

## FUNCAP27. 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
<b>A</b>	<b>Personal hygiene / basic functions</b>							
1	Using the toilet (not bedpan or bedside commode)							
2	Showering standing up							
3	Getting dressed in regular clothes							
<b>B</b>	<b>Walking – moving around</b>							
4	Walking a short distance indoors, from one room to another							
5	Walking between approx. 100 m and 1 km on level ground (length of 1 to 10 football fields)							
6	Physical activity with increased heart rate, for approx. 15 min							
<b>C</b>	<b>Being upright</b>							
7	Sitting in bed for approx. ½ hour							
8	Sitting in an upright chair (dining chair) with feet on floor for approx. 2 hours							
9	Standing up for approx. 5 minutes, e.g. while queuing or while cooking							
<b>D</b>	<b>Activities in the home</b>							
10	Heavier housework (washing floors, vacuuming etc.) for approx. 1/2 hour continuously							
11	Cooking a complicated meal from scratch, approx. 1 hour of preparation							
<b>E</b>	<b>Communication</b>							
12	Having a conversation for approx. 5 minutes							
13	Participating in a conversation with three people for approx. 1/2 hour							
14	Participating in a dinner party, party or family event							
<b>F</b>	<b>Activities outside your home</b>							
15	Stepping right outside your home							
16	Going to a shop for groceries							
17	Using public transport (bus or train)							
18	Participating in organized leisure activities such as classes, sports etc.							
<b>G</b>	<b>Reactions to light and sound</b>							

		0	1	2	3	4	5	6
19	Staying in a room with normal lighting, without sunglasses, for approx. 1 hour							
20	Staying outdoors in daylight without sunglasses for approx. 2 hours							
21	Staying in a noisy environment, (shopping mall, café or open plan office) for approx. 1 hour							
<b>H</b>	<b>Concentration</b>							
22	Reading a short text, such as a mobile phone text message							
23	Reading and understanding a non-fiction text, such as an official document one A4 page long							
24	Using social media to stay in touch with others							
25	Focusing on a task for approx. 10 minutes continuously							
26	Focusing on a task for approx. 2 hours continuously							
27	Managing a full working day (non-physical work such as office work, classes or lectures)							