SMAF

Functional Autonomy Measurement System (SMAF)

The SMAF is a clinical rating scale of functional autonomy, mainly used in geriatrics, rehabilitation and the organization of home support. Administered by a trained professional, it explores 29 functions divided into five domains: activities of daily living, mobility, communication, mental functions and household activities. The tool does not only measure disability; it also takes into account the human and material resources that partially or fully compensate for the observed difficulties. It helps objectively determine the level of dependence, monitor a patient's progress, structure referral decisions and plan the necessary assistance. For psychologists working with older adults or with people whose cognitive difficulties affect daily life, the SMAF provides a concrete functional perspective, useful in psychogeriatrics, neuropsychology and multidisciplinary assessments.

Number of questions	29 questions
Estimated duration	30 minutes
Language	English
Original name	Functional Autonomy Measurement System
Target audience	Older adults
Authors	Réjean Hébert, Raymond Carrier, André Bilodeau (1984)

Preview of the 29 questions

Feeding

- Feeds self independently
- With difficulty
- Feeds self but needs stimulation or supervision OR food must be prepared or cut or puréed first
- Needs some help to eat OR dishes must be presented one after another
- Must be fed totally by another person OR has a naso-gastric tube or a gastrostomy

Washing

- Washes self independently (including getting in or out of the bathtub or shower)
- With difficulty
- Washes self but needs cueing, OR needs supervision, OR needs preparation, OR needs help for the complete weekly bath only (including washing feet and hair)
- Needs help for the daily wash but participates actively
- Must be washed by another person

Dressing

All seasons

- Dresses self independently
- With difficulty
- Dresses self but needs cueing, OR needs supervision, OR clothing must be readied and presented, OR needs help for finishing touches (buttons, laces)
- Needs help dressing
- Must be dressed by another person

Grooming

Brushes teeth or combs hair or shaves or trims finger or toenails or puts on make-up

- Grooms self independently
- With difficulty
- Grooms self but needs cueing or supervision
- Needs help for grooming
- Must be groomed by another person

Urinary function

- Normal voiding
- Occasional incontinence, OR dribbling, OR needs frequent cueing to avoid incontinence
- Frequent urinary incontinence
- Complete urinary incontinence, OR wears a diaper or an indwelling catheter or a urinary condom

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Scoring & interpretation

Each function is rated according to the person's actual performance, based on the interview, observation and, if needed, a practical task. Ratings range from 0 to -3: 0 independent, -0.5 independent with difficulty, -1 supervision or stimulation required, -2 partial help required, -3 total dependence. The total score ranges from 0 to -87. The more negative the score, the greater the loss of autonomy. Some settings use the absolute value, from 0 to 87, to express the functional burden. Subscores by domain can be calculated. Interpretation must always take into account the available compensatory resources and their stability. A change of about 5 points is generally considered clinically significant.

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 Elodie C. - CBT Psychologist