

# Activity Measure for Post-acute Care

## What's the purpose?

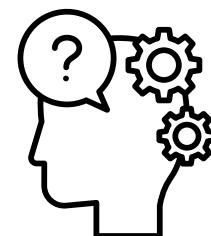
The Activity Measure for Post-acute Care helps your therapist understand how well you can do everyday activities and move around after an illness, injury or a hospital stay. It can help your therapist determine when you should be discharged from the hospital, guide your rehabilitation and track your progress. The test takes about 10 minutes to complete.

## What do I have to do?

The test focuses on three main areas:

- Moving around (walking, getting in and out of bed or a chair, climbing stairs)
- Daily activities (getting dressed, bathing, cooking, cleaning)
- Thinking and remembering (remembering things, following instructions)

You'll be asked about how much difficulty you have with different activities in each area. In some cases, your therapist may watch you do a few tasks to get a clearer idea of your abilities.



## What does my score mean?

The test gives a score for each of the three areas evaluated, plus an overall score called the Adaptive Function Score. Both the individual area scores and the Adaptive Function Score range from a minimum of 6 to a maximum of 24. Higher scores mean you have better function and can do things more independently, while lower scores indicate you may need help in particular areas or in general.



Needs more help  
Limited independence



Minor or no help needed  
Mostly independent

*Have a conversation with your therapist about what the results mean for you.*

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

