

Katz Index of Independence in Activities of Daily Living

Rate the ability to complete the task with either a 1 or 0. If you can complete the task, put a 1 in the below chart. If the task can not be completed or needs support, put a 0 in the below chart.

Activities Points (1 or 0)	Independence (1 Point)	Dependence (0 Points)	Points
	NO supervision, direction or personal assistance.	WITH supervision, direction, personal assistance or total care.	
BATHING	Bathes self completely or needs help in bathing only a single part of the body such as the back, genital area or disable extremity.	Need help with bathing more than one part of the body, getting in or out of the tub or shower. Requires total bathing	
DRESSING	Get clothes from closets and drawers and puts on clothes and outer garments complete with fasteners. May have help tying shoes.	Needs help with dressing self or needs to be completely dressed.	
TOILETING	Goes to the toilet, gets on and off, arranges clothes, cleans genital area without help.	Needs help transferring to the toilet, cleaning self or uses bedpan or commode.	
TRANSFERRING	Moves in and out of bed or chair unassisted. Mechanical transfer aids are acceptable.	Needs help in moving from bed to chair or requires a complete transfer.	
CONTINENCE	Exercises complete self control over urination and defecation.	Is partially or totally incontinent of bowel or bladder.	
FEEDING	Gets food from plate into mouth without help. Preparation of food may be done by another person.	Needs partial or total help with feeding or requires parenteral feeding.	
SCORING 6 = High (independent) 0 = Low (very dependent)	TOTAL POINTS:		

Source:

try this: Best Practices in Nursing Care to Older Adults, The Hartford Institute for Geriatric Nursing, New York University, College of Nursing, www.hartfordign.org.