# Additional file 3 – ADL

| E-table 3: Katz Activities of Daily Living (ADL): Evaluation scale for functional independence (Katz S, Ford AB, Moskowitz RW, Jackson BA, Jaffe MW. Studies of Illness in the Aged. The Index of ADL: A Standardized Measure of Biological and Psychosocial Function. JAMA. 1963;185:914-9.) |  |
|---|---|
| **Bathing** | **Score** |
| ☐ Requires no help with bathing | = 1 |
| ☐ Partial aid needed to wash upper or lower body | = 2 |
| ☐ Partial aid needed to wash upper and lower body | = 3 |
| ☐ Completely dependent for bathing | = 4 |
| **Dressing** |  |
| ☐ Gets clothes from closets and drawers and puts on clothes and outer garments complete with fasteners | = 1 |
| ☐ Partial aid needed to dress upper or lower body (not taking in account shoelaces) | = 2 |
| ☐ Partial aid needed to dress upper and lower body | = 3 |
| ☐ Needs to be completely dressed | = 4 |
| **Transferring** |  |
| ☐ Moves in and out of bed or chair unassisted | = 1 |
| ☐ Moves in and out of bed or chair independently with the use of mechanical transferring aides (wheelchair, crutches,…) | = 2 |
| ☐ Needs help from others in moving from bed to chair | = 3 |
| ☐ Bedridden or in a wheelchair and requires a complete transfer | = 4 |
| **Toileting** |  |
| ☐ Goes to the toilet, gets on and off, arranges clothes, cleans genital area without help | = 1 |
| ☐ Needs help with one of the three items: goes to toilet, arranges clothes and cleans genital area | = 2 |
| ☐ Needs help with two of the three items: goes to toilet, arranges clothes and cleans genital area | = 3 |
| ☐ Needs help with the three items: goes to toilet, arranges clothes and cleans genital area | = 4 |
| **Continence** |  |
| ☐ Exercises complete self-control over urination and defecation | = 1 |
| ☐ Accidental incontinent of bowel or bladder (incl. urinary catheter and artificial anus) | = 2 |
| ☐ Incontinent of bowel or bladder | = 3 |
| ☐ Incontinent of bowel and bladder | = 4 |
| **Self-feeding** |  |
| ☐ Eating and drinking independently | = 1 |
| ☐ Needs help in preparing the meal or the drinks | = 2 |
| ☐ Partial help needed with feeding or drinking | = 3 |
| ☐ Completely dependent to eat or drink | = 4 |

**Katz total score:** ____ / 24