

**Please answer the following 13 questions regarding how the patient has been during the past 1 month.**

## About this scale

- **Health care professionals (doctors, nurses, clinical psychologists, public health nurses, etc.) will ask the caregiver the following 13 questions.**
- **Please select the level among the 9 levels that best describes the patient's condition/situation, with reference to the following questions and specific examples.**
- **In the examples, 5 of the 9 levels are illustrated by sentences, but you can also select a level between the conditions/situations represented by the sentences.**
- **If a question is about an activity that is not done by the patient, please answer by assuming how it would be if the patient did the activity.**
- **Health care professionals will evaluate the severity of the patient's symptoms from the responses.**
- **Please be advised that, as a general rule, the patient cannot be present while the health care professional is asking you the questions.**

# 1. How is the patient when changing clothes?

## Examples

9 Able to correctly dress and undress by him/herself without taking too much time

8  
7 Able to correctly dress and undress by him/herself although it takes time

6  
5 Able to dress and undress by him/herself with verbal instructions

4  
3 Needs your help with some of the dressing and undressing

2  
1 Needs you to do all of the dressing and undressing



## 2. How spontaneously does the patient perform the activities of daily living?

(For example, shopping, rehabilitation/ day care, brushing teeth, shaving, make-up, combing hair, getting up, etc.)

### Examples

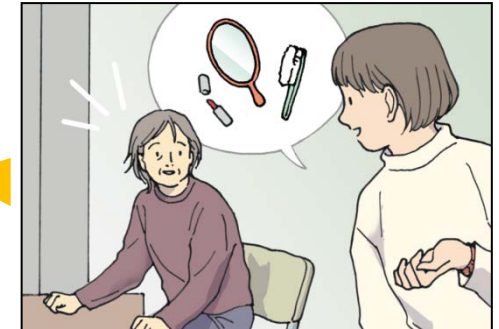
9 **Performs spontaneously without verbal reminders**

8 **Sometimes needs verbal reminders**

7 **Always needs verbal reminders**

6 **Sometimes does not attempt even with verbal reminders**

5 **Never attempts even with verbal reminders**



### 3. When the patient wants to communicate something, how much is he or she able to do so through conversation?

## Examples

9 **Has no problem with communication**

8

7 **Unable to hold a complicated conversation**

6

5 **Able to communicate only specific needs**

4

3 **Able to speak but unable to hold a conversation**

2

1 **Does not speak and is silent**



## 4. How is the patient when using home appliances such as the television or air conditioner?

### Examples

9 Able to use without problems

8

7 Able to perform familiar operations such as changing channels

6

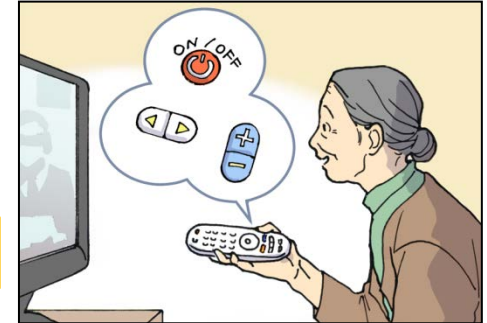
5 Makes many mistakes but able to use if told what to do

4

3 Recognizes the remote control but does not understand how to use it at all

2

1 Does not understand what the remote control is for



## 5. How well can the patient remember the location of a familiar item?

(For example, patient ID card, hearing aids, insurance card, wallet, shoes, hat, glasses, jacket, house key, etc.)

### Examples

9 **Never forgets**

8

7 **Sometimes forgets but able to remember by thinking about it**

6

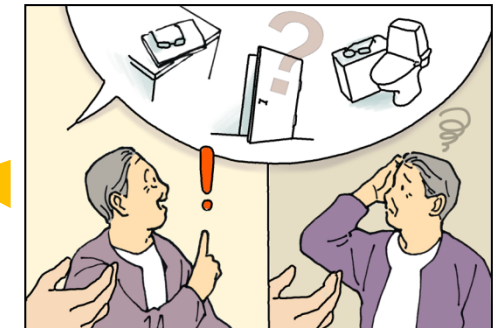
5 **Sometimes remembers with a hint but sometimes not**

4

3 **Never able to remember the location**

2

1 **Unaware of having forgotten**





## 6. How long does the patient remember the day-to-day events taking place around him or her?

(For example, hospital visits, visitors, shopping, outings, telephone calls, etc.)

### Examples

9 Remembers the events of one week ago

8

7 Remembers the events of a few days ago but not those of a week ago

6

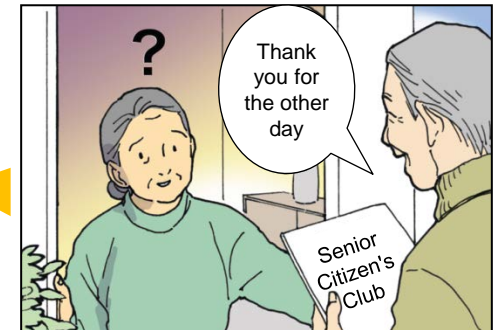
5 Remembers the events of yesterday but not those of a few days ago

4

3 Remembers the events of a half-day ago but not those of yesterday

2

1 Unable to remember at all



## 7. How is the patient when required to sit quietly?

(For example, in the bus, in the train, during medical examinations, etc.)

### Examples

9 Sits calmly

8

7 Able to sit but looks restless

6

5 Suddenly stands up or walks around but calms down with verbal reminders

4

3 Calms down with several verbal reminders but immediately becomes restless again

2

1 Constantly restless and unable to stay seated





## 8. How is the patient when something goes against his/her wishes?

### Examples

9 Does not change

8

7 Becomes irritable about trivial things

6

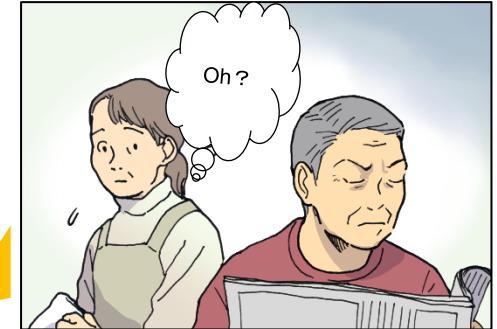
5 Uses abusive language and behaves rudely

4

3 Uses abusive language and/or behaves violently towards family members

2

1 Uses abusive language and/or behaves violently towards others in general



## 9. How is the patient when asked to do something?

(For example, to take a bath/shower, take medicine, getting dressed/undressed, go out, etc.)

### Examples

9 **Complies without resistance**

8

7 **Shows slight resistance but complies with some persuasion**

6

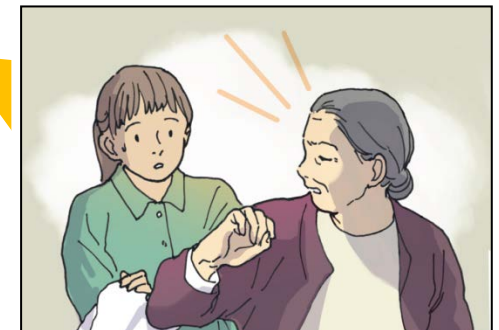
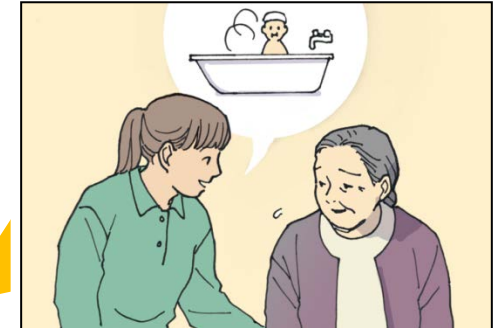
5 **Refuses on rare occasions**

4

3 **Sometimes refuses**

2

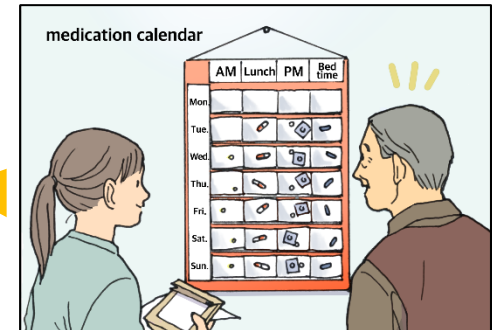
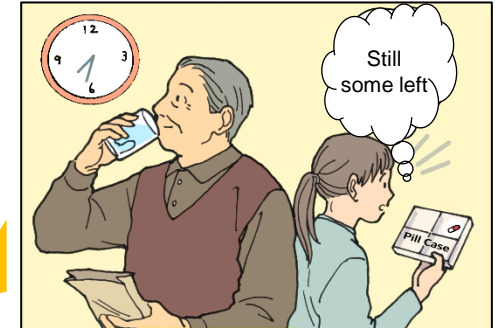
1 **Always refuses**



## 10. How much help does the patient need to take medication?

### Examples

- 9 Able to correctly take medication him/herself
- 8
- 7 Able to prepare and take medication him/herself but sometimes forgets
- 6
- 5 Forgets to take medication half the time
- 4
- 3 Always needs to be given his/her medication
- 2
- 1 Needs help and supervision until finished taking the medication



# 11. How much help does the patient need to have a meal?

## Examples

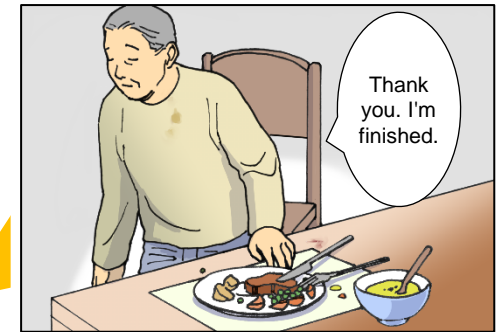
9 **Able to eat by him/herself without dropping, spilling, etc.**

7 **Able to eat by him/herself but drops, spills, etc.**

5 **Needs supervision and/or verbal reminders**

3 **Only eats when food is brought to his/her mouth**

1 **Hardly eats at all**



## 12. How much help does the patient need to use the bathroom?

### Examples

9 **Able to use the bathroom him/herself without problems**

8 **Able to use use the toilet with occasional incontinence**

7 **Able to use the bathroom him/herself with any one of the following: incontinence pads, diapers or guidance to the bathroom**

6 **Wears a diaper. Sometimes able to use the bathroom with help**

5 **Always uses a diaper and does not use the bathroom. Always needs help to change diaper**



# 13. How much do you need to supervise the patient?

## Examples

9 No supervision is necessary

8

7 Need to check only once a day

6

5 Able to go out without worrying for a few hours  
(3 hours)

4

3 Unable to leave him/her alone even for 30  
minutes (Unable to go shopping, etc.)

2

1 Need to supervise constantly

