

MACS

MANUAL ABILITY CLASSIFICATION SYSTEM

The Manual Ability Classification System (MACS) describes how children (between 4 and 18 years) with Cerebral Palsy (CP) use their hands to handle objects in daily activities, this is categorised into 5 levels based on the children's self-initiated ability to handle objects and their need for assistance or adaptation to perform manual activities in everyday life.

The MACS level is determined based on knowledge about the child's actual performance in daily life. It is not done by conducting a specific assessment, but by asking someone who knows the child and how that child performs typically.

WHY DO WE USE THE MACS?

The MACS level can help parents, teachers and others to understand which situations a child is independent and the extent to which they need support or adaptations.

MACS LEVELS

1.

Handles objects easily and Successfully
At most, limitations in the ease of performing manual tasks requiring speed and accuracy. However, any limitations in manual abilities do not restrict independence in daily activities.

2.

**Handles most objects wbut with somewhat reduced
quailityand/or speed of achievement**

Certain activities may be avoided or be achieved with some difficulty; alternative ways of performance might be used but manual abilities do not usually restrict independence in daily activities.

**Handles objects with difficulty; needs help to
prepare and/or modify activities**

The performance is slow and achieved with limited success regarding quaility and quantity. Activities are performed independently if they have been set up or adapted.

3.

4.

**Handles a limited selection of easily
managed objects in adapted situations**

Performs parts of activities with effort and with limited success. Requires continuous support and assistance and/or adapted equipment, for even partial achievement of the activity.

5.

Does not handle objects and has severely limited ability to perform even simple actions

Requires total assistance

REFERENCES

- https://www.macs.nu/files/MACS_English_2010.pdf
- <https://cparf.org/what-is-cerebral-palsy/severity-of-cerebral-palsy/manual-ability-classification-system-macs/>