

SINGER - Scoring model

		Dependent - beginning cooperation with professional help during therapy		Cooperative - partially independent with personal assistance beyond therapy		Independent with/ without auxiliary device independent of personal assistance	
		0	1	2	3	4	5
Speech therapy	I Eating/ drinking	Fed by trained medical staff, (IV, PEG tube, swallow training), no cooperation 0*	Fed by trained medical staff, safe swallowing only during therapy, beginning cooperation 0	safe swallowing of adapted food beyond therapy, PEG tube only for liquids 0	independent eating under supervision and help with food preparation, PEG managed by patient if necessary 0	independent eating of adapted food, potentially with reduced speed and use of tools 5	independent without limitations to diet / food consistency and without aids 10
Care / ergo therapy	II Dressing/ Undressing	completely dependent on professional help 0	beginning cooperation in the upper body part, otherwise active professional help 0	independent dressing of the upper body, active help needed for lower body 5	independent supervision, active help only for preparation, shoes and fastenings 5	independent with use of auxiliary devices, help with orthosis 10	independent without aids 10
	III Grooming/ manual care	completely dependent on professional help 0	beginning cooperation, active professional help needed for several body part 0	little active help for one body part assistance with using a tap if necessary 0	independent under supervision, help with preparation and dentures 0	independent with aids (e.g. seating), or at slower speed 0	independent without aids 5
	IV Washing/ taking a shower/ bathing	completely dependent on professional help 0	beginning cooperation (face, frontal upper body), comprehensive active help need, guided movements possible 0	half body washed independently, active help with back, lower legs and feet 0	independent under supervision and preparation of full body wash, seat and stand stabilization necessary 0	independent with aids, at slower speed 0	independent body care without aids 5
	V Bowel control	bowel incontinence, completely dependent on professional help	infrequent signalling, active professional help needed with beginning cooperation, > 2 events of incontinence/week 0	regular signalling, little active help in application of incontinence pads, max. 2 events of incontinence/week 5	independent under supervision, help with preparation of aids or waste disposal, rarely any events of incontinence 5	independent with aids, independent toilet use plan, no events of incontinence 10	complete bowel control without aids 10
	VI Bladder control	urinary incontinence, completely dependent on professional help 0	infrequent signalling, beginning cooperation in application of incontinence aids, catheterization performed by others and daily events of incontinence 0	frequent signalling, little active help, assistance with catheterization and application of incontinence aids, max. 3 events of incontinence / week 5	normal signalling, independent under supervision, help with preparation of catheterization or application of incontinence aid, max. 1 incident/week 5	independent with aids, independent toilet use plan, no events of incontinence 10	complete bladder control without aids 10
	VII Toilet use	completely dependent on help from others or unable to use toilet at all 0	beginning cooperation, active help by up to 2 professional helpers 0	help with undressing and balance / stabilization only 5	independent toilet use under supervision and provision of cleaning material 5	independent toilet use with aids (handholds, accessible toilet) 10	independent toilet use without aids 10
	Physiotherapy	VIII Transfer bed/chair/wheelchair	completely dependent on help from others, usually requiring 2 professional helpers or a lift 0	beginning cooperation by shifting body weight, beginning self-support, active professional help, no lift 0	cooperation and active support by patient, untrained help sufficient 5	independent under supervision, preparation of auxiliaries and help with orthosis/prosthesis 10	independent with aids, at slower speed 15
IX Using a wheelchair		completely dependent on professional help, needs to be pushed 0	beginning cooperation for distances up to 5 meters with active professional help 0	distance up to 20 meters with active help on start, change of direction 0	distances up to 50 meters under supervision and instructions 0	up to 300 meters on even ground of which 100 meters without break 5	independent use of wheelchair on uneven ground : 5, or the patient receives at X 15 : 0
X Walking		complete inability to walk 0	beginning cooperation for a few steps with professional active help or walking aids 0	cooperation for up to 20 meters with active help, aids for gait stability 5	50 meters under supervision and use of aids 5	independent 200 meters on even ground, use of aids if necessary and or lower speed 10	independent >300 meters on uneven ground without breaks or walking aids 15

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Physiotherapy	Items						
		XI Climbing stairs	climbing stairs impossible 0*	max. 5 stairs with active professional help, up to 2 helpers needed 0	cooperative for 15 steps with active professional help 5	15 stairs under supervision but without active help. aids if necessary 5	patient can climb one floor eventually at slower pace, with handrails or auxiliaries 10
Speech therapy	XII Speech comprehension	verbal or nonverbal communication is not comprehended or processed	reacts to own name, beginning comprehension of situation-related words and gestures	patient understands short, slow, and repeated expressions that are person- and situation-related	patient comprehends complex sentences that are unrelated to current persons and events	can follow longer conversations, difficulties with complex information or changes in topic or time	unlimited comprehension and processing of verbal and nonverbal communication
	XIII Speaking	no verbal or nonverbal communication	single words or gestures to agree / refuse basic needs, requires professional stimulation and time	active communication with words and short phrases, difficulties with choice of words, requires additional inquiry	patient can speak full sentences, errors do not obscure meaning but can reduce intelligibility	can communicate complex subject matters, minor lapses or difficulties with choice of words	normal verbal communication
	XIV Reading comprehension	reading impossible	reading comprehension of individual words / characters / numbers	reading / comprehension of written signs, assistance may be needed	can read and comprehend simple sentences and independently follows written instructions	independent use of coherent texts, difficulties with complex subject matters	complex written information is rapidly read and comprehended
	XV Writing	writing or pointing to letters impossible	can write or copy own name with assistance	wishes can be expressed by writing single words, some errors may occur	can write simple sentences or notes with errors that do not significantly obstruct meaning	writes short texts with minor errors that do not affect meaning	can write texts of all sorts without impairments
	XVI Memory/ orientation	completely disoriented, no memorizing	beginning memory recall in therapy with professional help	recall of recurring memories beyond therapy, permanent supervision of patient necessary	patient can safely recall important memories under supervision/with short verbal guidance	memory recall slightly insecure, patient can independently compensate	patient has full orientation, normal memorizing
	XVII Attention capacity	somnolent, attention span <10 minutes	alert for 10-20 minutes, quickly exhausted und easily distracted	attention span 30 minutes with short breaks, repeated breaks over the course of the day	alert for up to 60 minutes without breaks	alert and focussed for several hours, patient needs lunch break, fatigue in the afternoon	normal attention and alertness
Neuropsychologie	XVIII Planning/ problem-solving	no planning or problem solving capabilities despite professional assistance	Can carry out action steps with active professional help, can't initiate steps	initiates action steps under supervision or with guidance	independent, slower routine actions, passive help or supervision for complex and demanding situations	routines carried out independently, slower with new or complex information, little assistance needed	normal planning and problem-solving
	XIX Social behaviour	no social interactions, permanent supervision necessary	beginning social interactions with active professional help, unable to make arrangements, patient often needs convincing or rebuking	can make arrangements for min. 30 minutes, social interactions possible if structured and guided	patient is able to reflect social behaviour, can make arrangements for several hours, guidance only needed under stress, no hazard to self or others	rarely inappropriate behaviour, acts upon reflections, can make and uphold arrangements	normal social behaviour
	XX Housekeeping	completely dependent on professional help	beginning cooperation in daily housekeeping tasks	patient can provide independently for one hot meal per day, needs daily supervision to ensure orderly state of the flat	housekeeping assistance needed only once per week, otherwise independent	independent housekeeping with aids	housekeeping without limitations

* The number inside the item cells show the equivalent scoring points according to the Barthel Index (Hamburg Classification Model). Note the insufficient sensitivity to change of the BI.

Sources: Funke et al. (2009). Selbstständigkeits-Index für die Neurologische und Geriatrische Rehabilitation - SINGER Manual zur Stufenzuordnung. S Roderer Verlag, Regensburg
 Gerdes et al. (2012). "Selbstständigkeits-Index für die Neurologische und Geriatrische Rehabilitation (SINGER)" *Rehabilitation* 51(5), 289-299