

Katz Index of Independence in Activities of Daily Living (Katz ADL)

Category: Geriatrics | Items: 6 | Time: ~2-3 min

Description / When to Use

Functional independence in basic ADLs

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 6 items in this scale. Estimated completion time: 2-3 min.

Scale Items

1. Bathing — independent (1 point)
2. Dressing — independent (1 point)
3. Toileting — independent (1 point)
4. Transferring — independent (1 point)
5. Continence — independent (1 point)
6. Feeding — independent (1 point)

Response Options

Yes / No (scored as indicated per item)

Scoring Guide

Weighted sum of all 6 items. Total range 0-6.

Cutoff Interpretation

Score Range	Severity	Recommended Action
0-2	Severe dependence	Needs lots of help.
3-4	Moderate dependence	Needs some help.
5-6	Independent	Independent.

Psychometric Properties

See original validation study for reliability and validity data.

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Citation (APA Format)

Katz S et al. JAMA. 1963;185(12):914-919.
DOI: 10.1001/jama.1963.03060120024016

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