

EUSTAT Checklist 1

(Empowering Users Through Assistive Technology)

Analysis of daily living activities

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Select only those activities in which you encounter problems in daily life. This is a tentative list: you may wish to expand it by adding other activities that are not mentioned. For each selected activity please write down a sentence that describes the problem.

Activity	Description of the problems encountered when carrying out the activity (e.g.: I can't perform it, I experience pain, I am too slow, it is tiring, I can do it but I the results are unsatisfactory, etc.)
Getting around, getting in and out of the house	
Getting in and out of bed, changing position in bed	
Going to the toilet	
Body care	
Sexual activities	
Clothing	
Preparing meals	
Eating	
Cleaning after the meals, washing up	
Communicating	
Using the computer	
Budget making and planning household	
Watching TV or listening to radio	
Transports (to work, college, leisure, shops etc.)	
Shopping	
Performing job or school activities	
Leisure activities	
Housecleaning	
Launder	
Children care	
Maintaining the house	
Gardening	
...	
...	
...	
...	

¹ Eustat Consortium: *Go for it: a Manual for Users of Assistive Technology*. Milano:European Commission, 1999

EUSTAT Checklist 2
 (Empowering Users Through Assistive Technology)
Analysing the activity

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Activity:

	Description	Relation with other activities
Problems related to this activity <i>When, where, how, ...</i>		
Circumstances and places for this activity <i>E.g.: Inside / outside; in large rooms / in small rooms; in summer / in winter; often / seldom; alone / with others; etc.</i>		
Future forecasts <i>Do you think that the situation is going to change in the next 5-10 years ? How these changes are going to influence this activity ? etc.</i>		
Characterise your claims for a solution, perhaps you have some ideas <i>What do you want in order to manage this activity ? Do you have any wish, dream, feeling ? What do your family and your friends think ?</i> .		
How important is this activity	<input type="radio"/> very important <input type="radio"/> not very important, if I can get help by somebody <input type="radio"/> not very important, I can even live without it	

² Eustat Consortium: *Pronti...via! Come scegliere l'ausilio giusto per la propria autonomia*. Milano: Commissione Europea, 1999