

## LAWTON Adaptation and Reliability of Instrumental Daily Life Activities Scale to Turkish

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### Abstract :

**Aim:** In this study our aim is to perform Turkish reliability study of LAWTON Instrumental Daily Living Activities Scale.

**Material and Method:** A total of 94 patients, aged 65 years and over, who applied to the Internal Diseases Clinic of Eskişehir Osmangazi University Health Application and Research Hospital were included in the study. Cronbach Alpha coefficient was used to determine reliability.

**Results:** A total of 94 patients (54 females, 40 males) were included in the study and Cronbach's alpha coefficient was found to be 0.873.

**Conclusion:** The Turkish text of the LAWTON Instrumental Daily Living Activities Scale was found to be reliable. Physicians can use this scale to quickly and practically evaluate elderly patients.

**Keywords:** Daily life activity, Elderly, Family medicine, LAWTON

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### I. Introduction

Elderly, which is a physiological process; It is a period that limits the activity and functional capacity of individuals and can cause social and physical dependence. In parallel with the increase in the age of individuals; social, psychological, physical and emotional changes and decreases in functional capacity (1). The World Health Organization (WHO) calls the age of 65 years and elder with such changes as the old age period (2). As a result of the decline in cognitive functions and the decrease in social motives with the progression of age, daily life activities are negatively affected. These negativities lead to a decrease in the quality of life of individuals (3). In order to increase the quality of life in the elderly and to enable the elderly to continue their lives actively, physicians and the community should be sensitive to the elderly (4).

LAWTON Instrumental Daily Living Activities Scale consists of 8 questions. The total score is determined between 0 (totally dependent, support needed for living in the community) and 8 (independent, can carry out their own activities within the community) (5). The aim of our study is to adapt the Turkish version of this questionnaire and determine its reliability in order to quickly determine the health status of the elderly.

### II. Material and Method

94 volunteer patients aged 65 years and older who applied to Eskişehir Osmangazi University Health Application and Research Hospital Internal Diseases Clinic were included in our study. In order to determine the number of patients included in our study, it was decided to have at least 5-10 times the number of questions. Ethical approval of the study was obtained from Eskişehir Osmangazi University Non-Interventional Clinical Research Ethics Committee.

After the scale was translated into Turkish by three researchers, a consensus meeting was held. The Turkish text formed by the researchers was translated into English by an independent professional translator. The researchers decided that there was no difference between the two texts after evaluating the translated English text in terms of its meaning and understanding. At the end of this process, the researchers accepted the final version of the text approved by the translation again. Cronbach Alpha coefficient was used to determine reliability.

### III. Results

A total of 94 patients, 54 women and 40 men, were included in the study. The sociodemographic data of the patients are shown in Table 1.

**Table 1.** Sociodemographic data

		Number of patients	Percent (%)
Gender	Female	54	57.4
	Male	40	42.6
Marital status	Single	3	3.2
	Married	81	86.2
	Divorced / Lost Wife or Husband	10	10.6
Monthly Average Earnings	Under the minimum wage	10	10.6
	Above the minimum wage	84	89.4
Job	Private sector	1	1.0
	Artisan	2	2.1
	Farmer	2	2.1
	Retired	41	43.6
	Housewife	48	51.2

The disability status of the patients is shown in Table 2.

**Table 2.** Patient disability situations

		Number of patients	Percent (%)
Disability situation	No	90	95.6
	Hearing	1	1.1
	Orthopedic	1	1.1
	Neurological	2	2.1

Cronbach Alpha Coefficient was calculated by using appropriate statistical methods for the questions in the questionnaire. The Cronbach's alpha coefficient was found to be 0.873 (87.3%). The Cronbach's Alpha Coefficient is shown in Table 3.

**Table 3.** Cronbach Alpha coefficient according to the questions

Drug Groups	Cronbach Alpha
Using a Phone	0.877
Washing	0.867
Shopping	0.841
Transportation	0.847
Cooking	0.856
Drug Use	0.877
Home cleaning	0.836
Money Calculator	0.853

### IV. Discussion and Conclusion

With the aging of the population, the need for health care of the elderly is increased. With the decrease of functional capacity, the activities of daily living of the elderly are restricted. As a result of loss of independent functions, the elderly become semi-dependent or fully dependent. The main target in elderly care is to prevent the increase or decrease of functions and consequently to increase the quality of life (6).

The LAWTON Instrumental Daily Living Activities Scale consists of 8 questions. In the content of the phone, laundry, shopping, transportation, food, drug use, home cleaning, money calculation, such as the elderly are asked to determine the skills in daily living activities (7).

Due to the increase in the number of elderly people and the insufficiency in the number of physicians, it is of great importance to evaluate how quickly and effectively the daily activities of the elderly can be carried out independently. For this reason, daily living activities scales are practical and rapid solution methods that doctors can use to evaluate the functional status of the elderly.

In our study, reliability of the LAWTON Instrumental Activities of Daily Living was investigated and Cronbach Alpha Coefficient was determined as 0.873. It was concluded that the questionnaire was reliable in its current form adapted to Turkish. The translation of the questionnaire into Turkish is shown in Figure 1.

**Figure 1.** LAWTON Instrumental Activities of Daily Living Scale

<b>LAWTON Enstrümantal Günlük Yaşam Aktiviteleri Ölçeği</b>	
<b>Aktivite</b>	<b>Puan</b>
<b>Telefon Kullanma Becerisi</b>	
Kendi kararı ile telefonu çalıştırabilir, rehberi karıştırabilir ve arama yapabilir.	1
Sadece iyi bilinen birkaç numarayı arayabilir.	1
Aramalara cevap verebilir ama arama yapamaz	1
Telefonu hiç kullanamaz.	0
<b>Çamaşır Yıkama</b>	
Tüm çamaşırlarını kendisi yıkayabilir.	1
Küçük parçaları yıkayabilir (Çorap vb.).	1
Tüm çamaşırlar başkaları tarafından temizlenmelidir.	0
<b>Alışveriş Yapabilme</b>	
Bağımsız olarak tüm alışveriş ihtiyaçlarını yapabilir.	1
Küçük parçalar halinde alışverişini yapabilir.	0
Alışverişlerinde yardıma ihtiyacı olur.	0
Hiç alışveriş yapamaz.	0
<b>Ulaşım</b>	
Toplu taşıma araçlarını tek başına kullanabilir ya da şahsi aracını kendisi kullanabilir.	1
Taksi tutup istediği yere gidebilir fakat diğer ulaşım araçlarını kullanamaz.	1
Başkası tarafından yardım edildiğinde toplu taşıma araçlarını kullanabilir.	1
Başkaları tarafından yardım edildiği halde taksi ya da diğer ulaşım araçlarını kısıtlı şekilde kullanabilir.	0
Ulaşımı hiçbir şekilde yapamaz.	0
<b>Yemek Hazırlayabilme</b>	
Bağımsız olarak yemek planı yapar, hazırlar ve servis eder.	1
Malzemeler verildiğinde yeterli miktarda yemeklerini hazırlayabilir.	0
Hazırlanmış olan yemekleri ısıtıp servis edebilir.	0
Yemeklerin hazırlanması ve servisinde yardıma ihtiyaç duyar.	0
<b>İlaç Sorumluluğu</b>	
Doğru zamanda uygun dozda ilaçlarını alabilir.	1
Ayarlanmış dozlarda ilaçları hazırlanmışsa ilaçlarını alabilir.	0
Kendi ilaçlarını kullanamaz.	0
<b>Ev Temizliği</b>	
Ev işlerinin tamamını az miktarda yardım ile yapabilir (Ağır işlerde).	1
Bulaşık yıkama, yatağını toplama gibi günlük basit işleri yapabilir.	1
Günlük basit işleri yapabilir fakat tam olarak temizliği sağlayamaz.	1
Tüm ev işlerinde yardıma ihtiyacı vardır.	1
Ev işlerini yapma becerisi hiç yoktur.	0
<b>Para Hesaplayabilme</b>	
Finansal konuların tamamını kendisi çözümler (Bütçe ayarlama, banka çeki yazabilme, kira ve faturaları ödeme vb.).	1
Günlük harcamalarını yapabilir fakat banka işleri ya da büyük harcamalarda yardıma ihtiyaç duyar.	1
Para işlerini hiçbir şekilde yürütemez.	0
<b>SKORLAMA:</b> Her kategoride performansınızla ilgili kendinizi en iyi ifade eden seçeneği daire içine alın. Toplam skor 0 (Tamamen bağımlı, toplum içinde yaşamak için desteğe ihtiyaç var) ve 8 (Bağımsız, toplum içinde kendi başına işlerini yürütebilir) arasında belirlenir.	

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