

## FUNCTIONAL STATUS ASSESSMENT

### Older Americans' Resources and Services (OARS) Activities of Daily Living Questionnaire

#### OVERVIEW:

The OARS Multidimensional Functional Assessment Questionnaire was developed initially to help examine alternatives to institutionalization. It facilitates an overall assessment of an individual's functioning and has been used for clinical assessment, population surveys, program evaluation, personnel training, and service planning.<sup>3</sup> The Activities of Daily Living (ADL) Questionnaire is a component of the OARS Multidimensional Functional Assessment Questionnaire that assess both basic ADLs and the more complex instrumental ADLs important for independent living in the community.

#### AUTHORS/PRIMARY REFERENCE:

Pfeiffer E, ed. (1975). *Multidimensional functional assessment: The OARS methodology*. Durham, North Carolina: Center for the Study of Aging and Human Development.

#### STRUCTURE OF THE TOOL:

The OARS ADL Questionnaire consists of 14 questions administered by a rater who solicits a self-report response from the client. For each question, the client responds by indicating whether the task can be performed independently, with some assistance, or not at all. The client's ADL performance is then classified on a 6 point summary scale describing the degree of independence or impairment in all of the rated activities of daily living.

#### BASE OF EVIDENCE/PSYCHOMETRIC PROPERTIES:<sup>3,4</sup>

- Validity – high correlation ( $r = 0.79 - 0.89$ ) with patient self-care ratings by physical therapists, and with total disability scores measured with the Functional Autonomy Measurement System (SMAF)
- Inter-Rater Reliability – high ( $ICC = 0.865$ ) tested amongst 5 researchers and 6 clinicians

#### TARGET POPULATION AND SETTING:

- Older patients in multiple health care settings

#### INTENDED USER(S):

- The OARS ADL Questionnaire was designed to be used in both clinical and research/evaluation settings, and is ideally administered by a clinician

#### NOTES ON USING THE OARS ADL/IADL QUESTIONNAIRE:

- The OARS ADL Questionnaire takes 10-15 minutes to administer
- A ceiling effect for high functioning individuals in the community has been noted<sup>5</sup>

#### WHERE TO GET THE OARS ADL/IADL QUESTIONNAIRE:

- The OARS ADL/IADL Questionnaire is displayed with permission of the author at the [www.dementia-assessment.com.au](http://www.dementia-assessment.com.au) website at the following link:  
[http://www.dementia-assessment.com.au/symptoms/OARS\\_adl\\_iadl.pdf](http://www.dementia-assessment.com.au/symptoms/OARS_adl_iadl.pdf)
- The OARS Questionnaire is a copyrighted tool, and permission to use it can be requested by contacting:  
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#### REFERENCES AND ADDITIONAL READING:

- 1) Pfeiffer E, ed. (1975). *Multidimensional functional assessment: The OARS methodology*. Durham, North Carolina: Center for the Study of Aging and Human Development.
- 2) Center for the Study of Aging and Human Development, Duke University (1978). *Multidimensional functional assessment: the OARS methodology, a manual, 2<sup>nd</sup> ed.* Durham, North Carolina.
- 3) Fillenbaum GG, and MA Smyer (1981). The Development, Validity, and Reliability of the OARS Multidimensional Functional Assessment Questionnaire. *Journal of Gerontology* 36(4): 428-434.
- 4) McCusker J, F Bellavance, S Cardin, and E Belzile (1999). Validity of an Activities of Daily Living Questionnaire Among Older Patients in the Emergency Department. *Journal of Clinical Epidemiology* 52(11): 1023-1030.
- 5) Doble SE and AG Fisher (1998). The dimensionality and validity of the Older American Resources and Services (OARS) Activities of Daily Living (ADL) Scale. *Journal of Outcome Measurement* 2(1): 4-24.