

## Checklist

Activity	✓	Brief details of the problems you have with this activity. For example 'I am in pain and unsteady when I use the stairs. It helps to have someone to lean on'.
Preparing food		
Eating and drinking		
Washing or bathing		
Using the toilet		
Dressing and undressing		
Reading and communicating		
Managing your medicines or treatments		
Making decisions about money		
Socialising and being around other people		
Planning and following journeys		
Moving around		