

Scottish Care Lifecurve Survey

Activities of Daily Living Definitions

Activities	Proposed definition	Secondary proposed definition
Cutting Toenails	To bend and cut own toenails	Can you bend to reach your feet and cut your toenails? (If you don't always cut your own nails could you still manage?)
Shopping	To get groceries from a shop	Can you walk to your local shop and manage to buy your groceries? (Not including shopping centres or superstores)
Using Steps	To go up and down stairs/steps	Are you able to go up and down a set of stairs or outdoor steps? (Holding onto the handrails if needed)
Walk 400 Yards	To walk 400 yards without a walking aid (such as a walking stick)	Can you walk a quarter of a mile (400 yards) without a walking aid (such as a walking stick, cane or walking frame)?
Heavy Housework	Such as washing floors and windows, moving furniture whilst vacuuming, large load of washing.	Can you manage tasks such as washing floors and windows, moving furniture to vacuum and managing large loads of washing?
Full Wash	To fully wash and dry yourself either in the bathtub, shower or by sponge	Are you able to fully clean yourself by having either a bath, a shower or by washing with a sponge at the basin?
Cook a hot Meal	To prepare and cook a hot meal	Can you prepare and cook a hot meal for yourself at home?
Moving Around	To get around your home (excluding stairs)	Are you able to get around you house safely? (i.e. walking from room to room but not including the stairs)
Transfer From a Chair	To get up and down from a chair	Are you able to get in and out of a chair?
Light Housework	Such as tidying up, dusting, washing up.	Can you manage tasks such as washing up, wiping surfaces, and tidying things away?
Transfer From a Toilet	To get on and off a toilet	Can you get on and off the toilet as well as managing your clothing before sitting down and after standing up?
Get Dressed	To dress and undress yourself	Are you able to dress and undress yourself?
Transfer From Bed	To get in and out of bed	Are you able to get in and out of bed?
Wash Face and Hands	To wash and dry your face and hands	Are you able to wash and dry your face and hands?
Eat independently	To eat food with utensils or hands	Are you able eat food either with cutlery or with your fingers?

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