

# The Resource Utilisation Groups – Activities of Daily Living Scale (RUG-ADL)

## Rating guidelines

- Record what the person actually does, not what they are capable of doing. That is, record their poorest performance during the period rated.
- Do not omit any ratings.
- It is essential that the rater knows what behaviours and tasks are contained within each scale and has a “working knowledge” of the scale.

## Glossary

### 1 Bed mobility

*Ability to move in bed after the transfer into bed has been completed.*

- 1 Independent/supervision: Is able to readjust position in bed, and perform own pressure area relief, through spontaneous movement around bed or with prompting from carer. No hands-on assistance is required. May be independent with the use of a device.
- 3 Limited assistance: Is able to readjust position in bed, and perform own pressure area relief, with the assistance of one person.
- 4 Other than two-person: Requires use of a hoist or other assisting device to readjust position in bed and physical assist pressure relief. Still requires the assistance of only one person for task.
- 5 Two-person physical assist: Requires two assistants to readjust position and perform own pressure area relief.

*(note: a rating of 2 is not included in the domain of valid ratings)*

### 2 Toileting

*Includes mobilising to the toilet, adjustment of clothing before and after toileting and maintaining perineal hygiene without the incidence of incontinence or soiling of clothes.*

*If the person cares for the catheter or other device independently and is independent on all other tasks, rate 1.*

- 1 Independent/supervision: Is able to mobilise to the toilet, adjust clothing, cleans self, has no incontinence or soiling of clothing. All tasks performed independently or with prompting from carer. No hands-on assistance required. May be independent with the use of device.
- 3 Limited assistance: Requires hands-on assistance of one person for one or more of the tasks.
- 4 Other than two-person: Requires the use of a catheter, uridome or urinal, or a colostomy, bedpan or commode chair, or insertion of enema or suppository. Requires the assistance of one person for the management of the device.
- 5 Two-person physical assist: Requires two assistants to perform any step of the task.

*(note: a rating of 2 is not included in the domain of valid ratings)*

### 3 Transfer

*Includes the transfer in and out of bed, bed to chair, in and out of shower or tub.*

- 1 Independent/supervision: Is able to perform all transfers independently or with prompting from carer. No hands-on assistance required. May be independent with the use of a device.
- 3 Limited assistance: Requires hands-on assistance of one person to perform any transfer of the day or night.
- 4 Other than two-person: Requires the use of a device for any of the transfers performed in the day or night.
- 5 Two-person physical assist: Requires two person to perform any transfer of the day or night.

*(note: a rating of 2 is not included in the domain of valid ratings)*

### 4 Eating

*Includes the tasks of cutting food, bringing food to the mouth and the chewing and swallowing of food. Does not include preparation of the meal.*

- 1 Independent/supervision: Is able to cut, chew and swallow food, independently or with supervision, once meal has been presented in the customary fashion. No hands-on assistance required. If individual relies on parenteral or gastrostomy feeding which he or she administers him or her self then rate 1.
- 2 Limited assistance: Requires hands on assistance of one person to set-up or assist in bringing food to mouth, or requires food to be modified (soft or staged diet).
- 3 Extensive assistance/total dependence/tube fed: Person needs to fed meal by assistant, or if the individual does not eat or drink full meals by mouth but relies on parenteral or gastrostomy feeding and does not administer feeds by him or her self.

### RUG-ADL scoring

The total score is calculated as the sum of the 4 item scores, as per the table below. If any item is not completed, it should be treated as a zero score in the total.

Item	Item description	Item score	Summary score
RUGADL item 1	Bed mobility	1-5	
RUGADL item 2	Toileting	1-5	
RUGADL item 3	Transfer	1-5	
RUGADL item 4	Eating	1-3	
RUGADL total score			4-18