PHYSICAL SELF-MAINTENANCE SCALE

Patient Name:_______________________ Date:__________

In each category, circle the item that most closely describes the person's highest level of functioning.

A. Toilet
1. Care for self at toilet completely; no incontinence  1
2. Needs to be reminded, or needs help in cleaning self, or has rare (weekly at most) accidents
3. Soiling or wetting while asleep more than once a week
4. Soiling or wetting while awake more than once a week
5. No control of bowels or bladder

B. Feeding
1. Eats without assistance  1
2. Eats with minor assistance at meal times and/or with special preparation of food, or help in cleaning up after meals
3. Feeds self with moderate assistance and is untidy
4. Requires extensive assistance for all meals
5. Does not feed self at all and resists efforts of others to feed him or her

C. Dressing
1. Dresses, undresses, and selects clothes from own wardrobe  1
2. Dresses and undresses self, with minor assistance
4. Needs major assistance in dressing, but cooperates with efforts of others to help
5. Completely unable to dress self and resists efforts of others to help
D. Grooming (neatness, hair, nails, hands, face, clothing)
1. Always neatly dressed, well-groomed, without assistance 1
2. Grooms self adequately with occasional minor assistance, eg, with shaving
3. Needs moderate and regular assistance or supervision with grooming
4. Needs total grooming care, but can remain well-groomed after help from others
5. Actively negates all efforts of others to maintain grooming

E. Physical Ambulation
1. Goes about grounds or city 1
2. Ambulates within residence on or about one block distant
3. Ambulates with assistance of (check one)
   a ( ) another person, b ( ) railing, c ( ) cane, d ( ) walker, e ( ) wheelchair
   1. Gets in and out without help. 2. __ Needs help getting in and out
4. Sits unsupported in chair or wheelchair, but cannot propel self without help
5. Bedridden more than half the time

F. Bathing
1. Bathes self (tub, shower, sponge bath) without help. 1
2. Bathes self with help getting in and out of tub.
3. Washes face and hands only, but cannot bathe rest of body
4. Does not wash self, but is cooperative with those who bathe him or her.
5. Does not try to wash self and resists efforts to keep him or her clean.

Score:____/6