



# **SUNNAS ADL INDEX**

## **SCORING MANUAL**

### **1. FEEDING**

CUTTING FOOD, EATING, CHEWING AND SWALLOWING.

1.0 Needs help for all feeding

1.1 Needs help of another person at mealtimes, or needs help with regulating intake of food.

1.2 Eats with the use of technical aids or under special conditions, for example eats precut food.  
Independent of another person at mealtimes.

1.3 Eats independently.

### **2. CONTINENCE**

CONTROL OVER URINE AND FAECES.

2.0 No control. Incontinent and requires help for everything.

2.1 Needs some help, for example for changing catheter collection bag , diapers, or other collecting system. Can ask for help when required.

2.2 Dependent on aids, and handles these independently, for example catheter or urinary drainage bag. Hygienic standard is satisfactory.

2.3 Continent for urine and faeces, and handles everything independently.

*For spinal cord injured "continence" reads "emptying the bladder".  
This item describes the ability to manage ones bladder.*

*2.0 Cannot manage emptying the bladder. Requires help for everything.*

*2.1 Needs some help, for example for transfer, changing diapers of emptying the catheter collection bag.*

*2.2 Able to empty the bladder, but requires aids, for example commode or bed.*

*2.3 Able to empty the bladder, in all circumstances.*

## 3. INDOOR MOBILITY

BEING MOBILE AT HOME AND AT WORK.

3.0 Needs help for all mobility. Cannot manoeuvre a wheelchair alone.

3.1 Needs help now and then. Requires help or cueing to set wheelchair-brakes. Mobile on a flat surface. Does not manage thresholds or small obstacles, nor opening doors. Needs assistance when walking because of safety, lack of sense of direction, reduced eyesight, etcetera.

3.2 Mobile with technical aids in a safe manner. Can make use of a safety-alarm.

3.3 Independent without the use of technical aids. Can rise from the floor.

## 4. TOILET – MANAGEMENT

TOILET-TRANSFER, CLEAN ONESELF AND DRESS WHEN VISITING THE TOILET.  
HYGIENIC STANDARD IS SATISFACTORY.

4.0 Needs help all the time, of one or more persons.

4.1 Needs some assistance for support, for hygiene, dressing or the like, or as a reminder to visit the toilet before it is too late.

4.2 Able to visit the toilet independently, but requires some adaptation, for example grab bar. Manage alone in safe manner, might have reduced hygienic standard.

4.3 Able to visit the toilet unaided and at a satisfactory hygienic standard.

*For spinal cord injured "toilet-management" reads "emptying the bowel". This item describes the ability to manage emptying the bowel.*

*4.0 Cannot manage emptying the bowel.*

*4.1 Needs some assistance, for example for transfer or dressing.*

*4.2 Able to empty the bowel, but requires aids, for example a commode or a bed.*

*4.3 Able to empty the bowel, in all circumstances.*

## 5. TRANSFER

TRANSFER FROM BED TO CHAIR, CHAIR TO CHAIR, WHEELCHAIR TO TOILET. IN AND OUT OF BED. TO THE TOILET OR SHOWER SEAT/COMMUNE.

5.0 Cannot transfer, needs a lot of assistance even when using technical aids, such as a hoist.

5.1 Needs some assistance, or transfer alone, but requires guidance for safety.

5.2 Transfers independently with the use of aids, or in an adapted environment. Transfers in a safe manner.

5.3 Transfers independently in all circumstances.

## 6. DRESSING / UNDESSING

DRESSING AND UNDESSING EVERYDAY CLOTHES, (INCLUDING BRA, SOCKS, SHOES AND OUTER GARMENT) AND WITH AN ACCEPTABLE STANDARD.

6.0 Cannot dress or undress.

6.1 Can partly dress, needs help for shoes, buttons, splints, etcetera. Needs motivating or some assistance to check that clothes are put on correctly, or to choose the appropriate clothes. Dresses or undresses independently. Can dress alone, but will use a non-functional amount of time and a lot of energy.

6.2 Dresses independently with the use of technical aids, adapted clothes or specially marked clothes. Leaves out certain difficult garments, shoelaces, or the like. Finishes within reasonable time- and energy-consumption.

6.3 Independent with dressing and undressing.

## 7. GROOMING

GROOMING, INCLUDING WASH ONESELF (INCLUDING ADMINISTERING FACE-CLOTHES, TOWELS AND TAPS), BRUSH TEETH, COMB HAIR, SHAVE, AND CHECK BOTTOM FOR PRESSURE-SORES. ADEQUATE HYGIENIC STANDARD.

7.0 Cannot take care of grooming.

7.1 Able to groom partly, but requires motivating, assistance or guidance, for example for safety. Manages alone, but will use a non-functional amount of time and a lot of energy.

7.2 Wash and groom independently with the use of technical aids or an adapted environment. Might have a poor hygienic standard. Finishes within reasonable time- and energy-consume. Takes responsibility for others to check bottom for pressure-sores.

7.3 Wash and groom independently. Checks bottom for pressure-sores.

## 8. COOKING

MAKE SANDWICHES WITH COFFEE OR TEA, PREPARE A SIMPLE, HOT MEAL (BY THE USE OF ONE RING ON THE STOVE). OPEN FOOD WRAPPING.

8.0 Cannot prepare any food.

8.1 Able to prepare some food, but requires assistance for certain tasks, for example cannot manage the stove, cannot handle equipment, has poor structural capacity or inexpedient use of time. Needs motivating or guidance for safety-reasons.

8.2 Prepares food independently with the use of technical aids or in an adapted environment, and in a safe manner. Might for example need pre-cut bread or pre-cooked dinner for heating-up. Can open food wrapping with the use of technical aids. Finishes within reasonable time- and energy-consumption.

8.3 Able to cook independently with satisfactory meals and hygiene. No problems with food wrapping.

**9. BATH/ SHOWER**

BATH OR SHOWER, INCLUDING USING THE TAPS, DRYING AFTERWARDS, UNDESSING AND DRESSING.

- 9.0 Unable to bath or shower without constant assistance.
- 9.1 Can bath or shower with some assistance, for example needs help with the taps, dressing, undressing or for safety-reasons, or needs cuing to start the activity.
- 9.2 Able to bath or shower independently with the use of technical aids, for example shower seat, grab bar, thermostatic taps, etcetera. Dries and dresses independently, perhaps in an adapted environment and in a safe manner. Might have a poor hygienic standard.
- 9.3 Able to bath or shower independently on own initiative. Satisfactory hygienic standard.

**10. HOUSEWORK**

MANAGE HOUSEWORK LIKE DISHWASHING, CLEANING, MAINTENANCE OF CLOTHES, AND HAS GENERAL CONTROL OVER THE HOUSEWORK AND NECESSARY TASKS TO BE DONE.

- 10.0 Unable to do any housework.
- 10.1 Can do some housework, like dusting, dishwashing, some laundry, etcetera. Needs assistance for heavy housework like cleaning, or for general control over the housework, - what needs to be done and for structuring the tasks. Needs help for shopping. Can manage alone, but within a non-functional amount of time and energy consumption.
- 10.2 Manages housework independently with the use of technical aids, in an adapted environment, or in a prestructured situation, in a safe manner.
- 10.3 Manages all housework independently, and has the initiative to carry out necessary tasks. Able to organise the shopping.

**11. OUTDOOR MOBILITY.**

GETTING OUT OF ONES HOME, CARRY OUT NECESSARY ERRANDS, GETTING ROUND TO VISIT FRIENDS AND FAMILY, AND BEING ABLE TO ATTEND CULTURAL EVENTS.

- 11.0 Unable to get out of ones home, or being mobile without constant assistance.
- 11.1 Has reduced outdoor mobility, for example manoeuvres wheelchair on a flat surface, but requires help in inclines and at curbs. Needs some assistance in getting outdoor or when walking outdoor, and in transfers to a car. Might be disoriented. Can manage alone, but within a nonfunctional time- and energy-consumption.
- 11.2 Gets outdoor in a safe manner, with the use of technical aids and/or in an environment, for example wheelchair, crutches, walking frame, adapted car, etcetera. Can manage transport-service independently. Can buy what is needed.
- 11.3 Gets out and about everywhere, independently, without the use of technical aids or in an adapted environment. Can buy everything one want, use public transport and/or drive unadapted cars.

**12. COMMUNICATION**

ABILITY TO CONVEY AND RECEIVE INFORMATION, USE TELEPHONE, SAFETY-ALARM AND GATE-PHONE. ABILITY TO CALL FOR HELP.

- 12.0 No functional communication.
- 12.1 Able to convey simple messages, answers yes or no, or use non-verbal communication. Requires one-to-one contact with another person. Able to use aids for communication with assistance.
- 12.2 Independent in using aids for communication, such as aids on the telephone, safety-alarms, letter-boards or electronic aids, such as a computer.
- 12.3 No communication disorders. No need for safety-alarm. Will reach the telephone if falling.