Appendix 2

E-ADL-Test

Total score: ______

Test person: Surname: ________________________________, First name: ____________________________
Date of birth: ________________________________

Test started at (time): ________________
Test finished at (time): ________________
Location: ________________________________ Date: ________________________________

Signature of examiner: ________________________________

Pre-requisites for carrying out the test

Patient can see
Patient can hear
No paralysis or other severe limitation of use of patient’s arms or hands present

Test Results

I. Pouring a drink

Number of times task attempted: 1 2 3

Evaluation:

a) Bottle is opened and remains open ................................................................. 1
b) Bottle is picked up and held ............................................................................. 1
c) Glass is filled correctly without any spilling .................................................... 4
   or
   Glass is filled correctly but some liquid is spilled ............................................. 3
   or
   Glass is overfilled or not filled far enough but nothing is spilled ....................... 3
   or
   Glass is overfilled or not filled far enough and liquid is spilled ....................... 2

Score I: _____
II. Cutting a piece of bread

Number of times task attempted: 1 2 3

Evaluation:

a) The knife is picked up ................................................................. 1

b) Test person uses the knife to take the margarine out of the container ................. 1

c) The margarine is spread all over the bread ................................................. 2
   or
   Only part of the slice (less than 50%) is spread with margarine ........................ 1
   or
   The margarine is spread all over the slice but also goes over the edges .............. 1

d) The test person cuts the piece of bread correctly into two pieces ....................... 2
   or
   The test person only manages to cut through part of the slice .......................... 1

Score II: ___

III. Opening a little cupboard

Number of times task attempted: 1 2 3

Evaluation:

a) The key is picked up ................................................................. 1

b) The key is inserted into the lock correctly ................................................. 2
   or
   The test person attempts to insert the key into the lock ................................. 1

c) The key is turned in the lock .......................................................... 1

d) The door is opened .......................................................................... 1

e) The object is removed from the cupboard ............................................... 1

Score III: ___
IV. Washing hands

Number of times task attempted:  1  2  3

Evaluation:

a) The test person dips his/her hands in water and picks up the soap ........................................ 2
   or
   The soap is picked up and then hands and soap dipped in water ........................................ 2
   or
   The test person only wets his/her hands without any soap .............................................. 1
b) The test person washes his/her hands with soap ................................................................. 2
   or
   The test person washes his/her hands without soap ......................................................... 1
c) The soap is rinsed off the hands ......................................................................................... 1
d) The hands are dried ............................................................................................................. 1

Score IV: ____

V Tying a bow

Number of times task attempted:  1  2  3

Evaluation:

a) Simple or double knot ........................................................................................................... 1
   or
   The ends of the ribbon are pulled through the cross ribbon in order to tie a bow on top of it 1
b) Complete bow with two loops in the middle and tied tight .................................................. 5
   or
   Complete bow with two loops in the middle but loose ..................................................... 4
   or
   Complete bow with two loops, tied to the side or on the edge of the box and tied tight 4
   or
   Complete bow with two loops, tied to the side or on the edge of the box but loose .... 3
   or
   Bow with only one loop, on top, centre, tight ................................................................. 4
   or
   Bow with only one loop, on top, centre, loose ............................................................... 3
   or
   Bow with only one loop tied to the side or on the edge but tight .................................. 3
   or
   Bow with only one loop tied to the side or on the edge but loose ............................... 2

Score V: ____

Total score: ____