

# Nottingham Extended Activities of Daily Living (NEADL) Scale

## Guidance Notes

### 1 Completing the Form

- Can be used as a postal or telephone questionnaire
- The questions are about everyday activities
- Answers to the questions should be given whenever possible by the person who is the subject of the questionnaire
- Answers should be recorded by ticking one box for each question
- Answers should reflect what has actually been done in the last few weeks. The questionnaire should be a record of activity rather than capability

### 2 Scoring

Not at all .....0  
With help .....0  
On my own with difficulty .....1  
On my own .....1

### 3 Interpretation

Section 1	Mobility	1 - 6
Section 2	Kitchen	7 - 11
Section 3	Domestic	12 - 16
Section 4	Leisure	17 - 22

Maximum Score 22  
Higher scores = Greater independence

The scale can be used as a single assessment of independence or it may be used to review the progress of a patient over time.

Care should be taken with the mobility section (Qs 1 to 6) when using the scale to compare patients as the same scale score may represent a different level of ability in different patients.

### 4 Clinical Validation

Details may be found in:

Nouri FM, Lincoln NB. An extended ADL scale for use with stroke patients. *Clinical Rehabilitation* 1987; **1**: 301-305.

Gladman JRF, Lincoln NB, Adams SA. Use of the extended ADL scale in stroke patients. *Age Ageing* 1993; **22**: 419-24

Note: The second paper suggests the removal of Q12. The authors were not sufficiently convinced, on the basis of a single study, so it has never been removed and all subsequent studies have retained it.