The Groningen Activity Restriction Scale (GARS)

Overview: The Groningen Activity Restriction Scale (GARS) is a general disease-independent instrument for measuring disability. It can be used to monitor a patient over time and to identify potential interventions. The authors are from the University of Groningen in The Netherlands.

Statements about Activities of Daily Living (ADL) - Can you fully independently:

(1) dress yourself?
(2) get in and out of bed?
(3) stand up from sitting in a chair?
(4) wash your face and hands?
(5) wash and dry your whole body?
(6) get on and off the toilet?
(7) feed yourself?
(8) get around in the house (if necessary with a cane)?
(9) go up and down the stairs?
(10) walk outdoors (if necessary with a cane)?
(11) take care of your feet and toenails?

Statements about Instrumental Activities of Daily Living (IADL) - Can you fully independently:

(12) prepare breakfast or lunch?
(13) prepare dinner?
(14) do "light" household activities (for example dusting and tidying up)?
(15) do "heavy" household activities (for example mopping, cleaning the windows, and vacuuming)?
(16) wash and iron your clothes?
(17) make the beds?
(18) do the shopping?

<table>
<thead>
<tr>
<th>Response (based on what the patient is able to do)</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes I can do it fully independently without any difficulty</td>
<td>1</td>
</tr>
<tr>
<td>Yes I can do it fully independently but with some difficulty</td>
<td>2</td>
</tr>
<tr>
<td>Yes I can do it fully independently but with great difficulty</td>
<td>3</td>
</tr>
<tr>
<td>Statement</td>
<td>Score</td>
</tr>
<tr>
<td>--------------------------------------------------------------------------</td>
<td>-------</td>
</tr>
<tr>
<td>No I cannot do it fully independently. I can only do it with someone’s help.</td>
<td>4</td>
</tr>
<tr>
<td>No I cannot do it at all. I need complete help.</td>
<td>4</td>
</tr>
</tbody>
</table>

where:

- The point assignment for needing complete help was originally 5 points but was switched to 4 because only a few patients selected this response. There may be an argument to keep it at 5 points.
- The response is based on what the patient is able to do rather than what s/he usually does.

total score = SUM(points for all 18 items)

Interpretation:

- minimum score: 18
- maximum score: 72
- The higher the score the greater the disability.

References: