

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 | | | | | | | |

| | | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
|----------|---|---|---|---|---|---|---|---|
| D | Activities in the home | | | | | | | |
| 20 | Light housework (dusting, tidying etc.) for approx. 1/2 hour continuously | | | | | | | |
| 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 for approx. 1 hour | | | | | | | |
| 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) | | | | | | | |