

Appendix 2



Blank forms

Analysis of activities of daily living

Use these forms to analyze your own activities and determine your goals. Feel free to make photocopies as required.

Analysis of activities of daily living

The *Analysis of activities of daily living forms* on the next pages are set up to help you remember all of your activities as you think through what you do **in each room** in your home and outside your home.

On these forms, for every room, list all the daily activities that give you trouble. In addition, list the activities you'd like to do, and the activities you'd like to change or end because you can't perform them now or because they give you too many problems, pain or stress. The process is simple:

- In the first column, be sure to list the things that you do every day, and the things you do less regularly (weekly, monthly, annually). Remember to add any new activities you'd like to do as well.
- The second column asks you whether you have any trouble with these activities. Describe the problem that you're having (e.g. can't tie shoelaces).
- The third column asks you to think about why you're having the problems. Is it a lack of balance? Does it take more strength than you have? Are you stiff, so that you can't reach far enough? Does it tire you out too much? Can you do the activity, but aren't satisfied with the results?
- The next column asks you to decide whether it's important to you to do the activity yourself. This will help you set priorities, both in how you spend your money on assistive devices and how you spend your energy. Rate the activity:
 - 3—It's very important for you to do this yourself.
 - 2—You're willing to accept help. (If you live with someone else, are you willing to accept help?)
 - 1—You don't care whether you can do it yourself or at all. (Are you able to hire someone to do it for you, and is that acceptable to you?)
- Leave the last column until you've completed all the forms. Reviewing all of your problem areas and the reasons for the problems, will help you find some common areas (needs), recognize the activities you consider really important and start you on the process of finding solutions (goals).

Living room

Analysis of activities of daily living

Activity	Trouble	Why	Importance 1, 2 or 3 *	Possible solution

***Importance rating:**

- 1 = You don't care whether you can do it yourself or at all.
- 2 = You're willing to accept help.
- 3 = It's very important for you to do this yourself.

Kitchen Dining room

Analysis of activities of daily living

Activity	Trouble	Why	Importance 1, 2 or 3 *	Possible solution

***Importance rating:**
1 = You don't care whether you can do it yourself or at all.
2 = You're willing to accept help.
3 = It's very important for you to do this yourself.

Bedroom

Analysis of activities of daily living

Activity	Trouble	Why	Importance 1, 2 or 3 *	Possible solution

*** Importance rating:**

- 1 = You don't care whether you can do it yourself or at all.
- 2 = You're willing to accept help.
- 3 = It's very important for you to do this yourself.

Analysis of activities of daily living

Bathroom

Activity	Trouble	Why	Importance 1, 2 or 3 *	Possible solution

***Importance rating:**
1 = You don't care whether you can do it yourself or at all.
2 = You're willing to accept help.
3 = It's very important for you to do this yourself.

Recreation and social areas

Analysis of activities of daily living

Activity	Trouble	Why	Importance 1, 2 or 3 *	Possible solution

***Importance rating:**

- 1 = You don't care whether you can do it yourself or at all.
- 2 = You're willing to accept help.
- 3 = It's very important for you to do this yourself.

Analysis of activities of daily living

Outside the home

Activity	Trouble	Why	Importance 1, 2 or 3 *	Possible solution

***Importance rating:**
1 = You don't care whether you can do it yourself or at all.
2 = You're willing to accept help.
3 = It's very important for you to do this yourself.

Other
location:

Analysis of activities of daily living

Activity	Trouble	Why	Importance 1, 2 or 3 *	Possible solution

***Importance rating:**

- 1 = You don't care whether you can do it yourself or at all.
- 2 = You're willing to accept help.
- 3 = It's very important for you to do this yourself.

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