

# THE PERFORMANCE ASSESSMENT OF SELF-CARE SKILLS (PASS)

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*“People may doubt what you say, but they will always believe what you do.” ~ Anonymous*

## Introduction

The Performance Assessment of Self-Care Skills, Version 3.1 (PASS)<sup>1</sup> is a performance-based, criterion-referenced, observational tool designed to assist practitioners in documenting functional status and change. The PASS consists of 26 core tasks, categorized in 4 functional domains: 5 functional mobility (FM), 3 personal self-care (PSC), 14 instrumental activities of daily living (IADL) with a cognitive emphasis (CIADL), and 4 IADL with a physical emphasis (PIADL). Observed patient performance is rated for independence, safety, and adequacy. The PASS has two versions—the PASS-Clinic and the PASS-Home. Because the instrument was designed for practitioners to assess the types of assistance necessary for a patient to return to the community (PASS-Clinic) or remain in the community (PASS-Home), the instrument has a disproportionate emphasis on IADL. Both versions of the PASS include the same tasks, same subtask criteria, and the same directions. However, the task materials differ in each setting, with task materials being provided in the clinic and patients using many of their own task materials in their homes. The PASS is also designed to assist practitioners in treatment and discharge planning by identifying the type and amount of assistance required for successful task performance, as well as risks to safety and the specific point of task breakdown. Because the PASS is criterion-referenced (the patient is rated according to pre-established performance criteria versus a norm), it may be given in total, or selected tasks may be used alone or in combination. Tasks chosen for administration can thus be responsive to the need for the assessment, namely the reason for the referral, intervention planning, change in status, or discharge disposition. In addition to the 26 core tasks of the PASS, the developers have formulated a template for developing new PASS tasks.<sup>2</sup> In this chapter, we will describe the conceptual foundations of the PASS, its data collection and rating forms, its psychometric properties, and its utility in clinical practice.