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

Provided by the Coma Science Group - [www.comascience.org](http://www.comascience.org)

ALSO SEE