SCHWAB AND ENGLAND ACTIVITIES OF DAILY LIVING (ADL)

The Schwab and England ADL scale is a means of assessing a person’s ability to perform daily activities in terms of speed and independence through a percentage figure. The rating can be determined by the professional or by the person being tested according to the following criteria, with 100% indicating total independence, falling to 0%, which indicates a state of complete dependence:

- **100%** - completely independent. Able to do all activities without slowness, difficulty, or impairment
- **90%** - completely independent. Able to do all activities with some slowness, difficulty, or impairment. May take twice as long to complete
- **80%** - independent in most activities. Takes twice as long. Consciousness of difficulty and slowing
- **70%** - not completely independent. More difficulty with activities. Three to four times as long for some. May take large part of day for chores
- **60%** - some dependency. Can do most activities, but very slowly and with much effort, but some chores are impossible
- **50%** - more dependent. Help required with half of chores. Difficulty with everything
- **40%** - very dependent. Can assist with all chores but few alone
- **30%** - with effort, now and then does a few chores alone or begins alone. Much help needed
- **20%** - cannot do anything alone. Can give some slight help with some chores. Severe invalid
- **10%** - totally dependant, helpless
- **0%** - vegetative functions such as swallowing, Bladder and Bowel function are not functioning. Bedridden.