Gets food from plate into mouth without help. Preparation of food may be done by another person (1 POINT) / Needs partial or total help with feeding or requires parenteral feeding (0 POINTS)

1  0

Total Points: \_\_\_\_\_

Scoring: 6 = High (patient independent), 4 = Moderate (patient is moderately functioning), 0-2 = Low (patient very dependent)

### Additional Notes