

Katz

(Katz, S. Ford, A. Moskowitz, R. Jackson, B (1963) Studies of Illness and the aged. A standardized measure of biological and psychological function. JAMA Vol. 135, pp. 75-86.)

For each area of functioning check the description that applies. (Assistance means supervision)

Bathing-either sponge bath, tub bath, or shower

Receives no assistance gets in and out of tub by self if tub is usual means of bathing.	Receives assistance bathing of parts of the body such as back or a leg.	Receives assistance in bathing all parts of the body.
1	2	3

Dressing-gets clothes from closets and drawers-including underclothes, outer garment and using fasteners (including braces, if worn)

Gets clothes and gets completely dressed without assistance	Gets clothes and gets dressed without assistance except for assistance in tying shoes	Receives assistance getting clothes or in getting dressed, or stays partly or completely undressed
1	2	3

Toileting-going to the "toilet room" for bowel and urine elimination, cleaning self after elimination and clothes

Goes to "toilet room" cleans self and arranges clothes without assistance (may use object for support such as cane, walker, or wheelchair and may manage night bedpan or commode, emptying same in morning	Receives assistance in going to "toilet room" or in cleansing self or in arranging clothes after elimination or in use of night bedpan or commode	Doesn't go to room termed "toilet" for the elimination process
1	2	3

Transfer

Moves in and out of bed as well as in and out of chair without assistance (may be using object for support such as can or walker)	Moves in or out of bed or chair with assistance	Doesn't get out of bed.
1	2	3

Continence

Controls urination and bowel movement completely by self	Has occasional "accidents"	Supervision helps keep urine or bowel control; catheter is used or is incontinent
1	2	3

Feeding

Feeds self without assistance	Feeds self except for getting assistance in cutting meat or buttering bread	Receives assistance in feeding or is fed partly or completely by using tubes or intravenous fluids
1	2	3