

Score	Assistance Level	Definition
0	No Assistance Required	No amount of assistance is required to direct the person to initiate, continue, or complete the task (or the particular step you are grading). Person consistently performs task (or step) independently.
1	Minimal Language or Gesture Prompt	One or two communications are required to direct the person to initiate, continue, or complete the task or step. May range from a hint or suggestion to an instruction excluding any physical contact to complete the task (or the particular step you are grading).
2	Intermittent Language or Gesture Prompt	More than two momentary communications which direct a person to initiate, continue, or complete the task but does not guide, lead, or move them through the task (or the particular step you are grading).
3	Minimal Physical Prompt	One or two momentary physical touches which direct a person to initiate, continue, or complete the task but does not guide, lead, or move them through the task (or the particular step you are grading).
4	Intermittent Physical Prompt	More than two momentary physical touches which direct a person to initiate, continue, or complete the task but does not guide, lead, or move person through the task (or the particular step you are grading).
5	Guided Performance	Physical manipulation is necessary to guide, lead, or move the person through part of, or the total task (or the particular step you are grading).
6	Unable or Teamwork	Person is unable to do task (or the particular step you are grading) (at any level and must be completed by another person). Also, grade at this level if you do a step as part of a teamwork approach to the task.
X	Not Observed	Task (or step) seemed to be completed but was not witnessed (i.e., used rest room, showered, or dressed with door closed or when another person was not present).
R	Refused	Person refused to initiate, continue, or complete task.
NA	Not Applicable	Does not apply to this person or this day's activities.

## Definition of Behaviors

**Physical Aggression:** Attempting to/or striking a person, throwing an object at a person, grasping without permission, pulling hair, scratching, pushing, biting, kicking, or pinching.

**Property Abuse:** Rams, throws, tears, strikes, or breaks property (even if accidental). Property does not have to be damaged. Includes any attempts to damage property.

**Angry Language:** Cursing, yelling, threats, sarcasm, hostile language (including gestures) or arguing in an angry voice.

**Exiting:** Leaves place of required activity without permission (i.e. kitchen during meal preparation), especially when attention to task is required or instruction is occurring.

**Stealing:** Takes others' property without permission.

**Over-Familiarity:** Regularly violates interpersonal space by standing too closely, touching inappropriately, or too often. Kissing staff or others in public inappropriately. Inappropriate comments or gestures involving personal issues (e.g. sexual, history, etc.).

**Bizarre Talk:** Responding to or talking to a person or objects that are not there. Responding to a belief which is obviously false concerning current facts (excluding statements about future vocational or functional abilities). Comments or gestures obviously out of context.

**Non-Participation:** Verbal refusal to begin, continue, or complete a task. Passive (includes obvious ignoring) or physical resistance to prompting, more than momentarily.

**Self-Abuse:** Striking self with an object or body part or striking self on an object; does not include touching or tapping self.

**Sexually Aberrant Behavior:** Exposing body to others in a non-task situation. Touching persons or self on breast, genitals, or bottom (including masturbation) without permission or in presence of others. Hugs or caresses too intensely in public (more than 15 seconds).

**Perseverative Speech:** Repetition of any word or phrase three times or more in a row. Persisting on a topic when others attempt to change topic or in the face of negative feedback.

## Scoring Formula

**INSTRUCTIONS:** The CNS Independent Living Scale (ILS) is divided into three sections: ADL's, Behavior and Initiation. Each of these sections is scored separately and then summed for a total ILS score of between 0-100 points. This allows the rater to analyze and track the progress of the client across each of these sections and for overall independence. The rater is also able to analyze and track progress of specific tasks and behaviors. A scoring sheet is provided on page 2.

Step 1: Complete the Independent Living Scale for a specific client.

Step 2: Total each ADL and calculate the average assist level.

Step 3: Total all the Behavior intervals marked "yes."

Step 4: Total all the Initiation intervals marked "yes."

Step 5: Follow the formula instructions below for each section (ADL, Behavior and Initiation).

Step 6: Add the section scores together for the overall ILS score.

ADL'S = 0 – 61 pts.

BEHAVIOR = 0 – 30 pts.

INITIATION = 0 – 9 pts.

-----  
TOTAL = 0 – 100 pts.

### ACTIVITIES OF DAILY LIVING

Formula:  $[6 - (\text{average assist level}) / 6] \times \text{task weight}$

#### Task Weights

- 5 Hygiene/Grooming
  - Dressing
  - Meal Preps (Breakfast, Lunch, Dinner combined)
  - Eating
  - Toileting
- 3.5 Medication
  - Dishes
  - Time Management
  - Travel
  - Security and Safety
  - Cleaning
  - Laundry
  - Shopping
- 2 Phone
  - Mail
  - Leisure
  - Alarm Clock

### BEHAVIOR

Formula:  $(\text{behavior weight}) - (\% \text{ of intervals marked "yes"} \times 50)$

#### Behavior Weights

- 4 Physical Aggression
  - Over-Familiarity
  - Self-Abuse
  - Sexually Aberrant Behavior
- 2 Property Abuse
  - Angry Language
  - Exiting
  - Stealing
  - Bizarre Language
  - Non-Participation
  - Perseverative Speech

### INITIATION

Formula:  $(\% \text{ intervals marked "yes"} \times 9)$

Activities of Daily Living		Average Assist Level			Task Weight		Points
Hygiene and Grooming	6 -		/ 6	X	5	=	
Dressing	6 -		/ 6	X	5	=	
Meal Preps (combined)	6 -		/ 6	X	5	=	
Eating	6 -		/ 6	X	5	=	
Toileting	6 -		/ 6	X	5	=	
Medication	6 -		/ 6	X	3.5	=	
Dishes	6 -		/ 6	X	3.5	=	
Time Management	6 -		/ 6	X	3.5	=	
Travel	6 -		/ 6	X	3.5	=	
Security and Safety	6 -		/ 6	X	3.5	=	
Cleaning	6 -		/ 6	X	3.5	=	
Laundry	6 -		/ 6	X	3.5	=	
Shopping	6 -		/ 6	X	3.5	=	
Phone	6 -		/ 6	X	2	=	
Mail	6 -		/ 6	X	2	=	
Leisure	6 -		/ 6	X	2	=	
Alarm Clock	6 -		/ 6	X	2	=	
<b>Total ADL Points</b>							
Behavior	Behavior Weight		% of "yes" Intervals				Points
Physical Aggression	4	-		X 50	=		
Over-Familiarity	4	-		X 50	=		
Self-Abuse	4	-		X 50	=		
Sexually Aberrant Behavior	4	-		X 50	=		
Property Abuse	2	-		X 50	=		
Angry Language	2	-		X 50	=		
Exiting	2	-		X 50	=		
Stealing	2	-		X 50	=		
Bizarre Language	2	-		X 50	=		
Non Participation	2	-		X 50	=		
Perseverative Speech	2	-		X 50	=		
<b>Total</b>							
Initiation of Activities of Daily Living			% of "yes" Intervals				Points
Shower or Bath				X 9	=		
Dressing				X 9	=		
Breakfast Preparation				X 9	=		
Lunch Preparation				X 9	=		
Dinner Preparation				X 9	=		
Washing Dishes				X 9	=		
Checking Mail				X 9	=		
Laundry				X 9	=		
Locking Door				X 9	=		
Setting Alarm Clock				X 9	=		
Taking Out Trash				X 9	=		
Care of Teeth				X 9	=		
Leisure Activity				X 9	=		
Grocery Shopping				X 9	=		
Cleaning Household				X 9	=		
<b>Total</b>							
Section Totals							Points
Activities of Daily Living						=	
Behavior						=	
Initiation						=	
<b>Independent Living Scale Total</b>							