# 2 The Bristol Activities of Daily Living Scale (BADLs) EP Test

**Patient Name:** ___________________________  
**Room #:** _____________________  
**Diagnosis:** ________________________________  
**Therapist:** ____________________

**PURPOSE:**  
20 item questionnaire designed to reveal the everyday ADL ability of older patients with dementia and memory loss

**INSTRUCTIONS:**  
10 minutes to complete and 5 min to score.  
Set up in a multiple choice format (a-e).  
Select one choice for each of the 20 items.  
Scores range from 0: independent – 3: dependent, and 4: NA.

**SCORING:**  
Maximum score of 60  
0 = totally independent  
60 = totally dependent

## 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 prep food even w/ prompt & sup | [ ] 3 |
| e. Not applicable | [ ] 4 |

## 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 | [ ] 2 |
| d. Needs to be fed | [ ] 3 |
| e. Not applicable | [ ] 4 |

## 3. DRINK

| a. Selects and prepares drinks as required | [ ] 0 |
| b. Can prepare drinks if ingredients made avail | [ ] 1 |
| c. Can prep drinks if prompted step by step | [ ] 2 |
| d. Unable to make drink even w/ prompt/sup | [ ] 3 |
| e. Not applicable | [ ] 4 |

## 4. DRINKING

| a. Drinks appropriately | [ ] 0 |
| b. Drinks appropriately w/ 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 | [ ] 4 |

## 5. DRESSING

| a. Selects approp clothing & 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 dsg | [ ] 3 |
| e. Not applicable | [ ] 4 |

## 6. HYGIENE

| a. Washes regularly and independently | [ ] 0 |
| b. Can wash self if given soap, towel, etc | [ ] 1 |
| c. Can wash self if prompted and supervised | [ ] 2 |
| d. Unable to wash self and needs full assist | [ ] 3 |
| e. Not applicable | [ ] 4 |

## 7. TEETH

| a. Cleans own teeth/dentures regularly and I | [ ] 0 |
| b. Cleans teeth/dentures if given approp items | [ ] 1 |
| c. Requires some assist, toothpaste on brush | [ ] 2 |
| d. Full assistance given | [ ] 3 |
| e. Not applicable | [ ] 4 |

## 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. Total dependent, needs supervision | [ ] 3 |
| e. Not applicable | [ ] 4 |
**9. TOILET/COMMODE**
- Uses toilet appropriately when required [ ] 0
- Needs to be taken to toilet, & given assist [ ] 1
- Incontinent of urine or feces [ ] 2
- Incontinent of urine and feces [ ] 3
- Not applicable [ ] 4

**10. TRANSFERS**
- Can get in/out of chair unaided [ ] 0
- Can get in chair but needs help to get out [ ] 1
- Needs help getting in and out of a chair [ ] 2
- Totally dependent on being put into and lifted from a chair [ ] 3
- Not applicable [ ] 4

**11. MOBILITY**
- Walks independently [ ] 0
- Walks w/assist, ie. furniture, arm for supp [ ] 1
- Uses aid to mobilize, ie. frame, stick, etc [ ] 2
- Unable to walk [ ] 3
- Not applicable [ ] 4

**12. ORIENTATI-Time**
- Fully orientated to time/day/date etc. [ ] 0
- Unaware of time/day etc. but seems unconcerned [ ] 1
- Repeatedly ask the time/day/date [ ] 2
- Mixes up night and day [ ] 3
- Not applicable [ ] 4

**13. ORIENTATION-SPACE**
- Fully oriented to surroundings [ ] 0
- Oriented to familiar surroundings only [ ] 1
- Gets lost in home, needs reminding where bathroom is, etc. [ ] 2
- Does not recognize home as own and attempts to leave [ ] 3
- Not applicable [ ] 4

**14. COMMUNICATION**
- Able to hold appropriate conversation [ ] 0
- Shows understanding and attempts to respond verbally with gestures [ ] 1
- Can make self understood but difficulty understanding others [ ] 2
- Does not respond to or communicate with others [ ] 3
- Not applicable [ ] 4

**15. TELEPHONE**
- Uses telephone appropriately, including obtaining correct number [ ] 0
- Uses telephone if number given verbally visually or pre-dialed [ ] 1
- Answers telephone but doesn’t make calls [ ] 2
- Unable/unwilling to use telephone at all [ ] 3
- Not applicable [ ] 4

**16. HOUSEWORK/GARDENING**
- Able to do housework/gardening to previous standard [ ] 0
- Able to do housework/gardening but not to previous standard [ ] 1
- Limited participation even with a lot of sup previously activities [ ] 2
- Unwilling unable to participate in previous activities [ ] 3
- Not applicable [ ] 4

**17. SHOPPING**
- Shops to previous standards [ ] 0
- Only able to shop for 1-2 items with or w/o a list [ ] 1
- Unable to shop alone, but participates when accompanied [ ] 2
- Unable to participate in shopping even when accompanied [ ] 3
- Not applicable [ ] 4

**18. FINANCES**
- Responsible for own finances at prev level [ ] 0
- Unable to write check but can sign name and recognizes money value [ ] 1
- Can sign name but unable to recognize money value [ ] 2
- Unable to sign name or recognize money value [ ] 3
- Not applicable [ ] 4

**19. GAMES/HOBBIES**
- Participate in pastimes/activities to previous standards [ ] 0
- Participates but needs instruction/supervision [ ] 1
- Reluctant to join in, very slow, needs coaxing [ ] 2
- No longer able or willing to join in [ ] 3
- Not applicable [ ] 4

**20. TRANSPORT**
- Able to drive, cycle or use public transportation independently [ ] 0
- Unable to drive but uses public transportation or bike etc. [ ] 1
- Unable to use public transportation alone [ ] 2
- Unable/unwilling to use transport even when accompanied [ ] 3
- Not applicable [ ] 4

**TOTAL SCORE:**
0 = totally independent
60 = totally dependent