

# Functional Independence Measure

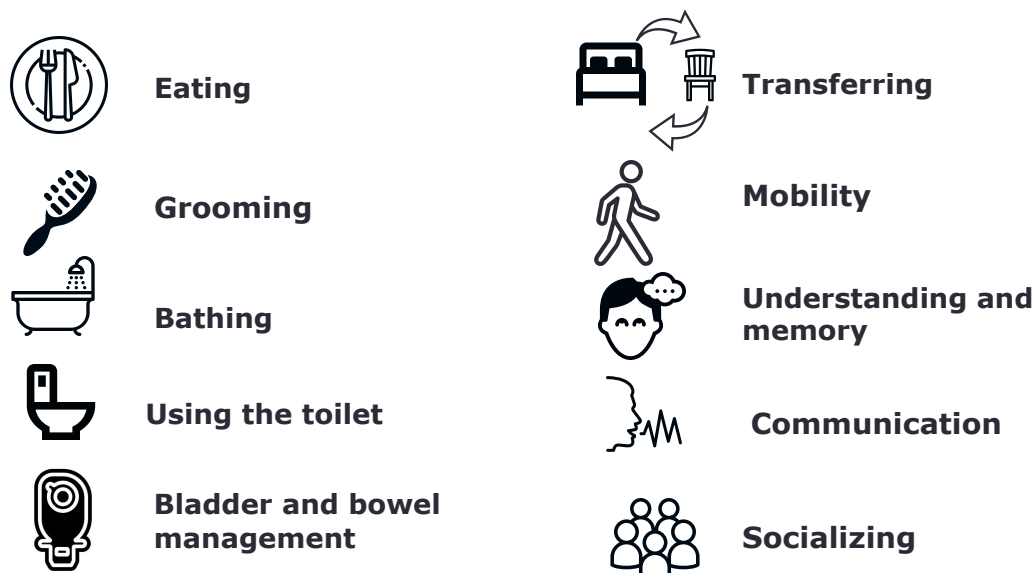
## What's the purpose?

The Functional Independence Measure evaluates how much help you need -- if any -- to do common daily activities. It is usually given soon after you are admitted to a rehabilitation hospital to help set rehabilitation goals. It can also be completed again before you go home to determine how much help you will need with daily activities. It takes 30-45 minutes.

## What will I have to do?

There are 18 items on the Functional Independence Measure that evaluate your ability to perform basic self-care tasks, your mobility and some cognitive functions. Your therapist will rate how much assistance you need for these tasks using a scale from 1 to 7. 1 means you can't do the activity without help and 7 means you can do the activity independently. Higher scores indicate greater independence.

Your therapist will evaluate how much assistance you need to do tasks including:

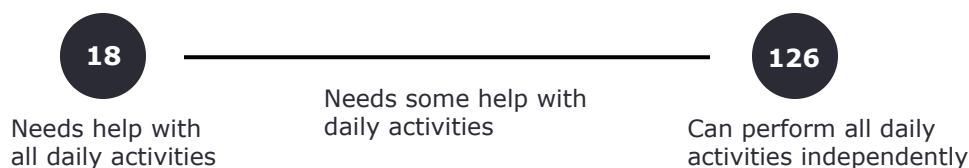


***Talk to your therapist about what the results mean for you.***

## What does my score mean?

Scores of individual tasks can help your therapist identify areas to work on with you in rehabilitation. For example, if you score low on bathing, your therapist may focus on actions to help you gain independence in using the bath.

Your overall score can range from 18, which means you are totally dependent on others to perform daily activities, to 126, which means you are totally independent when it comes to general daily activities. Higher scores indicate a need for more assistance from others on a day-to-day basis.



To see a full summary of this instrument and more, visit [sralab.org/rehabilitation-measures](http://sralab.org/rehabilitation-measures). Questions? Email [rehabmeasures@sralab.org](mailto:rehabmeasures@sralab.org) or call 312.238.2802