

A3.3 Bristol Activities of Daily Living Scale

This questionnaire is designed to reveal the everyday ability of people who have memory difficulties of one form or another. For each activity, statements a-e refer to a different level of activity. Thinking of the **last two weeks**, circle the response that represents (*participant*)'s ability. Only one response should be ticked for each activity. (*If in doubt about which box to tick, choose the level of ability that represents their average performance over the last two weeks*)

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 prepare food even with prompting and supervision	3
e	Not applicable	77

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 food	2
d	Needs to be fed	3
e	Not applicable	77

3. DRINK

a	Selects and prepares drinks as required	0
b	Can prepare drinks if ingredients left available	1
c	Can prepare drinks if prompted step by step	2
d	Unable to make a drink even with prompting and supervision	3
e	Not applicable	77

4. DRINKING

a	Drinks appropriately	0
b	Drinks appropriately with 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	77

5. DRESSING

a	Selects appropriate clothing and 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 dressing	3
e	Not applicable	77

6. HYGIENE

a	Washes regularly and independently	0
b	Can wash self if given soap, flannel, towel, etc	1
c	Can wash self if prompted and supervised	2
d	Unable to wash self and needs full assistance	3
e	Not applicable	77

7. TEETH

a	Cleans own teeth / dentures regularly and independently	0
b	Cleans teeth / dentures if given appropriate items	1
c	Requires some assistance, toothpaste on brush, brush to mouth, etc	2
d	Full assistance given	3
e	Not applicable	77

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	Totally dependent, needs full assistance	3
e	Not applicable	77

9. TOILET / COMMODE

a	Uses toilet appropriately when required	0
b	Needs to be taken to the toilet and given assistance	1
c	Incontinent of urine or faeces	2
d	Incontinent of urine and faeces	3
e	Not applicable	77

10. TRANSFERS

a	Can get in / out of chair unaided	0
b	Can get into a 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 chair	3
e	Not applicable	77

11. MOBILITY

a	Walks independently	0
b	Walks with assistance, e.g. furniture, arm for support	1
c	Uses aids to mobilise, e.g. frame, sticks, etc	2
d	Unable to walk	3
e	Not applicable	77

12. ORIENTATION – TIME

a	Fully orientated to time / day / date etc	0
b	Unaware of time / day etc but seems unconcerned	1
c	Repeatedly asks the time / day / date	2
d	Mixes up night and day	3
e	Not applicable	77

13. ORIENTATION – SPACE

a	Fully orientated to surroundings	0
b	Orientated to familiar surroundings only	1
c	Gets lost in home, needs reminding where bathroom is, etc	2
d	Does not recognise home as own and attempts to leave	3
e	Not applicable	77

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	77

15. TELEPHONE

a	Uses telephone appropriately, including obtaining correct number	0
b	Uses telephone if number given verbally / visually or predialled	1
c	Answers telephone but does not make calls	2
d	Unable / unwilling to use telephone at all	3
e	Not applicable	77

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 supervision	2
d	Unwilling / unable to participate in previous activities	3
e	Not applicable	77

17. SHOPPING

a	Shops to previous standard	0
b	Only able to shop for 1 or 2 items with or without 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	77

18. FINANCES

a	Responsible for finances at previous level	0
b	Unable to write cheque but can sign name and recognises money values	1
c	Can sign name but unable to recognise money values	2
d	Unable to sign name or recognise money values	3
e	Not applicable	77

19. GAMES / HOBBIES

a	Participates in pastimes / activities to previous standard	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	77

20. TRANSPORT

a	Able to drive, cycle or use public transport independently	0
b	Unable to drive but uses public transport or bike, etc	1
c	Unable to use public transport alone	2
d	Unable / unwilling to use transport even when accompanied	3
e	Not applicable	77