

Name _____

Date ___/___/___

Routine Task Inventory Score Sheet

Check the level that best describes performance

Grooming

1	Ignores personal appearance. May not hold head up or keep head turned to the side to cooperate with caregiver
2	Aware of caregiver's help. May move to assist caregiver or actively resist.
3	Does daily grooming of teeth, washing face/hands. Supplies must be placed in front of them or they may quit before the task is finished and require prompts to finish. May need 1:1 supervision. May be unconcerned about dirty hair, unkempt nails. May not be safe with sharp or hot objects (razor, curling iron.) May not be aware what time of day grooming is usually done.
4	Initiates and completes grooming. May neglect the back of the head or body or miss spots they cannot see. May be concerned about appearance and ask for help selecting and applying grooming products.
5	Initiates and completes grooming.

Dressing

1	Ignores clothing unless cold or uncomfortable
2	Aware of caregivers efforts to dress. May alter position to assist hand in sleeve, etc. or may not use enough force to get the garment on without help. May resist getting dressed. May need help for sitting/ standing. May need help adjusting clothing throughout the day to keep them on correctly
3	Puts on shirt, pants/ skirt, underwear, and shoes. Clothes may be laid out by caregiver. May need help with fasteners. May be unconcerned about the appearance of their clothing or be unaware of the need to change clothes based on time of day, weather, soiling, etc. and resist requests to change. May be unconcerned about errors such as garments on backwards, or underwear on top
4	Follows a routine for getting dressed without help. May have errors in button alignment, shirt not tucked in back or labels showing, but corrects when pointed out. May disregard errors in back or poorly matching clothes.
5	Selects own clothing and dresses without error

Bathing

1	Bathed lying in bed or lifted into tub
2	Assists caregivers efforts to bathe, may stand or sit while soap/shampoo are applied by caregiver. May stand/sit as directed, may use grab bars when directed. May be scared of falling & resist entering shower.
3	Can get in/out of tub and use bathing articles without help. May need assist w/water temp, to bathe or dry all areas thoroughly. May need help to sequence through the use of toiletries
4	Follows a routine at usual time for bathing without help or set up. May need help to keep supplies handy for use. May leave bathroom unkempt. May need to be checked to be sure back of head is washed, deodorant applied. May need help finding supplies if not in usual location.
5	Bathes without help and checks own quality.

Toileting

1	No awareness of need to void or does not communicate need for help. May cooperate with bedpan placement
2	Aware of need to void & attempts to go to toilet. May not know where the bathroom is or not allow enough time to get there. May have trouble opening door, leave door open when going, adjusting garments, or need cues to use toilet paper effectively & remembering to flush
3	Recognizes need to go, finds bathroom, opens door, turns to sit, manages clothing, voids, wipes, and pulls up pants. May leave door open & forget to flush. May need cues to wipe clean, wash hands, zip, or tuck in shirt.
4	Cares for self at toilet completely. May need clothing errors pointed out or need reminders to go before leaving home
5	Can look around for a bathroom in a new setting without direction

