



## **SHORT INTRODUCTION TO SUNNAAS ADL-INDEX**

Sunnaas ADL-index is an instrument for measuring ADL function. It was constructed by occupational therapists at Sunnaas Rehabilitation Hospital in Norway. The first version came in 1982 with a revision in 1985. A new lay – out was made in January 2000.

Sunnaas ADL Index consists of a scoring sheet and a manual, which should always be used together. The Sunnaas ADL Index contains ratings of 12 daily activities. These are believed to be the most important activities necessary for adults to live independently in the community. They include both P –ADL (personal activities of daily living) and I –ADL activities (instrumental activities of daily living)

Sunnaas ADL index can be used as a multi – disciplinary instrument, and can be used for instance when transferring information about the patient form hospital to community services.

### **Rating**

Level of independence is scored from 3 to 0, with 0 as the lowest possible score and 3 as the highest:

3 = the patient is completely independent, and carries out the activity in an ordinary manner.

2 = the patient is independent of another person, but requires aids or adapted environment.

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1 = the patient is partly dependent on another person, i.e. for physical support, instruction, guidance or supervision.

0 = the patient is completely dependent on another person

There is a significant dividing line between 1 and 2, where 0 and 1 are the scores for dependence on another person.

The 12 activities in the index are hierarchically classified in three main groups, according to how often a person might need help in the given activities.

Activity 1- 4: These are activities impossible to arrange at set times. Dependency in one or more of these activities (rating 0-1), indicates that the person needs constant supervision or physical help from another person.

Activity 5 – 8: These activities could be arranged to be performed, at set times. A person who is dependent of help in one or all of these activities (rating 0-1), but independent in activities 1 – 4, may be able to live alone with help from the community health service or relatives once or several times a day.

Activity 9 –11: These are activities that could be performed once or twice a week. A person who is dependent on help only in these activities (independent in activities 1 –8) can live alone, managing with help once or twice a week for example from a home - helper.

Activity 12: Concerns communication and the ability to call for help and does not fit into this division, but is still crucial to independent living.

The construction of Sunnaas ADL index gives information along a horizontal and a vertical axis, making a visual profile which is easy to read.

The validity and reliability of Sunnaas ADL Index has been investigated in different studies. It has also been used as an ADL measure in different research studies, see the publication list for more information.

Sunnaas ADL index has been translated to different languages:

- Danish
- Swedish
- English
- Russian
- it is currently also translated into Finish

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