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:


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.