

## Daily living activities – descriptors & points

<b>1</b>	<b>Preparing Food</b>	
<b>a</b>	Can prepare and cook a simple meal unaided	<b>0 points</b>
<b>b</b>	Needs to use an aid or appliance to be able to either prepare or cook a simple meal	<b>2 points</b>
<b>c</b>	Cannot cook a simple meal using a conventional cooker but is able to do so using a microwave.	<b>2 points</b>
<b>d</b>	Needs prompting to be able to either prepare or cook a simple meal	<b>2 points</b>
<b>e</b>	Needs supervision or assistance to either prepare or cook a simple meal	<b>4 points</b>
<b>f</b>	Cannot prepare and cook food	<b>8 points</b>
<b>2</b>	<b>Taking nutrition</b>	
<b>a</b>	Can take nutrition unaided	<b>0 points</b>
<b>b</b>	Needs – (i) to use an aid or appliance to be able to take nutrition; or (ii) supervision to be able to take nutrition; or (iii) assistance to be able to cut up food	<b>2 points</b>
<b>c</b>	Needs a therapeutic source to be able to take nutrition	<b>2 points</b>
<b>d</b>	Needs prompting to be able to take nutrition	<b>4 points</b>
<b>e</b>	Needs assistance to be able to manage a therapeutic source to take nutrition	<b>6 points</b>
<b>f</b>	Cannot convey food and drink to their mouth and needs another person to do so	<b>10 points</b>
<b>3</b>	<b>Managing therapy or monitoring a health condition</b>	
<b>a</b>	Either – (i) does not receive medication or therapy or need to monitor a health condition; or (ii) can manage medication or therapy or monitor a health condition unaided	<b>0 points</b>
<b>b</b>	Needs either – (i) to use an aid or appliance to be able to manage medication; or (ii) supervision, prompting or assistance to be able to manage medication or monitor a health condition.	<b>1 point</b>
<b>c</b>	Needs supervision, prompting or assistance to be able to manage therapy that takes no more than 3.5 hours a week	<b>2 points</b>
<b>d</b>	Needs supervision, prompting or assistance to be able to manage therapy that takes more than 3.5 but no more than 7 hours a week	<b>4 points</b>
<b>e</b>	Needs supervision, prompting or assistance to be able to manage therapy that takes more than 7 but no more than 14 hours a week	<b>6 points</b>
<b>f</b>	Needs supervision, prompting or assistance to be able to manage therapy that takes more than 14 hours a week	<b>8 points</b>
<b>4</b>	<b>Washing and bathing</b>	
<b>a</b>	Can wash and bathe unaided	<b>0 points</b>

<b>b</b>	Needs to use an aid or appliance to be able to wash or bathe	<b>2 points</b>
<b>c</b>	Needs supervision or prompting to be able to wash or bathe	<b>2 points</b>
<b>d</b>	Needs assistance to be able to wash either their hair or body below the waist	<b>2 points</b>
<b>e</b>	Needs assistance to be able to get in or out of a bath or shower	<b>3 points</b>
<b>f</b>	Needs assistance to be able to wash their body between the shoulders and waist	<b>4 points</b>
<b>g</b>	Cannot wash and bathe at all and needs another person to wash their entire body	<b>8 points</b>
<b>5</b>	<b>Managing toilet needs or incontinence</b>	
<b>a</b>	Can manage toilet needs or incontinence unaided	<b>0 points</b>
<b>b</b>	Needs to use an aid or appliance to be able to manage toilet needs or incontinence	<b>2 points</b>
<b>c</b>	Needs supervision or prompting to be able to manage toilet needs	<b>2 points</b>
<b>d</b>	Needs assistance to be able to manage toilet needs	<b>4 points</b>
<b>e</b>	Needs assistance to be able to manage incontinence of either bladder or bowel	<b>6 points</b>
<b>f</b>	Needs assistance to be able to manage incontinence of <i>both</i> bladder or bowel	<b>8 points</b>
<b>6</b>	<b>Dressing and undressing</b>	
<b>a</b>	Can dress and undress unaided	<b>0 points</b>
<b>b</b>	Needs to use an aid or appliance to be able to dress or undress.	<b>2 points</b>
<b>c</b>	Needs either - (i) prompting to be able to dress, undress or determine appropriate circumstances for remaining clothed; or (ii) prompting or assistance to be able to select appropriate clothing	<b>2 points</b>
<b>d</b>	Needs assistance to be able to dress or undress their lower body	<b>2 points</b>
<b>e</b>	Needs assistance to be able to dress or undress their upper body	<b>4 points</b>
<b>f</b>	Cannot dress or undress at all.	<b>8 points</b>
<b>7</b>	<b>Communicating verbally</b>	
<b>a</b>	Can express and understand verbal information unaided	<b>0 points</b>
<b>b</b>	Needs to use an aid or appliance to be able to speak or hear	<b>2 points</b>
<b>c</b>	Needs communication support to be able to express or understand complex verbal information	<b>4 points</b>
<b>d</b>	Needs communication support to be able to express or understand basic verbal information	<b>8 points</b>
<b>e</b>	Cannot express or understand verbal information at all even with communication support	<b>12 points</b>
<b>8</b>	<b>Reading and understanding signs, symbols and words</b>	
<b>a</b>	Can read and understand basic and complex written information either unaided or using spectacles or contact lenses	<b>0 points</b>
<b>b</b>	Needs to use an aid or appliance, other than spectacles or contact lenses, to be able to read or understand either basic or complex	<b>2 points</b>

	written information	
<b>c</b>	Needs prompting to be able to read or understand complex written information	<b>2 points</b>
<b>d</b>	Needs prompting to be able to read or understand basic written information	<b>4 points</b>
<b>e</b>	Cannot read or understand signs, symbols or words at all	<b>8 points</b>
<b>9</b>	<b>Engaging with other people face to face</b>	
<b>a</b>	Can engage with other people unaided	<b>0 points</b>
<b>b</b>	Needs prompting to be able to engage with other people	<b>2 points</b>
<b>c</b>	Needs social support to be able to engage with other people	<b>4 points</b>
<b>d</b>	Cannot engage with other people due to such engagement causing either – (i) overwhelming psychological distress to the claimant; or (ii) the claimant to exhibit behaviour which would result in a substantial risk of harm to the claimant or another person	<b>8 points</b>
<b>10</b>	<b>Making budgeting decisions</b>	
<b>a</b>	Can manage complex budgeting decisions unaided	<b>0 points</b>
<b>b</b>	Needs prompting or assistance to be able to make complex budgeting decisions	<b>2 points</b>
<b>c</b>	Needs prompting or assistance to be able to make simple budgeting decisions	<b>4 points</b>
<b>d</b>	Cannot make any budgeting decisions at all	<b>6 points</b>

## Mobility activities – descriptors & points

<b>1</b>	<b>Planning and following journeys.</b>	
<b>a</b>	Can plan and follow the route of a journey unaided	<b>0 points</b>
<b>b</b>	Needs prompting to be able to undertake any journey to avoid overwhelming psychological distress to the claimant	<b>4 points</b>
<b>c</b>	Cannot plan the route of a journey	<b>8 points</b>
<b>d</b>	Cannot follow the route of an unfamiliar journey without another person, assistance dog or orientation aid	<b>10 points</b>
<b>e</b>	Cannot undertake any journey because it would cause overwhelming psychological distress to the claimant	<b>10 points</b>
<b>f</b>	Cannot follow the route of a familiar journey without another person, an assistance dog or an orientation aid	<b>12 points</b>
<b>2</b>	<b>Moving around</b>	
<b>a</b>	Can stand and then move more than 200 metres, either aided or unaided	<b>0 points</b>
<b>b</b>	Can stand and then move more than 50 metres but no more than 200 metres, either aided or unaided	<b>4 points</b>
<b>c</b>	Can stand and then move unaided more than 20 metres but no more than 50 metres	<b>8 points</b>
<b>d</b>	Can stand and then move using an aid or appliance more than 20 metres but no more than 50 metres.	<b>10 points</b>
<b>e</b>	Can stand and then move more than 1 metre but no more than 20 metres, either aided or unaided	<b>12 points</b>
<b>f</b>	Cannot, either aided or unaided, – (i) stand; or (ii) move more than 1 metre	<b>12 points</b>