

Disability Prevention and Rehabilitation Program
Measurement of Activities of Daily Living

Name of the Person with Disability:

Age:

Gender:

District:

Municipality:

Ward No.:

Activities (Barthel Index)

Please mark the appropriate score with a circle (O).

Eating

0 = Can only eat with assistance from others

5 = Can eat with minimal assistance (e.g., can eat food that has been mashed, can eat food served by others, can eat fruit cut by others)

10 = Can eat independently without assistance

Bathing

0 = Can only bath with assistance from others

5 = Can bath independently without assistance

Personal Care

0 = Requires assistance from others for personal care

5 = Can do personal care independently (e.g., wash face, comb hair, brush teeth, shave if materials are available)

Dressing

0 = Can only dress with assistance from others

5 = Can dress with minimal assistance

10 = Can dress independently without assistance (e.g., buttoning, zipping, putting on clothes)

Bowel Control

0 = Involuntary bowel movements, or can only control with medication

5 = Occasional involuntary bowel movements (once a week)

10 = Can control bowel movements independently

Urinary Control

0 = Involuntary urination, requires catheter for management, cannot manage urination independently

5 = Occasional involuntary urination (once a week)

10 = Can control urination or manage without a catheter

Toilet Use

0 = Can only use the toilet with assistance from others

5 = Can use the toilet with minimal assistance

10 = Can use the toilet independently (e.g., undressing, dressing, washing after bowel movement)

Transfer (from bed to chair and vice versa)

0 = Cannot transfer from one place to another, cannot maintain balance while sitting

5 = Can sit and transfer with the assistance of others

10 = Can transfer with minimal assistance (verbal or physical)

15 = Can transfer independently without assistance

Walking (on level surface)

0 = Cannot walk or can only walk with assistance in a wheelchair for less than 50 yards (45.72 meters)

5 = Can operate a wheelchair independently, can travel more than 50 yards (45.72 meters) using a wheelchair

10 = Can walk more than 50 yards (45.72 meters) with the assistance of one person (verbal or physical)

15 = Can walk more than 50 yards (45.72 meters) with or without assistive devices (e.g., cane, crutches)

Climbing Stairs

0 = Cannot climb or descend stairs even with assistance

5 = Can climb and descend stairs with assistance (verbal or physical) or with assistive devices

10 = Can climb and descend stairs independently

Total Score (0 – 100):

Date of Measurement:

Name and Position of Person Measuring:

Signature: