

Appendix 2

E-ADL-Test

Total score: _____

Test person: Surname: _____, First name: _____

Date of birth: _____

Test started at (time): _____

Test finished at (time): _____

Location: _____ Date: _____

Signature of examiner: _____

Pre-requisites for carrying out the test

Patient can see

Patient can hear

No paralysis or other severe limitation of use of patient's arms or hands present

Test Results

I. Pouring a drink

Number of times task attempted: 1 2 3

Evaluation:

- | | |
|---|---|
| a) Bottle is opened and remains open | 1 |
| b) Bottle is picked up and held | 1 |
| c) Glass is filled correctly without any spilling | 4 |
| <i>or</i> | |
| Glass is filled correctly but some liquid is spilled | 3 |
| <i>or</i> | |
| Glass is overfilled or not filled far enough but nothing is spilled | 3 |
| <i>or</i> | |
| Glass is overfilled or not filled far enough and liquid is spilled | 2 |

Score I: _____

II. Cutting a piece of bread

Number of times task attempted: 1 2 3

Evaluation:

- a) The knife is picked up 1
- b) Test person uses the knife to take the margarine out of the container 1
- c) The margarine is spread all over the bread 2
or
Only part of the slice (less than 50%) is spread with margarine 1
or
The margarine is spread all over the slice but also goes over the edges 1
- d) The test person cuts the piece of bread correctly into two pieces 2
or
The test person only manages to cut through part of the slice 1

Score II: ____

III. Opening a little cupboard

Number of times task attempted: 1 2 3

Evaluation:

- a) The key is picked up 1
- b) The key is inserted into the lock correctly 2
or
The test person attempts to insert the key into the lock 1
- c) The key is turned in the lock 1
- d) The door is opened 1
- e) The object is removed from the cupboard 1

Score III: ____

IV. Washing hands

Number of times task attempted: 1 2 3

Evaluation:

- a) The test person dips his/her hands in water and picks up the soap 2
or
The soap is picked up and then hands and soap dipped in water 2
or
The test person only wets his/her hands **without** any soap 1
- b) The test person washes his/her hands with soap 2
or
The test person washes his/her hands **without** soap 1
- c) The soap is rinsed off the hands 1
- d) The hands are dried 1

Score IV: _____

V Tying a bow

Number of times task attempted: 1 2 3

Evaluation:

- a) Simple or double knot 1
or
The ends of the ribbon are pulled through the cross ribbon in order to tie a bow on top of it 1
- b) Complete bow with two loops in the middle and tied tight 5
or
Complete bow with two loops in the middle but **loose** 4
or
Complete bow with two loops, **tied to the side or on the edge** of the box and tied tight 4
or
Complete bow with two loops, **tied to the side or on the edge** of the box but **loose** 3
or
Bow with **only one loop**, on top, centre, tight 4
or
Bow with **only one loop**, on top, centre, **loose** 3
or
Bow with **only one loop tied to the side or on the edge** but tight 3
or
Bow with **only one loop tied to the side or on the edge** but **loose** 2

Score V: _____

Total score: _____