

At Landmark Memory Care we feel that it is important for families to be educated and well informed as to the language that is used in determining the level of care for your loved one. A thorough assessment will be completed and level of care needs will be fully discussed with you prior to admission. Activities of Daily Living (ADL's) are routine activities that people tend to do everyday without needing assistance.

NAME: _____

DATE: _____

Activities of Daily Living		
ACTIVITIES Points (0-2)	INDEPENDENCE (0 Points)	DEPENDENCE (1-2 Points)
	MINIMAL supervision, direction, or personal assistance	WITH FREQUENT supervision, direction, personal assistance or total care
MOBILITY Points: _____	(0 POINTS) Ambulates independently, or uses cane, walker or wheelchair without assistance	(1 POINT) Needs help to ambulates or to use assistive devices
BATHING Points: _____	(0 POINTS) Bathes self completely or needs help in bathing only a single part of the body such as the back, genital area, or a disabled extremity.	(1 POINT) Needs help with bathing more than 1 part of the body, getting in or out of the tub or shower, or requires total bathing.
DRESSING Points: _____	(0 POINTS) Gets clothes from closets and drawers, puts on clothes and outer garments, complete with fasteners. May need minimal assistance.	(1 POINT) Needs help choosing appropriate clothing, dressing, or needs to be dressed completely.
TOILETING Points: _____	(0 POINTS) Goes to toilet, gets on and off, arranges clothes, cleans genital area without help.	(1 POINT) Needs help transferring to and from the toilet, and/or needs help cleaning self.
TRANSFERRING Points: _____	(0 POINTS) Moves in and out of bed or chair unassisted.	(1 POINT) Needs help in moving from bed to chair or requires complete transfer.
CONTINENCE Points: _____	(0 POINTS) Exercises complete self control over bladder and bowels.	(2 POINTS) Is partially or totally incontinent of bladder or bowels.
FEEDING Points: _____	(0 POINTS) Gets food from plate into mouth without assistance.	(1 POINT) Needs partial or total help with feeding.
TOTAL POINTS: _____	(0) LOW - Independent	(8) HIGH - Very Dependent

*adapted from the KATZ INDEX