

Barthel Index

Adapted from Mahoney FI and Barthel D. Functional evaluation: the Barthel Index, Maryland State Med Journal, 14: 56-61, 1965. Used with permission.

From strokecenter.org:

The Barthel ADL Index: Guidelines

1. The index should be used as a record of what a participant does, not as a record of what a participant could do.
2. The main aim is to establish degree of independence from any help, physical or verbal, however minor and for whatever reason.
3. The need for supervision renders the participant not independent.
4. A participant's performance should be established using the best available evidence. The participant, friends, relatives, and nurses are the usual sources to ask, but direct observation and common sense are also important. However, direct testing is not needed.
5. Usually the participant's performance over the preceding 24-48 hours is important; but occasionally, longer periods will be relevant.
6. Middle categories imply that the participant supplies over 50 per cent of the effort.
7. **Use of aids to be independent is allowed.**

Barthel Index Worksheet:

Participant Name: _____

Date: _____

Activity:	Scoring description:	Score:
Feeding	0 = unable 5 = needs help cutting, spreading butter, etc., or requires modified diet 10 = independent	
Bathing	0 = dependent 5 = independent (or in shower)	
Grooming	0 = needs help with personal care 5 = independent face/hair/teeth/shaving (implements provided)	
Dressing	0 = dependent 5 = needs help but can do about half unaided 10 = independent (including buttons, zips, laces, etc.)	
Bowels	0 = incontinent (or needs to be given enemas) 5 = occasional accident 10 = continent	
Bladder	0 = incontinent or catheterized and unable to manage alone 5 = occasional accident 10 = continent	
Toilet use	0 = dependent	

	5 = needs some help but can do some things alone 10 = independent (on and off, dressing, wiping)	
Transfers (Bed to chair and back)	0 = unable, no sitting balance 5 = major help (one or two people, physical) but can sit 10 = minor help (verbal or physical) 15 = independent	
Mobility (On level surfaces)	0 = immobile or <50 yards 5 = wheelchair independent, including corners, >50 yards 10 = walks with help of one person (verbal or physical), >50 yards 15 = independent (but may use any aid; for example, stick), >50 yards	
Stairs	0 = unable 5 = needs help (verbal, physical, carrying aid) 10 = independent	

Sum (0-100): _____