

# Barthel Index

## Feeding

0 = unable

5 = needs help cutting, spreading butter, etc., or requires modified diet

10 = independent

## Bathing

0 = dependent

5 = independent (or in shower)

## Grooming

0 = needs to help with personal care

5 = independent face/hair/teeth/shaving (implements provided)

## Dressing

0 = dependent

5 = needs help but can do about half unaided

10 = independent (including buttons, zips, laces, etc.)

## Bowels

0 = incontinent (or needs to be given enemas)

5 = occasional accident

10 = continent

## Bladder

0 = incontinent, or catheterized and unable to manage alone

5 = occasional accident

10 = continent

## Toilet Use

0 = dependent

5 = needs some help, but can do something alone

10 = independent (on and off, dressing, wiping)

## Transfers (bed to chair, and back)

0 = unable, no sitting balance

5 = major help (one or two people, physical), can sit

10 = minor help (verbal or physical)

15 = independent

## Mobility (on level surfaces)

0 = immobile or < 50 yards

5 = wheelchair independent, including corners, > 50 yards

10 = walks with help of one person (verbal or physical) > 50 yards

15 = independent (but may use any aid; for example, stick) > 50 yards

## Stairs

0 = unable

5 = needs help (verbal, physical, carrying aid)

10 = independent

## TOTAL (0–100):

## REFERENCE

Mahoney FI, Barthel D. "Functional evaluation: the Barthel Index."  
Maryland State Med Journal 1965;14:56-61.

ALSO SEE

Collin C, Wade DT, Davies S, Horne V. "The Barthel ADL Index: a reliability study." [Int Disability Study.1988;10:61-63](#)