

Star Rating Scale for the Elderly

Overview: The Star Rating scale can be used to evaluate an elderly patient and her or his functional ability.

Physical and Mental Status	Interests	Decision Making Ability	Star
physically and mentally intact; good quality of independent life	interests maintained and physically active	personally in control of life's decisions	5
physical deterioration requires adaption of lifestyle and/or mental deterioration to level of forgetfulness and intellectual blunting	interests maintained and functioning socially in the community	personally in control of life's decisions	4
physical or mental frailty threatening independent living which requires input from others; housebound without assistance	interests becoming restricted	help required on life's decisions	3
some mobility but independent existence no longer possible; dignity and personality maintained	interests restricted	some comprehension of life's decision but must be led to right conclusion	2
bed or chair bound requiring help with activities of daily living; and/or advanced dementia unable to recognize family	interests lost except for immediate surroundings	life's decisions can no longer be understood	1

where:

- Activities of daily living include feeding washing and toilet needs.

Interpretation:

- The higher the star rating the better the functioning level.

References:

Farquharson SM Gupta R et al. Surgical decisions in the elderly: the importance of biological age. J Royal Society Medicine. 2001; 94: 232-235. (Box 1 page 232).