

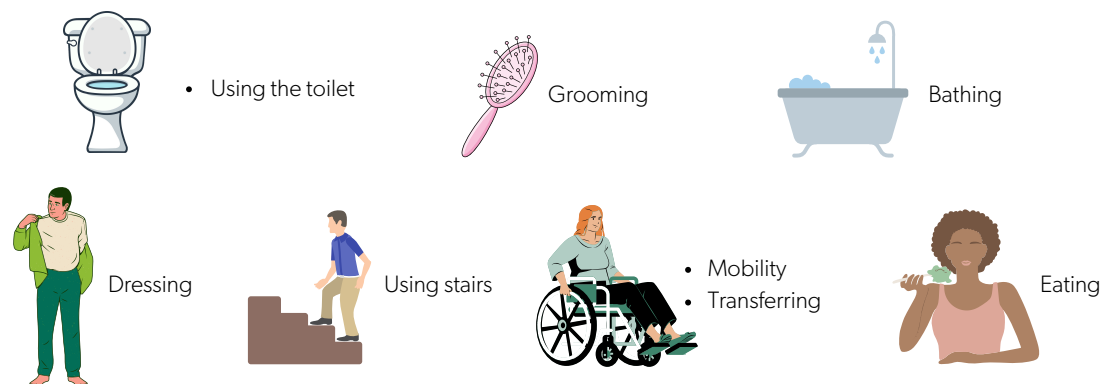
Barthel Index

What's the purpose?

The Barthel Index can help your therapist evaluate your ability to do everyday tasks as well as your mobility. This test is often used to evaluate older adults, people with mobility limitations, and people with neurological problems, such as stroke, Parkinson's disease and spinal cord injury.

What do I have to do?

You and your therapist will complete a survey to rank how independently you can complete 10 common daily activities. Your therapist may ask to watch you do some of the activities or ask you about your ability to do activities (without watching you do them). Your therapist might also ask to speak to someone (such as a care partner) who is familiar with your ability to perform certain tasks. The test takes about 20 minutes to complete. Using aids such as wheelchairs, walkers or other adaptive equipment is allowed.



What does my score mean?

Each of the 10 activities is scored from 0 to 15. Lower scores indicate that you can't do the task or can't do it without a lot of help. Higher score means you can do a task more independently. The Barthel Index is often used in hospitals and in rehabilitation to monitor changes in how independently a person can do common daily activities.

TOTAL SCORE	Score meaning
0 - 20	You can't do daily activities without help
21 - 60	You need a lot of help to do your daily activities
61 - 90	You can do daily activities with some help
100	You can do daily activities without help

Talk to your therapist about what the results mean for you.

To see a full summary of this instrument and more, visit sralab.org/rehabilitation-measures.
Questions? Email rehabmeasures@sralab.org or call 312.238.2802