

ILA Functional Assessment Keys

a. ADL Self-Performance Measurements

Each of the ADL self-performance measures is exclusive; there is no overlap between categories. Changing from one self-performance category to another demands an increase or decrease in the number of times that help was provided in the last 7 days.

0 = Independent – No help or oversight –**OR-** help/oversight provided only 1 or 2 times during the last seven days.

1 = Supervision – Oversight, encouragement or cueing provided 3 or more times—**OR—** Supervision (3 or more times) plus limited physical assistance provided only 1 or 2 times during the last seven days.

2 = Limited Assistance – Individual highly involved in activity, received physical help in guided maneuvering of limbs, or other non-weight bearing assistance 3 or more times—**OR—**Limited assistance (3 or more times) plus extensive assistance provided only 1 or 2 times in the last 7 days.

3 = Extensive Assistance – While individual performed part of activity, weight-bearing support or full caregiver performance 3 or more times over part (but not all) of the last seven days.

4 = Total Dependence –Full caregiver performance of the activity each time the activity occurred during the entire seven-day period. There is complete non-participation by the individual in all aspects of the ADL definition task. If the caregiver performed an activity for the individual during the entire observation period, but the individual performed part of an activity him/herself, it would NOT be coded as a “4” Total Dependence.

8 = Activity did not occur in the last 7 days –OR – Unknown – If the activity did not occur at all in the last seven days, or the Self-Performance of the individual is unknown, score an “8”.

BATHING Self-Performance Measurements – Due to the nature and frequency of the bathing activity, the following self-performance scale is used. NOTE: Exclude back and hair in the measurement of bathing ability.

0 = Independent – No help or oversight provided.

1 = Supervision – Oversight, encouragement or cueing only.

2 = Limited Assistance – Individual highly involved in activity, received physical help to transfer only.

3 = Extensive Assistance – While individual performed part of activity, physical help in part of the activity was provided.

4 = Total Dependence –Full caregiver performance of the activity each time the activity occurred during the entire seven-day period. There is complete non-participation by the individual in all aspects of the ADL definition task. If the caregiver performed an activity for the individual during the entire observation period, but the individual performed part of an activity him/herself, it would NOT be coded as a “4” Total Dependence.

8 = Activity did not occur in the last 7 days –OR – Unknown – If the activity did not occur at all in the last seven days, or the Self-Performance of the individual is unknown, score an “8”.

a. IADL Self-Performance Measurements—“Self-performance” measures the individual’s ability to perform an activity (not what they might be capable of doing) within each IADL category. In other words, what the individual actually did for themselves in the last 7 days. Each of the IADL self-performance measures is exclusive; there is no overlap between categories.

0 = Independent – The individual received no help at all from another person in performing IADL’s in the last seven days.

1 = Done with Help – The individual was involved in the activity but received some help including supervision, reminders, and/or physical help in the last seven days.

2 = Done by Others – The individual was not involved at all in performing the IADL in the last seven days. The activity was performed completely by another person.

8 = Activity did not occur in the last 7 days – If the activity did not occur at all in the last seven days, score an “8”. If the individual needed help, but did not receive any in the last seven days, note this in the *Comments* space as an unmet need.