NOTTINGHAM EXTENDED ACTIVITIES OF DAILY LIVING (EADL) INDEX

PATIENT'S NAME:

HOSPITAL NUMER:

0 = Not at all
1 = With help
2 = Alone with difficulty
3 = Alone easily

DO YOU.....

	Comments	*Date*			
MOBILITY					
- walk around outside?					
- climb stairs?					
- get in and out of the car?					
- walk over uneven ground?					
- cross roads?					
- travel on public transport?					
TOTAL					
IN THE KITCHEN					
- manage to feed yourself?					
- make yourself a hot drink?					
- take hot drinks from one room to another?					
- do the washing up?					
- make yourself a hot snack?					
TOTAL					
DOMESTIC TASKS					
- manage your own money when out?					
- wash small items of clothing?					
- do your own shopping?					
- do a full clothes wash?					
TOTAL					
LEISURE ACTIVITIES					
- read newspapers and books?					
- use the telephone?					
- write letters?					
- go out socially?					
- manage your own garden?					
- drive a car?					
TOTAL					
GRAND TOTAL					