

Bristol ADL Scale

Bristol Activities of Daily Living Scale

Purpose : Assessment of instrumental Activities of Daily Living

Admin time : 10-20 min.

User Friendly : High

Administered by : GP or nurse

Content : The Bristol ADL scale is an informant-rated measure that covers 20 ADLs, both basic and instrumental. Items are rated on a four-point scale (from totally dependent to totally independent, with an additional “not applicable” option).

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<https://www.cgakit.com/bristol-scale>

Bristol ADL Scale

Name

Assessed by

1. FOOD

- a. Selects and prepares food as required 0
- b. Able to prepare food if ingredients set out 1
- c. Can prepare food if prompted step by step 2
- d. Unable to prep food even w/ prompt & sup 3
- e. Not applicable 4

2. EATING

- a. Eats appropriately using correct cutlery 0
- b. Eats appropriately if food made manageable and/or uses spoon 1
- c. Uses fingers to eat 2
- d. Needs to be fed 3
- e. Not applicable 4

3. DRINK

- a. Selects and prepares drinks as required 0
- b. Can prepare drinks if ingredients made avail 1
- c. Can prep drinks if prompted step by step 2
- d. Unable to make drink even w/ prompt/sup 3
- e. Not applicable 4

4. DRINKING

- a. Drinks appropriately 0
- b. Drinks appropriately w/ aids, beaker/ straw etc. 1
- c. Does not drink appropriately even with aids but attempts to 2
- d. Has to have drinks administered (fed) 3
- e. Not applicable 4

5. DRESSING

- a. Selects approp clothing & dresses self 0
- b. Puts clothes on in wrong order and/or back to front and or dirty clothing 1
- c. Unable to dress self, but moves limbs to assist 2
- d. Unable to assist and requires total dsq 3
- e. Not applicable 4

6. HYGIENE

- a. Washes regularly and independently 0
- b. Can wash self if given soap, towel, etc 1
- c. Can wash self if prompted and supervised 2
- d. Unable to wash self and needs full assist 3
- e. Not applicable 4

7. TEETH

- a. Cleans own teeth/dentures regularly and I 0
- b. Cleans teeth/dentures if given approp items 1
- c. Requires some assist, toothpaste on brush 2
- d. Full assistance given 3
- e. Not applicable 4

8. BATH/SHOWER

- a. Bathes regularly and independently 0
- b. Needs bath to be drawn/shower turned on but washes independently 1
- c. Needs supervision and prompting to wash 2
- d. Total dependent, needs supervision 3
- e. Not applicable 4

9. TOILET/COMMUNE

- a. Uses toilet appropriately when required 0
- b. Needs to be taken to toilet, & given assist 1
- c. Incontinent of urine or feces 2
- d. Incontinent of urine and feces 3
- e. Not applicable 4

10. TRANSFERS

- a. Can get in/out of chair unaided 0
- b. Can get in chair but needs help to get out 1
- c. Needs help getting in and out of a chair 2
- d. Totally dependent on being put into and lifted from a chair 3
- e. Not applicable 4

11. MOBILITY

- a. Walks independently 0
- b. Walks w/assist, ie. furniture, arm for supp 1
- c. Uses aid to mobilize, ie. frame, stick, etc 2
- d. Unable to walk 3
- e. Not applicable 4

12. ORIENTATION-TIME

- a. Fully orientated to time/day/date etc. 0
- b. Unaware of time/day etc. but seems unconcerned 1
- c. Repeatedly ask the time/day/date 2
- d. Mixes up night and day 3
- e. Not applicable 4

13. ORIENTATION-SPACE

- a. Fully oriented to surroundings 0
- b. Oriented to familiar surroundings only 1
- c. Gets lost in home, needs reminding where bathroom is, etc. 2
- d. Does not recognize home as own and attempts to leave 3
- e. Not applicable 4

14. COMMUNICATION

- a. Able to hold appropriate conversation 0
- b. Shows understanding and attempts to respond verbally with gestures 1
- c. Can make self understood but difficulty understanding others 2
- d. Does not respond to or communicate with others 3
- e. Not applicable 4

15. TELEPHONE

- a. Uses telephone appropriately, including obtaining correct number 0
- b. Uses telephone if number given verbally visually or pre-dialed 1
- c. Answers telephone but doesn't make calls 2
- d. Unable/unwilling to use telephone at all 3
- e. Not applicable 4

16. HOUSEWORK/GARDENING

- a. Able to do housework/gardening to previous standard 0
- b. Able to do housework/gardening but not to previous standard 1
- c. Limited participation even with a lot of sup 2
- d. Unwilling unable to participate in previous activities 3
- e. Not applicable 4

17. SHOPPING

- a. Shops to previous standards 0
- b. Only able to shop for 1- 2 items w/ or w/o a list 1
- c. Unable to shop alone, but participates when accompanied 2
- d. Unable to participate in shopping even when accompanied 3
- e. Not applicable 4

18. FINANCES

- a. Responsible for own finances at prev level 0
- b. Unable to write check but can sign name and recognizes money value 1
- c. Can sign name but unable to recognize money value 2
- d. Unable to sign name or recognize money value 3
- e. Not applicable 4

19.GAMES/HOBBIES

- a. Participate in pastimes/activities to previous standards 0
- b. Participates but needs instruction/ supervision 1
- c. Reluctant to join in, very slow, needs coaxing 2
- d. No longer able or willing to join in 3
- e. Not applicable 4

20. TRANSPORT

- a. Able to drive, cycle or use public transportation independently 0
- b. Unable to drive but uses public transportation or bike etc. 1
- c. Unable to use public transportation alone 2
- d. Unable/unwilling to use transport even when accompanied 3
- e. Not applicable 4

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Guidelines

Select one choice for each of the 20 items.
Scores range from 0: independent – 3:dependent, and 4: NA

Scoring

Total possible scores 60.

A total score of 0 = totally independent

A total score of 60 = totally dependent