

Form B: to be completed by the caregiver

**PHYSICAL SELF MAINTENANCE SCALE (PSMS)-caregiver**

Subject's Name \_\_\_\_\_ Rated by \_\_\_\_\_ Date \_\_\_\_\_

Circle one statement in each category A-F that best describes the subject's abilities.

- A. Toilet
  1. Cares for self at toilet completely, no incontinence
  2. Needs to be reminded or needs help cleaning self, or has rare (weekly at most) accidents
  3. Soiling or wetting while asleep more than once a week
  4. Soiling or wetting while awake more than once a week
  5. No control of bowels of bladder
  
- B. Feeding
  1. Eats without assistance
  2. Eats with minor assistance at meal times and/or with special preparation of food, or help in cleaning up after meals
  3. Feeds self with moderate assistance and is untidy
  4. Requires extensive assistance for all meals
  5. Does not feed self at all and resists efforts of others to help
  
- C. Dressing
  1. Dresses, undresses, and selects clothing from own wardrobe
  2. Dresses, undresses self with minor assistance
  3. Needs moderate assistance in dressing or selection of clothes
  4. Needs major assistance in dressing, but cooperates with efforts of others to help
  5. Completely unable to dress self and resists efforts of others to help
  
- D. Grooming ( neatness, hair, nails, hands, face, clothing)
  1. Always neatly dressed, well-groomed, without assistance
  2. Grooms self adequately with occasional minor assistance (i.e. shaving)
  3. Needs moderate and regular assistance or supervision in grooming
  4. Needs total grooming care, but can remain well-groomed after help from others
  5. Actively negates all efforts of others to maintain grooming
  
- E. Physical Ambulation
  1. Goes about grounds or city
  2. Ambulates within residence or about one block distance
  3. Ambulates with assistance of (circle one)
    - i. Another person
    - ii. Railing
    - iii. Cane
    - iv. Walker
    - v. Wheelchair
    1. Gets in and out without help
    2. Needs help getting in and out
  
- F. Bathing
  1. Bathes self (tub, shower, sponge bath) without help
  2. Bathes self with help in getting in and out of tub/shower area
  3. Washes face and hands only, but cannot bathe rest of body
  4. Does not wash self, but is cooperative with those who bathe him/her
  5. Does not try to wash self, and resists efforts to keep him/her clean