

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## **DISABILITY LIMITATIONS CHECKLIST©**

### **Instructions**

Personal injuries impact upon an injured individual in many ways. The following lists of activities, tasks, functions, and emotional reactions represent ways in which other persons with disabling conditions have reported the consequences of their disablement.

Read each item in each list and place a check mark (✓) before each activity, task, or function that you previously performed but which your injuries and disablement now impair your ability to perform. For example, if you are no longer able to carry in groceries, an activity you performed prior to your disablement, place a check-mark in front of "Carrying in Groceries" as:

✓ Carrying in Groceries

There will be an opportunity to discuss the nature and extent to which you are unable to do the activities you have checked during the personal assessment interview.

## WORK AROUND THE HOME

Check those activities which you can no longer do or can only do with difficulty, i.e., it is more painful, takes much more time, or you do not do as often.

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### Food Cooking and Cleanup

Baking	Frying	Putting Leftovers Away
Basting	Grinding	Setting Table
Canning	Hand Mixing	Slicing/Carving
Chopping/Dicing/Mincing	Holding Bowls	Stirring
Chopping Ice	Holding Pans or Pots	Taking Things Out of Freezer or Oven
Cleaning Cupboards	Holding Silverware/Utensils	Reaching/Taking Things from <u>Lower</u> Cupboards
Cleaning Grill	Icing a Cake or Cookies	Reaching/Taking Things from <u>Upper</u> Cupboards
Cleaning Microwave Oven	Inserting Leaves in Table	Turning Knobs on Appliances
Cleaning Oven	Loading/Unloading Dishwasher	Using a Cookbook
Cleaning Refrigerator/Freezer	Making and Packing Lunches	Using a Food Processor/Blender
Cleaning Sink & Countertops	Making Desserts	Washing Dishes/Silverware
Cleaning Stove/Cooktop	Opening Jars	Washing Pots & Pans
Clearing Table of Dirty Dishes	Opening Cans	
Cutting	Polishing Silverware	
Dicing	Pouring	
Electric Mixer, Using	Putting Dishes Away	
Filling Salt/Pepper Dispensers		

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### Inside Housework

Arranging Flowers	Hanging Paintings/Pictures	Putting Laundry Away
Beating Rugs	Hooking Up Stereos, TV, Computers	Putting Up/Taking Down Holiday Decorations (Inside)
Carrying in Groceries	Installing Alarms (fire, smoke, carbon monoxide)	Quilting
Carrying Pails of Water	Installing Shelves	Raising & Lowering Windows
Carrying Loads of Laundry	Ironing/Steaming	Refinishing Furniture
Changing Batteries in Devices	Knitting/Crocheting	Removing Lint from Dryer
Changing Bed Linens	Ladder Climbing	Repairing Appliances
Changing Furnace Filter	Loading/Unloading Washer & Dryer	Repairing Windows
Changing Light Bulbs	Mopping	Sawing
Cleaning Bathtub, Sink & Toilet	Moving Furniture	Setting Clocks
Cleaning Closets/Cabinets	Painting (Indoor)	Sewing/Repairing Clothing
Cleaning Fans	Picking up Clothes, Toys, etc.	Shampooing Rugs/Carpets
Cleaning Floors	Plumbing Repairs	Sharpening Knives
Cleaning Out Drawers	Polishing Furniture	Spackling
Cleaning Windows (Inside)	Polishing Shoes	Starting a Fire
Dusting	Putting in/Removing Air Conditioners	Stripping Paint/Wallpaper
Emptying Wastebaskets, Trashcans	Putting in/Removing Items from Attic/Basement	Sweeping
Fixing Clogged Toilet	Putting in/Removing Storm Windows or Screens	Using a Fire Extinguisher
Folding Laundry		Vacuuming
Hammering		Wallpapering
Hanging Curtains, Blinds		Washing Walls
Hanging Laundry		Waxing Floors

### **Outside Housework**

Building a Deck/Fence	Painting/Staining (Outdoor)	Spackling
Building a Shed	Planting Trees or Shrubs	Spraying
Chopping Wood	Pushing a Wheelbarrow	Stacking Wood
Cleaning Chimney	Pushing Car Out of Snow	Starting a Fire
Cleaning Garage, Shed	Putting Away Outside Toys	Sweeping
Cleaning Gutters	Putting up Holiday Decorations	Sidewalk/Steps/Deck
Cleaning Pool/Hot Tub	Putting in Storm Windows or Screens	Taking Out Trash
Cleaning Tools & Equipment	Putting up TV Antenna/Dish	Tree Climbing
Clearing Brush & Growth	Raking & Bagging Leaves	Tree Trimming
Cutting Down Trees	Removing Ice	Using a Blower
Cutting Hay	Repairing Dock/Deck/Fence	Using a Chainsaw
Digging	Repairing Outdoor Appliances (e.g., Mower, Blower)	Using a Drill
Feeding/Caring for Pet	Repairing Screens	Using an Edger/Trimmer
Fertilizing Lawn/Plants	Repairing Sporting Equipment	Using a Fire Extinguisher
Filling Bird Feeders	Repairing Windows	Using a Pressure Washer
Fixing Potholes in Driveway	Sawing	Using a Screwdriver
Gardening	Setting Up Porch/Patio Furniture	Using a Wrench
Hammering	Shoveling Driveway & Walks	Walking a Dog
Laying Pavers/Stones		Washing Outside Windows
Mowing Grass		Watering Lawn
Mulching		Winterizing Pool/Pond/Hot Tub

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### **Vehicular Work**

Changing Oil in Vehicle	Cleaning <u>Exterior</u> of Vehicle	Putting in Anti-Freeze
Changing Tires	Cleaning <u>Interior</u> of Vehicle	Putting in Windshield Washer Fluid
Checking Fluids, Belts, and Batteries	Performing a Tune Up	Replacing Bulbs, Fuses
Hooking Up Trailer	Pumping Gas	Washing a Car
Installing Infant/Toddler Seats	Putting Air in Tires	

## **HOUSEHOLD MANAGEMENT, SHOPPING, AND OBTAINING SERVICES**

### **Household Management:**

#### **Communications:**

Addressing Holiday Cards  
Bringing in Mail/Newspapers  
Composing/Sending Email  
Composing/Writing Letters  
Making Appointments  
Reading Mail/Newspapers  
Shipping Packages  
Using a Telephone

### **Household Management:**

#### **Financial/Professional:**

Applying for Loan/Mortgage/  
Credit Card  
Balancing Checkbook  
Bank, Going to  
Buying Insurance  
Buying/Selling Stocks/Bonds  
Completing Tax Forms  
Filing Receipts/Records/  
Documents  
Making a Budget  
Paying Bills Online  
Writing Checks/Paying Bills  
(Not Online)

### **Household Management:**

#### **Other:**

Assigning Chores  
Organizing Basement/Attic  
Organizing  
Closets/Drawers/Cabinets  
Organizing Garage  
Organizing Personal Schedule  
Organizing/Planning Family  
Events  
Organizing Videos/Recordings  
/Pictures  
Planning Meals/Shopping List  
Planning/Packing Car for Trip  
Planning/Packing Suitcase

### **Obtaining Services:**

Disability Benefits  
Licenses/Permits  
Social Services  
Vehicle Registration

### **Using Services:**

Cleaning Services  
Clothing Alteration/Repair  
Services  
Household/Appliance Repair  
Services  
Lawn/Landscaping Repair  
Services  
Pet Services (e.g. Kennel)  
Meal Preparation Services  
Veterinary Services

### **Attending Services:**

Accounting Services  
Counseling/Psychotherapy  
Lawyer's Services  
Post Office

### **Shopping:**

Apartment Shopping  
Appliance Shopping  
Automobile Shopping/Test  
Drives  
Barbershop/Hairdresser/Nail  
Technician, Going to  
Clothing Shopping, Going  
Furniture Shopping  
Garage Sale/Auctions,  
Attending  
Grocery Shopping, Going  
Hardware Shopping  
Hobby/Collection Shopping  
Holiday Shopping  
Online Shopping, Doing  
Ordering from Catalogs  
Picking Up Fast Food  
Real Estate/Property Shopping  
Recreation Vehicles, Shopping  
Remodeling Products/Supplies  
Shopping  
Renting Movies/Videos/  
Games

## CHILDCARE

### **Physical Care & Supervision:**

Awakening/Getting Up  
Bathing Child  
Caring for Child's Pets  
Cleaning Footwear  
Cleaning Teeth (Assisting Child)  
Comforting Child  
Diapering/Dressing Child (Including Selection of Garments)  
Feeding Child  
Getting the Child to Bed  
Making and Packing Lunches for School and/or Day Care  
Toileting  
Washing and Preparing Baby Bottles  
Washing, Brushing, Styling Hair (Assisting Child)  
**Educational/Developmental:**  
Assistance with Decision Making  
Attending Child's Activities  
Disciplining/Controlling Behavior  
Helping Them Study for Tests  
Helping with and/or Monitoring Homework  
Home Schooling  
Instruction in Arts & Crafts  
Instructing in Athletic Skills (e.g., Baseball, Basketball)  
Instructing in Basic Physical, Intellectual, and Social Skills  
Instructing in Using Hand and Power Tools  
Listening to and Talking with Child  
Meeting with Teachers/Attending School Conferences  
Reading to/with Child  
Safety Instruction (e.g. Dialing 911)

### **Managerial/Logistical:**

Arranging Appointments (Medical, Play Dates, etc.)  
Helping Child in Making/Selling Items for Fundraising Events  
Making Child Care Arrangements  
Meeting with Day Care Providers/Babysitters  
Monitoring Computer Usage/TV Programming, Music, & Reading Materials  
Organizing and Planning Activities  
Planning and Taking Child on Family Vacations  
Preparing for School/Day Care (e.g., School/Diaper Bags)  
Registering for Activities  
Registering for School  
Researching Age-Appropriate Toys  
Researching Parenting Skills  
Supervising/Minding Child within the Home (e.g., Sleepovers)  
Waiting for Child  
Watching but not Interacting with Child

### **Medical:**

Administering Medication  
Administering Minor First Aid (e.g., Putting Band-Aids on Scrapes, Removing Splinters)  
Monitoring Chronic Medical Issues (e.g., Juvenile Diabetes)  
Obtaining Medical Care for Healthy and Ill Child  
Tending to Ill Child, including Taking Temperatures

### **Playing:**

Arts and Crafts  
Entertaining (Active Involvement)  
Planning/Leading Recreational Activities  
Playing Games and Other At-Home Activities (Not Sports)  
Playing Sports with Child  
Reading Books, Telling Stories  
Watching TV with or for Child

### **Transporting:**

Boarding Bus for School  
Driving to School/Day Care Provider, Lessons, Sports Practices, Activities, Church, and/or Appointments  
Lifting/Carrying Child  
Pushing in Strollers  
Taking the Child on Outings  
Visiting Colleges/ Trade Schools

## **SPORTS, RECREATION & HOBBIES**

Aerobic Exercise	Horse Riding	Scrapbooking
Archery	Horseshoes	Scuba Diving/Snorkeling
ATV Riding	Hunting	Sewing
Badminton	Ice Hockey	Shooting
Baseball	Ice Skating	Sit-ups
Basketball	Jet Skiing	Sledding/Tobogganing
Biking	Karate	Snowboarding
Bird Watching	Kick Boxing	Snowmobiling
Boating	Knitting	Snowshoeing
Boogie Boarding	Martial Arts	Snow Skiing (Cross Country)
Bowling	Meditating	Snow Skiing (Downhill)
Building Models	Motorcycling	Soccer
Bungee Jumping	Paddleball	Softball
Camping	Painting (Artistic)	Squash
Climbing	Parachuting	Stickball
Collecting Antiques	Paragliding	Street Hockey
Collecting Coins, Stamps, Cards	Photography/Video Recording	Sun Bathing
Canoeing/Kayaking	Physical Exercise	Surfing
Crafts	Platform Tennis	Swimming
Crocheting	Playing a Musical Instrument	Tennis
Darts	Pool/Billiards	Track Events
Fishing	Quilting	Volleyball
Football	Rafting	Walking
Frisbee Throwing	Racquetball	Wave Boarding
Golf	Reading	Weight Lifting
Gymnastics	Roller Skating/Blading	Windsurfing
Handball	Rugby	Wrestling
Hiking	Running/Jogging	Yoga
High Jumping	Sailing	Other: _____

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## **SOCIAL ACTIVITIES**

Attending Church	Going to a Museum	Holidays:
Barbecue/Picnics	Going to a Parade	Christmas
Cruises	Going to the Beach	Easter
Dancing	Going to the Library	Father's Day
Driving Car	Going to the Zoo	Hanukkah
Eating Out	Listening to Music	Halloween
Entertaining	Meeting New People	Labor Day
Going to an Auction	Playing Cards/Board Games	Memorial Day
Going to Movies/Theater	Reading	Mother's Day
Going to Parties	Shopping	New Year's Eve
Going to Theme Parks (e.g. Disney)	Sightseeing	New Year's Day
Going on Amusement Rides	Singing	Rosh Hashanah
Going to Antique Shows or Flea Markets	Vacations	Thanksgiving
Going to Concerts, Games, Events	Visiting Family	Valentine's Day
	Visiting Friends	Yom Kippur
	Visiting a Battlefield	Other: _____

**Directions:** Disabilities may impact upon the most intimate aspect of one's life. Place a check by each interpersonal and emotional consequence you have experienced.

**INTERPERSONAL**

Caressing	Kissing	Sexual: Impotence/ED
Feeling Attractive	Massaging	Sexual: Painful Intercourse
Flirting	Sexual: Diminished Sensation	Sexual: Restricted Performance
Hugging	Sexual: Disinterest	Touching

**EMOTIONAL/PSYCHIATRIC**

Afraid To Go Out of the House	Flashbacks	Paranoia
Anger	Forgetfulness	Phobias
Anxiety	Frustration	Planning Difficulty
Can't Find Right Word	Humiliation	Preoccupied
Confusion	Impotence	Self-Consciousness
Depression	Insecurity	Self-Doubt
Disorganized	Irritability	Short Attention Span
Embarrassment	Isolation	Short Temper
Fear of Specific Things (e.g. Spiders, Heights, Riding in Car, etc.)	Loneliness	Spelling Problems
Fear of Being in Crowded, Public Places	Memory Loss - Long Term	Suicidal
	Memory Loss - Short Term	Sweats
	Mood Swings	Thoughts of Hurting Self
	Nightmares	Uncertainty
	Obsessed	Worried

Other Reactions:  
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How else has your injury and disablement impacted on your life? In the space below, please add any comments you may have.

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**For Evaluator's Use.**

Type of Work	Hours Per Week		
	Norm	Previously	Loss
Inside Housework			
Food Cooking and Cleanup			
Outside Housework, Vehicles & Pets			
Childcare			
Household Management			
Shopping			
Obtaining Services/Travel			
<b>Totals:</b>			