

CLEVELAND SCALE FOR ACTIVITIES OF DAILY LIVING (CSADL)

Name or ID of Subject _____

Date __/__/__ Rater _____
m m d d y y

Name of Informant _____

Relation of Informant to Subject (*Circle one.*)

- | | |
|-----------|--------------------------|
| 1 Spouse | 4 Friend or other family |
| 2 Child | 5 Professional: _____ |
| 3 Sibling | 6 Other: _____ |

Contact with Subject

- | | |
|---|---------------------|
| 1 | 2 days/week |
| 2 | 3-4 days/ week |
| 3 | 5 or more days/week |

Interview Type

- | | |
|---|-----------|
| 1 | Visit |
| 2 | Telephone |

To administer this scale, the rater must be thoroughly familiar with the Manual, which includes the full instructions. Place rating in blank after each item number. Several items have specific rating instructions. In particular, some require special questioning if the subject is rated as dependent (rating of 1, 2, or 3).

Rating Meaning of Rating

- 0 **Never Dependent.** [S] does this effectively, quite independently, without any direction or help.
- 1 **Sometimes Dependent.** [S] usually does this independently, but sometimes or in some situations [S] needs direction or help.
- 2 **Usually Dependent.** [S] usually requires some direction or help, but sometimes or in some situations [S] does it independently.
- 3 **Always Dependent.** [S] always requires direction or help. [S] never does it independently.
- 9 Cannot rate because of insufficient information

Bathing

- 1. ___ Initiates bath or shower with appropriate frequency and at appropriate times
- 2. ___ Prepares bath/shower (draws water of proper temperature, ensures soap and towel are present, etc.)
- 3. ___ Gets in and out of tub or shower
- 4. ___ Cleans self

Toileting

- 5. ___ Able to physically control timing of urination
- 6. ___ Able to physically control timing of bowel movements
- 7. ___ Recognizes need to eliminate
- 8. ___ After toileting, cleans and re-clothes self appropriately

Personal hygiene and appearance

- 9. ___ Initiates personal grooming with appropriate frequency and at appropriate times
- 10. ___ Washes hands and face
- 11. ___ Brushes teeth
- 12. ___ Combs hair, shaves (as appropriate)

Dressing

- 13. ___ Initiates dressing at appropriate time
- 14. ___ Selects clothes
- 15. ___ Puts on garments, footwear, etc.
- 16. ___ Fastens clothing (buttons, shoelaces, zippers, etc.)

Eating

- 17. ___ Initiates eating at appropriate times of day and with appropriate frequency.
- 18. ___ Carries out physical acts of eating (including using utensils)
- 19. ___ Eats with acceptable manners, e.g. with appropriate speed, does not speak with food in mouth, etc.
- 20. ___ Prepares own meals (includes cooking on stove) *This item requires special questioning.*

Mobility

- 21. ___ Initiates actively moving about the environment, as opposed to sitting, not attempting to get about, etc.
- 22. ___ Actively moves about environment (with or without assisting device)
- 22a. Does subject have physical limitations of mobility. (*Circle one of following codes.*)
 - 0 No physical limitations of mobility
 - 1 Yes, there are physical limitations of mobility. (*Circle all that apply.*)

Needs assistance of other persons to walk	Trouble getting in or out of bed	Other Mobility Problems
Needs cane	Trouble getting in or out of chair	(<i>describe</i>):
Needs walker	Trouble getting on or off toilet	
Needs wheelchair	Trouble climbing or descending stairs	

Medications

- 23. ___ Takes medications as scheduled and in correct dosages *If subject has taken no medications during prior year, rate item as 9. This item requires special questioning.*

Shopping

- 24. ___ Does necessary grocery shopping, buying appropriate items and quantities. *This item requires special questioning.*
- 25. ___ Does necessary clothes shopping, buying appropriate items and quantities. *This item requires special questioning.*

Travel

- 26. ___ Finds way about in familiar surroundings
- 27. ___ Orients to unfamiliar surroundings without undue difficulty
- 28. ___ Travels beyond walking distance (i.e., driving own vehicle or using public transportation)
- 29. ___ Drives motor vehicle. *This item requires special questioning.*

Hobbies, personal interests, employment

30. ___ Initiates activities of personal interest (e.g. card playing, woodworking, others) *This item requires special questioning.*
31. ___ Carries out such activities *This item requires special questioning.*
32. ___ Does subject work for pay? *If subject does not work because of having reached an age appropriate to retirement from his or her occupation, rate 9. This item requires special questioning.*

Housework/home maintenance (as appropriate to individual situation)

33. ___ Initiates work around house as needed *This item requires special questioning.*
34. ___ Carries out work effectively, e.g. cleanly, neatly, accurately, efficiently *This item requires special questioning.*

Types of work done (*Don't score, just circle*)

Dish washing

Vacuuming

Mowing lawn

Sweeping

Scrubbing floors

Gardening

Personal laundry

Small home repairs

Minor car care

Other types of work (*Describe*):

Telephone

35. ___ Looks up numbers
36. ___ Dials numbers
37. ___ Answers phone
38. ___ Takes messages

Money Management

39. ___ Pays for purchases (selecting appropriate amount and determining correct change) *This item requires special questioning.*
40. ___ Manages financial responsibilities beyond paying for immediate purchases (e.g., paying monthly bills, managing checking or savings account, etc.) *This item requires special questioning.*

Communication skills

41. ___ Spontaneously expresses thoughts and needs to others
42. ___ Responds accurately to spoken instructions and conversation
43. ___ Reads and understands single words and short phrases (signs, lists, etc.)
44. ___ Reads and understands complex material (books, newspapers, etc.)
45. ___ Writes short phrases (lists, brief messages)
46. ___ Writes complex material (letters, diary, etc.)

Social Behavior

47. ____ Behaves in a socially appropriate manner. Socially inappropriate behaviors encompass a **wide** range of behavior, including but not limited to such things as making rude remarks, belching, touching private parts, showing little regard for personal privacy, etc. For this item, dependency refers to the extent to which other people must direct or manage the subject to ensure that he or she behaves in a socially appropriate fashion.

Other Problems - Are there any situations in which patient does not behave in an independent and responsible fashion that have not been covered by these questions? (*Circle one of following codes.*)

48. 0 No other dependent behaviors
 1 Yes, there are other dependent behaviors. (*Please provide details below.*)

QUALITY OF INTERVIEW (Rater's Judgment)

Interview appeared valid	0
Some questions about interview, but it is probably acceptable	1
Information from interview is of doubtful validity.	2

Rater should record the basis for judging the interview of questionable or doubtful validity.

Comments: