

FUNCTIONAL ASSESSMENT

Name:

Date of birth:

Date of accident:

Age at time of accident:

Date of assessment:

Age at time of assessment:

MOBILITY For ambulant or occasional wheelchair user	Independent		Supervision needed	Physical help needed
	Fully	Slow/difficult		
Up and down from chair				
Walk around home				
Walk outdoors				
Negotiate steps/stairs				
Walk in crowded places				
Get up from floor after fall				

MOBILITY Wheelchair user	Independent		Supervision needed	Physical help needed
	Fully	Slow/difficult		
Transfer onto/off wheelchair				
Fold/maintain wheelchair				
Lift wheelchair into trunk / stow inside the car				
Propel wheelchair around house				
Propel wheelchair say quarter of a mile				

TRANSPORT	Independent		Supervision needed	Physical help needed
	Fully	Slow/difficult		
Drive (long journeys)				
Drive (short journeys)				
Get in/out of car				
Use taxi / ride-share service				
Use bus				
Use train/trolley				
Use airplane				

ADL's Assistance during the night	Independent		Supervision needed	Physical help needed Fully
	Fully	Slow/ difficult		
Get into/out of bed				
Positioning body in bed				
Turn body during night				

ADL's Toileting	Independent		Supervision needed	Physical help needed Fully
	Fully	Slow/ difficult		
Get to/return from bathroom				
Got on/off the toilet				
Manage clothing before/after using toilet				
Clean perineum				
Use continence equipment/protection				
Deal with consequences of 'accidents'				
Manage menstruation				

CARE AND EQUIPMENT Bathing/showering	Independent		Supervision needed	Physical help needed Fully
	Fully	Slow/ difficult		
Get into/out of bath/shower				
Towel dry after bath/shower				
Wash above waist				
Wash below waist				
Wash hair				

ADL's / IADL's Dressing/grooming	Independent		Supervision needed	Physical help needed Fully
	Fully	Slow/ difficult		
Select clothing				
Put on/take off clothing				
Use buttons/zippers (front fastening)				
Put on/take off orthosis/prosthesis/splint				
Put on/take off glasses				
Organize replacement orthosis, prosthesis, glasses, etc.				
Clean teeth				
Comb/brush hair				
Blow dry hair				
Nail care – fingers / feet				
Put on make-up/shave				
Apply body/hygiene products				

ADL's Eating and drinking	Independent		Supervision needed	Physical help needed Fully
	Fully	Slow/ difficult		
Drink				
Cut up food				
Transfer food from plate to mouth				

IADL's Communication	Independent		Supervision needed	Physical help needed Fully
	Fully	Slow/ difficult		
Convey intentions verbally				
Write				
Read				
Use computer				
Use telephone				
Uses cell phone				
Manage mail/correspondence				
Pay routine bills				
Manage banking				

IADL's Help needed for medical condition	Independent		Supervision needed	Physical help needed Fully
	Fully	Slow/ difficult		
Take medication				
Manage medications / refill prescriptions				
Carry out exercises at home				
Organize medical appointments / manage healthcare needs				
Attend medical and therapy appointments				
Change dressings				
Administer oxygen				
Manage CPAP				

IADL's Household cleaning/domestic chores	Independent		Supervision needed	Physical help needed Fully
	Fully	Slow/ difficult		
Change bed clothes				
Tidy bed daily				
Dust				
Vacuum				
Mop floors				
Clean windows				
Clean high shelves/low cupboards				
Clean bath/shower tray				
Spring clean curtains/move furniture				
Tidy-up				
Wash/dry dishes				
Take trash to bin and bin to collection point				
Maintain cleanliness:				
• Bathroom/WC				
• Kitchen				
• Special needs equipment eg wheelchair				
Simple mending tasks				

IADL's Laundry	Independent		Supervision needed	Physical help needed Fully
	Fully	Slow/ difficult		
Hand wash				
Transport dirty items to the laundry area				
Use washing machine / Tumble drier				
Fold clothing				
Iron clothing				
Put laundry away				

ADL's / IADL's Food preparation	Independent		Supervision needed	Physical help needed Fully
	Fully	Slow/ difficult		
Open packets/wrappings				
Prepare breakfast				
Prepare hot drinks				
Prepare hot/cold snacks				
Prepare main meals:				
• Peel/chop/cut vegetables/meat				
• Transport/carry food to stovetop				
• Take food out/put food in oven				
• Wash-up after preparing meal				
• Lay table and clear away food				
Plan menu				

IADL's Shopping	Independent		Supervision needed	Physical help needed Fully
	Fully	Slow/ difficult		
Do grocery shopping				
Emergency purchases				
Personal shopping eg clothing				
Collect prescriptions				
Plan shopping list				

IADL's Household administration/garden maintenance	Independent		Supervision needed	Physical help needed Fully
	Fully	Slow/difficult		
Organize household repairs/decoration				
Do household maintenance tasks				
Paint and decorate home				
Maintain yard:				
• Heavy digging/planting/pruning back				
• Mowing / edging lawn				
• Light gardening tasks				

CARE AND EQUIPMENT Childcare	Independent		Supervision needed	Physical help needed Fully
	Fully	Slow/difficult		
Care for baby				
Care for toddler				
Care for child				

EMPLOYMENT/EDUCATIONAL* HISTORY	Independent		Supervision needed	Physical help needed Fully
	Fully	Slow/difficult		
Get to/from work				
Mobility around workplace				
Personal care at work				
Food and drink at work				
Complete necessary tasks				

SOCIALIZATION / LEISURE Pre and Post-injury/accident activities:	Independent		Supervision needed	Physical help needed Fully
	Fully	Slow/difficult		
Pre:				
Pre:				
Pre:				
Pre:				
Post:				
Post:				
Post:				
Post:				