



The Barthel Index

Name: _____ NHS No: _____

D.O.B: _____

Date					
Bowels					
0 = incontinent (or needs to be given enemas): 1 = occasional accident (once a week): 2 = continent	0	0	0	0	0
	1	1	1	1	1
	2	2	2	2	2
Bladder					
0 = incontinent or catheterised and unable to manage alone: 1 = occasional accident (maximum once per 24 hours): 2 = continent	0	0	0	0	0
	1	1	1	1	1
	2	2	2	2	2
Grooming					
0 = needs help with personal care: 1 = independent (face, hair, teeth, shaving – implements provided)	0	0	0	0	0
	1	1	1	1	1
Toilet Use					
0 = dependent: 1 = needs some help but can do something alone: 2 = independent (on and off, dressing, wiping)	0	0	0	0	0
	1	1	1	1	1
	2	2	2	2	2
Feeding					
0 = unable: 1 = needs help cutting, spreading butter etc: 2 = independent	0	0	0	0	0
	1	1	1	1	1
	2	2	2	2	2
Transfers (bed to chair and back)					
0 = unable, no sitting balance: 1 = major help (1 or 2 people, physical), can sit: 2 = minor help (verbal or physical): 3 = independent	0	0	0	0	0
	1	1	1	1	1
	2	2	2	2	2
	3	3	3	3	3
Mobility					
0 = immobile: 1 = wheelchair independent, including corners: 2 = Walks with the help of 1 person (verbal or physical): 3 = independent (but may use aid; for example stick)	0	0	0	0	0
	1	1	1	1	1
	2	2	2	2	2
	3	3	3	3	3
Dressing					
0 = dependent: 1 = needs help but can do about half unaided: 2 = independent (including buttons/zips/laces, etc.)	0	0	0	0	0
	1	1	1	1	1
	2	2	2	2	2
Stairs					
0 = unable: 1 = needs help (verbal, physical or carrying aid): 2 = independent	0	0	0	0	0
	1	1	1	1	1
	2	2	2	2	2
Bathing					
0 = dependent: 1 = independent	0	0	0	0	0
	1	1	1	1	1
Total Score (out of 20)					