

## **Barthel Activities of Daily Living Index**

### **1. Purpose**

This index provides information using a standardised validated scale for assessment of a patient's ability to perform simple tasks relating to personal care. The scale has good validity and inter-rater reliability. Total score is from a maximum of 20, higher scores indicating greater independence.

### **2. Assessment**

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## **Barthel Activities of Daily Living Index**

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<b>Activity</b>	<b>Comment</b>	<b>Score</b>	
<b>Feeding</b>			
Independent 2	Needs help 1	Dependent 0	
<b>Grooming</b>			
Independent 1	Dependent 0		
<b>Bowels</b>			
Fully continent 2	Occasional accident 1	Incontinent 0	
<b>Bladder</b>			
Fully continent 2	Occasional accident 1	Incontinent 0	
<b>Dressing</b>			
Independent 2	Needs help 1	Dependent 0	
<b>Chair/bed transfer</b>			
Independent 3	Minimal help 2	Able to sit 1	Dependent 0
<b>Toilet</b>			
Independent 2	Needs help 1	Dependent 0	
<b>Mobility</b>			
Independent walking 2	Independent in w/chair 1	Immobile 0	
<b>Stairs</b>			
Independent 2	Needs help 1	Unable 0	
<b>Bathing/washing</b>			
Independent 1	Dependent 0		
<hr/> <b>TOTAL (max 20)</b> <hr/>			

### **Reference**

Mahoney & Barthel 1965.

### **Note**

A total score less than 15 usually represents moderate disability

A total score less than 10 usually represents severe disability

Reference: [Oxford Handbook of General Practice 3rd Edition](#)