

FUNCAP55. Questionnaire on functional capacity

This questionnaire evaluates your functional capacity for a range of activities. No days are the same. Base your response on an average day during the last month – not the worst nor the best. If a question concerns an activity that you have not performed, such as showering while seated because you always shower standing up, then score as you think this activity would have affected you. Items described include necessary activities to perform them. Example: “Going to a shop for groceries” includes getting dressed and as necessary travelling.

It is a good idea to answer the questionnaire together with someone who sees you in everyday life.

**What are the consequences for you if you perform the activities described below?
To what extent does this affect how much else you can do?**

A to H: Scored 0-6:

0: I cannot do this

1: My capacity will be severely reduced for at least three days

2: I can do little else on the same day and for one to two days afterwards

3: I can do little else on the same day

4: I must limit other activities on the same day

5: This rarely affects other activities

6: Unproblematic – does not affect other activities

		0	1	2	3	4	5	6
A	Personal hygiene / basic functions							
1	Using the toilet (not bedpan or bedside commode)							
2	Brushing your teeth without assistance							
3	Showering seated, with assistance							
4	Showering seated, without assistance							
5	Showering standing up							
6	Getting up and staying out of bed for approx. 1 hour							
7	Getting dressed in regular clothes							
B	Walking – moving around							
8	Walking a short distance indoors, from one room to another							
9	Walking a short continuous distance, approx. 100 m (length of a football field), in- or outdoors							
10	Walking between approx. 100 m and 1 km on level ground (length of 1 to 10 football fields)							
11	Going for a longer walk. Approx. 1 km (0.6 mile), mostly level ground							
12	Going for a longer walk. Approx. 1 km (0.6 mile), hilly or varied terrain							
13	Physical activity with increased heart rate, for approx. 15 min							
14	Physical activity with increased heart rate, for approx. ½ hour							
C	Being upright							
15	Sitting in bed for approx. ½ hour							
16	Sitting in an upright chair (dining chair) with feet on floor for approx. 10 minutes							
17	Sitting in an upright chair (dining chair) with feet on floor for approx. 2 hours							
18	Standing up for approx. 5 minutes, e.g. while queuing or while cooking							
19	Standing up for a long time – approx. ½ hour							
D	Activities in the home							
20	Light housework (dusting, tidying etc.) for approx. 1/2 hour continuously							

		0	1	2	3	4	5	6
21	Heavier housework (washing floors, vacuuming etc.) for approx. 1/2 hour continuously							
22	Laundry (sorting, hanging up to dry and folding)							
23	Making a simple cold meal, such as a sandwich or cereal							
24	Cooking a simple hot meal							
25	Cooking a complicated meal from scratch, approx. 1 hour of preparation							
E	Communication							
26	Speaking a few words							
27	Having a conversation for approx. 5 minutes							
28	Having a conversation for approx. ½ hour							
29	Writing a short message by hand							
30	Participating in a conversation with three people for approx. 1/2 hour							
31	Socializing with friends for approx. 1 hour							
32	Participating in a dinner party, party or family event							
F	Activities outside your home							
33	Stepping right outside your home							
34	Going on a necessary errand, such as a doctor's appointment							
35	Going to a shop for groceries							
36	Doing enjoyable leisure activities, such as going to a café, non-essential shopping etc							
37	Riding as a passenger in a car for approx. 15 minutes							
38	Using public transport (bus or train)							
39	Participating in organized leisure activities such as classes, sports etc							
G	Reactions to light and sound							
40	Staying in a room with dim lighting for approx. 1/2 hour							
41	Staying in a room with normal lighting, without sunglasses, for approx. 1 hour							
42	Staying outdoors in daylight without sunglasses for approx. 2 hours							
43	Staying in an environment with the sound of a few people in quiet conversation							
44	Staying in a noisy environment, (shopping mall, café or open plan office) for approx. 1 hour							
45	Going to a cinema, concert etc. with high noise levels							
H	Concentration							
46	Reading a short text, such as a mobile phone text message							
47	Reading fiction/light reading							
48	Reading and understanding a non-fiction text, such as an official document one A4 page long							
49	Performing simple mental arithmetic							
50	Writing short messages on a smartphone or tablet							
51	Using social media to stay in touch with others							
52	Watching TV (series, news)							
53	Focusing on a task for approx. 10 minutes continuously							
54	Focusing on a task for approx. 2 hours continuously							
55	Managing a full working day (non-physical work such as office work, classes or lectures)							