

Please note that all questions refer to your current state of situation (please date:):

Approximate height	
Gender	Male / Female
Ethnicity	
City	

Choose √ the appropriate answer:

Age	Under 10/10-20/ 20-30/ 30-40/40-50/50-60/over 60
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1. SENSORY

1.1 Vision Aids_ Do you use any vision aids? [include glasses]

No **Yes**

(please specify type, and comment on frequency of usage)

1.2. Reading Text_[Wearing your glasses or lenses if needed] Can you see well enough to ...

read a newspaper headline?

read a large print book?

read ordinary newsprint?

1.3. Distinguishing colours_Do you have any form of colour blindness?

No **Yes**

(please specify)

1.4. HEARING AIDS _ Do you wear a hearing aid?

No **Yes**

(please specify type, and comment on frequency of usage)

1.5 HEARING SPEECH

[Wearing your hearing aid if needed] can you hear well enough to hear someone talking in a loud voice in a quiet room?

No **Yes**

with difficulty (please write keywords below, e.g. some words missed, difficult to interpret etc)

2. THINKING

2.1 Can you count well enough to handle money?

No **Yes**

With difficulty (please describe below, e.g. due to dyslexia, learning difficulties etc.)

2.2 Can you usually hold a conversation without losing track of what is being said?

No **Yes**

With difficulty (please describe below, e.g. due to dyslexia, learning difficulties etc.)

2.3 Can you usually remember to turn things off, such as fires, cookers or taps?

No **Yes**

With difficulty (please describe below, e.g. due to dyslexia, learning difficulties etc.)

2.4 Can you usually remember the names of friends / family that are seen regularly?

No **Yes**

With difficulty (please describe below, e.g. due to dyslexia, learning difficulties etc.)

2.5 Can you read and understand passages of text (like a short newspaper article)?

No **Yes**

With difficulty (please describe below, e.g. due to dyslexia, learning difficulties etc.)

2.6 Can you usually remember things on a short-term basis, like when dialling six digits of a phone number?

No **Yes**

With difficulty (please describe below, e.g. due to dyslexia, learning difficulties etc.)

2.7 Can you understand how to use a mobile phone to send a text message?

No **Yes**

With difficulty (please describe below, e.g. due to dyslexia, learning difficulties etc.)

2.8 Can you understand how to use the computer to browse the Internet?

No

Yes

With difficulty (please describe below, e.g. due to dyslexia, learning difficulties etc.)

3. MOTOR

3.1 BALANCING

Balance for long periods of time, without holding on to something?

No **Yes**

With difficulty (please describe)

3.2 WALKING

Can you [Using walking aids if desired, including wheelchair] move 50 yds without stopping?

No **Yes**

With difficulty (please describe below and choose keyword(s), e.g. causes pain, takes excessive time, etc.)

3.3 Can you [Using walking aids if desired, including wheelchair] move 200 yds without stopping?

No **Yes**

With difficulty (please describe below and choose keyword(s), e.g. causes pain, takes excessive time, etc.)

3.4 Can you [Using walking aids if desired, including wheelchair] move 400 yds without stopping?

No **Yes**

With difficulty (please describe below and choose keyword(s), e.g. causes pain, takes excessive time, etc.)

3.5 STEPS

Can you ascend and descend one step (using handrail if needed)?

No **Yes**

With difficulty (please describe below and choose keyword(s), e.g. causes pain, takes excessive time, etc.)

3.6 Can you ascend and descend 12 steps (using handrail if needed)?

No **Yes**

With difficulty (please describe below and choose keyword(s), e.g. causes pain, takes excessive time, etc.)

3.7 Can you ascend and descend 12 steps (without using a handrail)?

No **Yes**

With difficulty (please describe below and choose keyword(s), e.g. causes pain, takes excessive time, etc.)

3.8 BENDING

[While holding onto something if desired] can you bend down to touch your knees, and straighten back up again?

No **Yes**

With difficulty (please describe below and choose keyword(s), e.g. causes pain, takes excessive time, etc.)

3.9 [While holding onto something if desired] can you bend down to pick something up from the floor, and straighten back up again?

No **Yes**

With difficulty (please describe below and choose keyword(s), e.g. causes pain, takes excessive time, etc.)

3.10 [While holding onto something if desired] can you bend down to use a dustpan and brush, and straighten back up again?

No **Yes**

With difficulty (please describe below and choose keyword(s), e.g. causes pain, takes excessive time, etc.)

4. Dexterity and Reach

4.1 Can you reach out in front (like when shaking hands with someone)?

With your left hand?		With your right hand?	
No	Yes	No	Yes
With difficulty (please choose keyword(s) causes pain, takes excessive time, causes fatigue etc)		With difficulty (please choose keyword(s) causes pain, takes excessive time, causes fatigue etc)	

4.2 Can you reach up to your head (like when putting on a hat)?

With your left hand?		With your right hand?	
No	Yes	No	Yes
With difficulty (please choose keyword(s) causes pain, takes excessive time, causes fatigue etc)		With difficulty (please choose keyword(s) causes pain, takes excessive time, causes fatigue etc)	

4.3 Can you reach above your head (like when reaching an overhead shelf)?

With your left hand?		With your right hand?	
No	Yes	No	Yes
With difficulty (please choose keyword(s) causes pain, takes excessive time, causes fatigue etc)		With difficulty (please choose keyword(s) causes pain, takes excessive time, causes fatigue etc)	

4.4 Pinching and grasping

Can you turn the pages of a book?

With your left hand?		With your right hand?	
No	Yes	No	Yes
With difficulty (please choose keyword(s) causes pain, takes excessive time, causes fatigue etc)		With difficulty (please choose keyword(s) causes pain, takes excessive time, causes fatigue etc)	

4.5 Can you pick up a safety pin?

With your left hand?		With your right hand?	
No	Yes	No	Yes
With difficulty (please choose keyword(s) causes pain, takes excessive time, causes fatigue etc)		With difficulty (please choose keyword(s) causes pain, takes excessive time, causes fatigue etc)	

4.6 Can you use a fork?

With your left hand?		With your right hand?	
No	Yes	No	Yes
With difficulty (please choose keyword(s) causes pain, takes excessive time, causes fatigue etc)		With difficulty (please choose keyword(s) causes pain, takes excessive time, causes fatigue etc)	

Picking up and carrying

4.7 Can you pick up and carry a mug of coffee?

With your left hand?	With your right hand?
No Yes	No Yes
With difficulty (please choose keyword(s) causes pain, takes excessive time, causes fatigue etc)	With difficulty (please choose keyword(s) causes pain, takes excessive time, causes fatigue etc)

4.8 Can you pick up and carry a pint of milk?

With your left hand?	With your right hand?
No Yes	No Yes
With difficulty (please choose keyword(s) causes pain, takes excessive time, causes fatigue etc)	With difficulty (please choose keyword(s) causes pain, takes excessive time, causes fatigue etc)

4.9 Can you pick up and carry a bag of potatoes?

With your left hand?	With your right hand?
No Yes	No Yes
With difficulty (please choose keyword(s) causes pain, takes excessive time, causes fatigue etc)	With difficulty (please choose keyword(s) causes pain, takes excessive time, causes fatigue etc)