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About the Categories

Preparing food looks at:

1. my ability to prepare a meal
2. cooked meal from **FRESH** ingredients for ONE person
3. open packaging, peel and chop
4. serve food onto a plate
5. use a microwave
6. use a cooker hob

It does not look at:

1. my cooking skills
2. my ability to bend down and use an oven

Taking Nutrition looks at:

1. my ability to cut food
2. my ability to put food into my mouth
3. use of therapeutic sources

Managing Therapy and monitoring a health condition looks at:

1. my ability to take prescribed or recommended medication by a doctor, nurse or pharmacist
2. monitor and detect changes in a health condition
3. manage therapeutic activities that are recommended by a health professional

Washing and Bathing look at my ability to wash and bathe

Managing toilet needs or incontinences looks at:

1. my ability to get on and off the toilet
2. to clean my private areas and use collecting devices if needed
3. manage evacuation which I assume means my ability **NOT** to soil or wet myself

Dressing and undressing looks at:

1. my ability to take clothes off and put them on that are suitable for the situation I am wearing them for.
2. It may include the need for zips, buttons or Velcro.
3. Considers my ability to put on and take off shoes and socks

Communicating verbally looks at:

1. My ability to CONVEY and understand communication in my native language

Reading and understanding signs, symbols and words looks at my ability to read written and printed information.

1. The ability to read 2 sentences without assistance.

Engaging with other people looks at:

1. my ability to socialise

2. Understand body language
3. Establish relationships

Making budget decisions looks at:

1. My ability to make decisions
2. Not my ability to budget THROUGH a computer

Planning and following a journey looks at:

1. My ability to plan and follow a journey
2. How my mental health, cognitive ability and sensory ability may affect that.

Moving around looks at

1. My ability to stand and then move up to 20 metres without severe pain or fatigue
2. Repeat with 50 metres, 200 metres and over 200 metres
3. It looks at my gait, speed, risk of falls, symptoms or side effects that could affect my ability to complete this task.
4. It does not consider danger awareness.

