



KATZ BASIC ACTIVITIES OF DAILY LIVING (ADL) SCALE

ACTIVITY	PERFORMS ACTIVITY INDEPENDENTLY	
	YES	NO
1. Bathing (sponge bath, tub bath, or shower)— Receives either no assistance or assistance in bathing only one part of body		
2. Dressing— Gets clothes and dresses without any assistance except for tying shoes.		
3. Toileting— Goes to toilet room, uses toilet, arranges clothes, and returns without any assistance (may use cane or walker for support and may use bedpan/urinal at night).		
4. Transferring— Moves in and out of bed and chair without assistance (may use can or walker).		
5. Continence— Controls bowel and bladder completely by self (without occasional “accidents”).		
6. Feeding— Feeds self without assistance (except for help with cutting meat or buttering bread).		