

PSMS-ACTIVITIES OF DAILY LIVING

Patient's Name _____ Date: _____

Date of Birth: _____ Rated By _____

Numbers one through five in each category represent worsening states of function. Choose the number that best describes the patient's functional status. Scores in all six categories should then be totaled. The higher the final score, the greater the degree of impairment.

A. Toileting

1. Cares for self at toilet completely, no incontinence.
2. Needs to be reminded or needs help in cleaning self, or has rare (weekly at most) accidents.
3. Soiling or wetting while asleep more than once a week.
4. Soiling or wetting while awake more than once a week.
5. No control of bowels or bladder.

Score _____

B. Feeding

1. Eats without assistance.
2. Eats with minor assistance at mealtimes and/or with special preparation of food, or help in cleaning up after meals.
3. Feeds self with moderate assistance and is untidy.
4. Requires extensive assistance for all meals.
5. Does not feed self at all and resists efforts of others to feed him/her.

Score _____

C. Dressing

1. Dresses, undresses, and selects clothes from own wardrobe.
2. Dresses and undresses self with minor assistance.
3. Needs moderate assistance in dressing or selection of clothes.
4. Needs major assistance in dressing, but cooperates with efforts of others to help.
5. Completely unable to dress self and resists efforts of others to help.

Score _____

D. Grooming

(neatness, hair,
nails, hands,
face, clothing)

1. Always neatly dressed, well groomed, without assistance.
2. Grooms self adequately with occasional minor assistance, eg, shaving.
3. Needs moderate to regular assistance or supervision in grooming.
4. Needs total grooming care, but can remain well groomed after help from others.
5. Actively negates all efforts of others to maintain grooming.

Score _____

E. Physical Ambulation

1. Goes about grounds or city.
2. Ambulates within residence or about one block distance.
3. Ambulates with assistance of (check one)
a () another person b () railing c () cane d () walker
e () wheelchair - gets in and out without help
f () wheelchair - needs help in getting in, out.
4. Sits unsupported in chair or wheelchair, but cannot propel self without help.
5. Bedridden more than half the time.

Score _____

F. Bathing

1. Bathes self (tub, shower, sponge bath) without help.
2. Bathes self with help in getting in and out of tub.
3. Washes face and hands only, but cannot bathe rest of body.
4. Does not wash self but is cooperative with those who bathe him/her.
5. Does not try to wash self, and resists efforts to keep him/her clean.

Score _____

Total Score