

## Rehabilitation Activities Profile

### Instructions

For each main item, grade difficulty in actual performance (not capability) using appropriate scale/number given below. If there is any difficulty then grade relevant subset of detailed items using same scale.

For each item scored, also grade the severity of the problem **as perceived by the patient**.

Scoring:

For all items:

- 8 Not judgeable
- 9 Not applicable

For disabilities in: communication, mobility, personal care and occupation

- 0 Performs activity without difficulty
- 1 Performs activity with some difficulty
- 2 Performs activity with much difficulty or with some help.
- 4 Does not perform activity

For handicap in relationships:

- 0 No change
- 1 Small change
- 2 Large change
- 3 Very large change

For severity of perceived problem:

- 0 None
- 1 Light
- 2 Moderate
- 3 Severe

Rehabilitation Activities Profile (1)

Activity	Performance	Perceived problem
<b>Communication</b>		
Expressing		
<ul style="list-style-type: none"> <li data-bbox="97 262 563 291">● Non-verbal</li> </ul>		
<ul style="list-style-type: none"> <li data-bbox="97 291 563 320">● Talking</li> </ul>		
<ul style="list-style-type: none"> <li data-bbox="97 320 563 349">● Writing</li> </ul>		
Comprehending		
<ul style="list-style-type: none"> <li data-bbox="97 378 563 407">● Images</li> </ul>		
<ul style="list-style-type: none"> <li data-bbox="97 407 563 436">● Sounds</li> </ul>		
<ul style="list-style-type: none"> <li data-bbox="97 436 563 465">● Non-verbal</li> </ul>		
<ul style="list-style-type: none"> <li data-bbox="97 465 563 495">● Spoken language</li> </ul>		
<ul style="list-style-type: none"> <li data-bbox="97 495 563 524">● Written language</li> </ul>		
<b>Mobility</b>		
Maintaining posture		
<ul style="list-style-type: none"> <li data-bbox="97 582 563 611">● Lying</li> </ul>		
<ul style="list-style-type: none"> <li data-bbox="97 611 563 640">● Sitting</li> </ul>		
<ul style="list-style-type: none"> <li data-bbox="97 640 563 669">● Standing</li> </ul>		
Changing posture		
<ul style="list-style-type: none"> <li data-bbox="97 698 563 728">● Lie/lie (turning over)</li> </ul>		
<ul style="list-style-type: none"> <li data-bbox="97 728 563 757">● Lie/sit</li> </ul>		
<ul style="list-style-type: none"> <li data-bbox="97 757 563 786">● Sit/stand</li> </ul>		
<ul style="list-style-type: none"> <li data-bbox="97 786 563 815">● Sit-sit transfers</li> </ul>		
Walking		
<ul style="list-style-type: none"> <li data-bbox="97 844 563 873">● Indoors</li> </ul>		
<ul style="list-style-type: none"> <li data-bbox="97 873 563 902">● Outdoors</li> </ul>		
Using wheelchair		
<ul style="list-style-type: none"> <li data-bbox="97 931 563 960">● Indoors</li> </ul>		
<ul style="list-style-type: none"> <li data-bbox="97 960 563 990">● Outdoors</li> </ul>		
Climbing stairs		
<ul style="list-style-type: none"> <li data-bbox="97 1019 563 1048">● Indoors</li> </ul>		
<ul style="list-style-type: none"> <li data-bbox="97 1048 563 1077">● Outdoors</li> </ul>		
Using transport		
<ul style="list-style-type: none"> <li data-bbox="97 1106 563 1135">● Bicycle/moped</li> </ul>		
<ul style="list-style-type: none"> <li data-bbox="97 1135 563 1164">● Car</li> </ul>		
<ul style="list-style-type: none"> <li data-bbox="97 1164 563 1193">● Public transport</li> </ul>		
<ul style="list-style-type: none"> <li data-bbox="97 1193 563 1223">● Alternative transport</li> </ul>		

## Rehabilitation Activities Profile (2)

Activity	Performance	Perceived problem
<b>Personal care</b>		
Sleeping		
<ul style="list-style-type: none"> <li>● Falling asleep</li> <li>● Staying asleep</li> </ul>		
Eating and drinking		
<ul style="list-style-type: none"> <li>● Preparing food</li> <li>● Conveying food to mouth</li> <li>● Chewing/swallowing</li> </ul>		
Washing and grooming		
<ul style="list-style-type: none"> <li>● Face and hair</li> <li>● Upper part of body</li> <li>● Lower part of body</li> </ul>		
Dressing		
<ul style="list-style-type: none"> <li>● Upper part of body</li> <li>● Lower part of body</li> <li>● Fastenings</li> <li>● Body-worn aids</li> <li>● Ornaments/adornments</li> </ul>		
Maintaining continence		
<ul style="list-style-type: none"> <li>● Reaching in time</li> <li>● (un)dressing</li> <li>● Being seated/placing</li> <li>● Hygiene</li> <li>● Removing/flushing</li> </ul>		
<b>Occupation</b>		
Providing for meals		
<ul style="list-style-type: none"> <li>● Shopping</li> <li>● Handling food</li> <li>● Cooking food</li> <li>● Serving food</li> <li>● Hygiene</li> </ul>		
Household activities		
<ul style="list-style-type: none"> <li>● Making the bed</li> <li>● Cleaning</li> <li>● Doing the laundry</li> </ul>		
Professional activities		
<ul style="list-style-type: none"> <li>● Education</li> <li>● Daily routine</li> <li>● Work performance</li> <li>● Contact with colleagues</li> </ul>		
Leisure activities		
<ul style="list-style-type: none"> <li>● Pastimes/hobbies</li> <li>● Sport</li> </ul>		

### Rehabilitation Activities Profile (3)

Activity	Performance	Perceived problem
<b>Relationships</b>		
Partner		
● Role		
● Emotional ties		
● Activities		
● Sexual relationship		
Child(ren)		
● Role		
● Emotional ties		
● Activities		
Friends/acquaintances		
● Emotional ties		
● Activities		

**References:**

Coen et al, 1995, Jelles et al, 1995,

**Comment:**

This assessment was devised as a way of structuring team goal planning conferences.