

Activities of Daily Living — Interview Questions

Assessment involves asking attitudinal and factual questions. Attitudinal questions ask the injured workers for their opinions of their condition. Factual questions ask workers to describe current and past abilities or limitations.

Examples of attitude questions:

- // When do you *think* you will be able to return to work?
- // Do you *think* part of your present restrictions may be related to an earlier condition?
- // Is physical therapy helping you?

Examples of factual questions that focus on the activity history:

- // Are there any physical activities you can't do?
- // Have you been able to put on your own shoes?
- // What happens to you when you do these things?
- // How do you know you can't do X?

General introductory questions

- // Are there any activities you cannot do? Could you do those things prior to your injury?
- // Before your accident, did you have any problems moving your arm (body part)?
- // What limitations do you have now that you didn't have before?
- // What *would happen* if you tried to do those things? (attitudinal)
- // What *happened* when you tried to do those things? (factual)
- // What can you do? What can't you do?
- // What does the injury prevent you from doing?
- // Do you *think* any of this could be part of your earlier condition? (attitudinal)
 - How high can you raise your arm now?
 - How far can you bend over?
 - Can you touch your knees when you bend over?

Return to work questions

- // When do you think you can return to work?
- // What are some of your job duties that you can't do?

Assessing progress

- // What can you do now that you couldn't do last month?
- // How far could you bend before PT? How far can you bend now?
- // Since your last PT, what new things (activities) can you do?
 - Can you bend further than you could before? How far can you bend now?
 - How high can you raise your arm now? What happened when you tried this before?
 - Can you raise your arm higher now than you could last month?
- // Are there any problems your therapy has not helped?

Specific activities of daily living questions

// Can you pick up the mail or newspaper?

// Can you take out the garbage?

Lawn care

// Can you mow the lawn, pick up the grass clippings, rake leaves, sweep the sidewalk or garden? (ask specifically)

// How do you weed? Pick up the grass clippings?

// What happens when you try to _____?

// Do you need any help when you try to _____?

Driving

// Can you get in and out of your car?

// Can you drive? How long can you drive? Can you find your way?

// Do you need any help when you drive or get in and out of your car?

// What happens when you try?

Grocery shopping

// Are you able to grocery shop? Can you push a cart? Can you carry a basket?

// Can you carry a bag of groceries? How many bags can you carry?

// Can you carry a gallon of milk? A six pack? Bag of flour? Pet food or cat litter?

// Can you reach a can on the top shelf? On the bottom shelf?

// Do you need help to shop? What kind of help?

// Why can't you _____? What happen if you were to try?

// Have you tried to do _____ before? What happened when you tried?

Errands

// Can you wash your car? Go to the convenience store? To the bank/or ATM?

// Can you go up and down stairs?

// Can you cross the street? Can you walk your dog? How far?

Household

// Can you wash dishes? Vacuum?

// Do you have stairs in your house? Can you go upstairs? Can you go down?

// How do you climb the stairs?

// Can you reach for a glass of water or put dishes away?

// Why can't you do _____? What happens when you try?

// What would happen if you were to try?

// Do you have to change how you do things?

Personal Hygiene

// Can you dress yourself? Can you put on your pants by yourself?

// Can you take your socks off and on? Can you tie your shoes?

// Do you take a bath in a tub or do you take a shower?

// How long does that take? Can you do this without help?