Functional Autonomy Measurement System

Please select the option that best suits the patients abilities / functions.

1. EATING
- Feeds self independently
- Feeds self independently with difficulty
- Feeds self but needs stimulation / supervision
- Needs some help to eat
- Must be fed

2. WASHING
- Washes self independently
- Washes self independently with difficulty
- Washes self but needs cueing / supervision
- Needs help for daily wash but participates
- Must be washed by another person

3. DRESSING
- Dresses self independently
- Dresses self independently with difficulty
- Dresses self but needs cueing / supervision
- Needs help dressing
- Must be dressed by another person

4. GROOMING
- Grooms self independently
- Grooms self independently with difficulty
- Grooms self but needs cueing / supervision
- Needs help for grooming
- Must be groomed by another person

5. URINARY FUNCTION
- Normal voiding
- Occasional incontinence / dribbling
- Needs cueing to avoid urinary incontinence
- Frequent incontinence
- Complete urinary incontinence

6. BOWEL FUNCTION
- Normal bowel function
- Occasional incontinence
- Needs cleaning or enema
- Frequent incontinence
- Always incontinent

7. TOILETING
- Toilets self independently
- Toilets self with difficulty
- Needs supervision-toileting / uses commode
- Needs help using toilet / commode
- Does not use toilet / commode

8. TRANSFERS
- Gets in / out of bed alone
- Gets in / out of bed alone with difficulty
- Needs supervision / cueing - in / out of bed
- Needs help getting in / out of bed
- Bedridden (must be moved)

9. WALKING INSIDE
- Walks independently (with / without cane etc)
- Walks independently with difficulty
- Walks independently but needs guidance
- Needs help from another person to walk
- Does not walk

10. WALKING OUTSIDE
- Walks independently (with / without cane etc)
- Walks independently with difficulty
- Walks independently but needs guidance
- Needs help from another person to walk
- Does not walk
11. DONNING PROSTHESIS OR ORTHOSIS
☐ Does not wear prosthesis or orthosis
☐ Dons them independently
☐ Dons them independently with difficulty
☐ Donning of them needs checking
☐ Must be put on by another person

12. PROPELLING A WHEELCHAIR
☐ Does not need a wheelchair
☐ Propels independently
☐ Propels independently with difficulty
☐ Needs to have wheelchair pushed
☐ Unable to use a wheelchair (transported)

13. NEGOTIATING STAIRS
☐ Goes up / down stairs alone
☐ Goes up / down stairs alone with difficulty
☐ Requires supervision / guidance
☐ Needs help going up / down stairs
☐ Does not negotiate stairs

14. VISION
☐ Sees adequately with / without corrective lens
☐ Visual problems, sees enough for ADLs
☐ Only sees outlines of objects
☐ Blind
☐ Not had vision assessment in past year

15. HEARING
☐ Hears adequately with / without hearing aid
☐ Hears if spoken to in a loud voice
☐ Only hears shouting
☐ Deaf
☐ Not had hearing assessment in past year

16. SPEAKING
☐ Communicated only in prevailing language
☐ Speech / language problem-able to express
☐ Major speech / language problems
☐ Unable to communicate verbally

17. MEMORY
☐ Normal memory
☐ Minor recent memory deficits - recalls recent
☐ Serious memory lapses - stove, meds
☐ Almost total memory loss or amnesia

18. ORIENTATION
☐ Oriented to time, place, people
☐ Sometimes disoriented to time, place, people
☐ Only oriented to immediate events
☐ Complete disorientation

19. COMPREHENSION
☐ Understands instructions / requests
☐ Slow to understand instructions / requests
☐ Partial understanding if instructions / requests
☐ Requires repetition of instructions / requests
☐ Unaware of what's going on around them

20. JUDGEMENT
☐ Evaluated and makes sound decisions
☐ Evaluates, needs help making sound decisions
☐ Poorly evaluates and needs strong suggestion
☐ Unable to evaluate or make a decision
21. BEHAVIOUR
- Appropriate behaviour
- Minor behaviour problems - stubborn etc.
- Major behaviour problems - aggression etc.
- Dangerous, required restraint

22. HOUSEKEEPING
- Does housekeeping alone
- Does housekeeping alone with difficulty
- Needs supervision for housekeeping
- Needs help for daily housework
- Does not do housework

23. MEAL PREPARATION
- Prepares own meal
- Prepares own meals with difficulty
- Needs supervision preparing meals
- Only prepares light meals
- Does not prepare meals

24. SHOPPING
- Plans & shops independently
- Plans & shops independently with difficulty
- Shops but needs delivery service
- Needs help to plan or shop
- Does not shop

25. LAUNDRY
- Does laundry independently
- Does laundry independently with difficulty
- Needs supervision / cueing for laundry
- Needs help with laundry
- Does not do laundry

26. TELEPHONE
- Uses telephone independently
- Uses telephone with difficulty
- Only dials a few numbers-emergency
- Speaks but needs phone dialed / answered
- Does not use phone

27. TRANSPORTATION
- Able to use transport alone-bus / taxi
- Able to use transport with difficulty
- Must be accompanied
- Uses adapted vehicle, requires assistance
- Must be transported in ambulance

28. MEDICATION
- Takes medication according to prescription
- Takes medication with difficulty
- Needs weekly supervision / dispenser
- Needs to be prepared daily
- Must be given each dose

29. BUDGETING
- Manages budget independently
- Manages budget with difficulty
- Needs supervision-major transactions
- Needs help for regular transactions
- Does not manage budget

30. COMMENTS

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JBN Medical Diagnostic Services INC
2951 Walkers Line, Suite
Burlington, Ontario L7M 4Y1
(905) 331 - 3101
Fax - (905) - 319 - 2499
www.jbnmedical.com