

Barthel Index

Item	Options	Points
Feeding	Unable: Cannot feed self	0
	Needs help: Help cutting or spreading, or needs a modified diet	5
	Independent: Feeds self without help	10
Bathing	Dependent: Needs help to bathe	0
	Independent: Bathes or showers alone	5
Grooming	Needs help: Help with personal care	0
	Independent: Face, hair, teeth, shaving	5
Dressing	Dependent: Cannot dress without help	0
	Needs help: Does about half unaided	5
	Independent: Including buttons, zips, laces	10
Bowels	Incontinent: Or needs enemas given	0
	Occasional accident: Not fully reliable	5
	Continent: No accidents	10
Bladder	Incontinent: Or catheter not self-managed	0
	Occasional accident: Not fully reliable	5
	Continent: No accidents	10
Toilet use	Dependent: Needs full help	0
	Needs some help: Can do part alone	5
	Independent: On and off, dressing, wiping	10
Transfers (bed to chair and back)	Unable: No sitting balance	0
	Major help: One or two people, can sit	5
	Minor help: Verbal or physical	10
	Independent: Transfers alone	15
Mobility (level surfaces)	Immobile: Or under 50 yards	0
	Wheelchair independent: Over 50 yards, including corners	5
	Walks with help: One person, over 50 yards	10
	Independent: Over 50 yards, may use any aid	15
Stairs	Unable: Cannot manage stairs	0
	Needs help: Verbal, physical or carrying aid	5
	Independent: Up and down alone	10

Interpretation

0–20	Total dependency. The patient needs help with almost all ADLs. Plan full assistance, pressure injury and fall prevention, and involve the care team in discharge planning early.
21–60	Severe dependency. The patient needs substantial help with many ADLs. Plan hands-on assistance and refer to physical and occupational therapy as your facility allows.
61–90	Moderate dependency. The patient does many tasks but needs help with some. Target the weak items in the care plan and reassess to track progress.

91-99	Slight dependency. The patient is nearly independent and needs help or supervision with one or two tasks. Check safety for those tasks before discharge.
100	Independent. The patient performs all 10 basic ADLs without help. A score of 100 does not rule out problems with cooking, shopping or living alone.

Total score: _____ Date: _____ Assessed by: _____

Mahoney & Barthel, 1965. Sources: Barthel Index form (Mahoney & Barthel, via Internet Stroke Center); Mahoney & Barthel 1965, Functional evaluation: the Barthel Index (PubMed); Common Measures of Disability, StatPearls (NCBI); Barthel Index, StrokEngine.

Free calculator and full guide: nursingscales.com/barthel-index/ · Educational material; does not replace clinical judgment or facility protocols.