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
Α	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							
В	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. ¹ / ₂ 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							

21 Heavier housework (washing floors, vacuuming etc.) for approx. 1/2 hour continuously Image: Control of the second			0	1	2	3	4	5	6
22 Laundry (sorting, hanging up to dry and folding) Image: Construct of the second secon	21								
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25 Cooking a complicated meal from scratch, approx. 1 hour of preparation Image: Screen and S									
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