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Specification for ability assessment of older adults

老年人能力评估规范

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1 Scope

This document specifies the indicators and scoring, organizational implementation and

evaluation results of the ability assessment of the elderly.

This document is intended for use in conducting capacity assessments for older persons.

2 Normative references

This document has no normative references.

3 Terms and Definitions

The following terms and definitions apply to this document.

3.1 ability

An individual's own conditions necessary for the successful completion of an activity.

4 Evaluation indicators and scoring

4.1 According to the index requirements in Table 1, there are 4 first-level indexes, including self-care ability, basic motor ability, mental state, perception and social participation.

There are 26 second-level indicators in total, including 8 second-level indicators of self-care ability, 4 second-level indicators of basic sports ability, and 9 second-level indicators of mental state.

There are 5 secondary indicators of perception, perception and social participation.

Table 1 Evaluation indicators of the ability of the elderly

First-level indicators	Second-level indicators
Independence skills	Eating, grooming, bathing, putting on/undressing, putting on/removing pants and footwear, urinary continence, stool continence, toileting
Basic motor ability	transfer of body position on bed, transfer of bed and chair, walking on level ground, going up and down stairs
Mental state	time orientation, space orientation, character orientation, memory, comprehension ability, expressive ability, aggressive behavior, depressive symptoms, level of consciousness
Perception and Social Engagement	Vision, hearing, performing daily tasks, using transportation to get out and about, social interaction skills

4.2 All indicators and scores are in accordance with the provisions in Table 2~Table 5.

Table 2 Self-care ability indicators and scores

No.	Self-care ability index	index description	score and description
1	Eating	Use appropriate equipment to food into the mouth and swallow	4 points. independently use utensils to put food into mouth and swallow without choking
2	Completed under the guidance or prompts of others, or using assistive devices independently, without coughing	2 points. A small amount of contact assistance is required in eating, and occasional (once a	

1 Eating

Use appropriate equipment to food into the mouth and swallow 4 points. independently use utensils to put food into mouth and swallow without choking 3 points. Completed under the guidance or prompts of others, or using assistive devices independently, without coughing 2 points. A small amount of contact assistance is required in eating, and occasional (once a

month or more) choking 1 point. Requires a lot of contact assistance in eating, frequently (once a week or more) choking 0 points. completely dependent on others to assist in eating, or have difficulty swallowing, or indwelling nutrition tube

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