

# 1. Balance And Postural Control

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**IMPAIRMENT** of either Structure or Function (as appropriate to age):

Impairments are significant deviations or loss of body structure (anatomical) or function (physiological or psychological). *Consider impairment of the structures and functions sub-serving balance and postural control such as: disorders of sensory input (e.g. proprioceptive, visual, vestibular, auditory, somatosensory); central disorders of sensori-motor integration; disorders of motor output (e.g. muscle weakness, incoordination and abnormal tone).*

0 Complete impairment. Constant severe disorders of sensory input, sensory motor integration or motor output. Cannot maintain or sustain normal upright postural alignment in any position without maximal assistance.

1 Very severe impairment. Constant severe disruption to many of the structures and functions sub-serving balance and posture. Occasionally able to maintain balance in sitting for very short period e.g. less than 30 seconds. Unable to maintain balance in standing at all. Not able to regain balance when internally or externally perturbed.

2 Moderately severe impairment. Constant moderate disruption to several of the structures and functions sub-serving balance and posture, or very severe dysfunction of one system subserving balance and posture. Independently maintains balance and upright posture in sitting for periods of up to 5 mins; able to maintain standing balance for short periods e.g. less than 30 secs. Experiences marked difficulty regaining balance in response to an internally or externally imposed perturbation, including if distracted.

3 Moderate impairment. Moderate or occasional disruption to one of the structures or functions subserving balance and posture control. Able to independently maintain balance and upright posture in sitting indefinitely (more than 3 minutes) or standing for periods of up to 1 min. Able to regain balance in response to internally generated perturbation yet experiences difficulties with external perturbations. Limited ability to maintain balance while doing something else i.e. difficulties with dual task performance.

4 Mild impairment. Mild or only occasional dysfunction of one of the structures or functions subserving balance and posture control. Able to maintain balance and upright posture indefinitely in sitting and standing and able to walk in closed environments or for short distances in open environments. Able to regain balance in response to internal or external perturbations, but has difficulties with complex and multiple perturbation.

5 No impairment of the systems subserving balance and posture.

**ACTIVITY LIMITATION** (as appropriate to age): Activity limitation results from difficulty in the performance of an activity. Activity is the execution of a task by the individual. *Consider the performance of tasks such as: sitting, standing, walking in simple environments (e.g. flat surface, straight line), walking in complex environments (e.g. obstacles, slopes, outside surfaces, stairs) transfers from sitting to standing, turning, carrying objects, household tasks (e.g. housework, preparing meals).*

0 Complete limitation. Unable to sit, stand or walk independently and therefore requiring support at all times to perform any activity of daily living. Totally wheelchair dependent with maximum mechanical assistance required to transfer.

1 Very severe limitation. Cannot walk, turn around or perform many self-care tasks. Can only sit upright unsupported for short periods e.g. less than 30 secs, can stand unsupported for very short periods e.g. less than 10 secs. Often requires mechanical restraint or maximal physical assistance of 1-2 people to maintain upright posture and prevent falls. Always needs wheelchair for mobility.

2 Moderately severe limitation. Safe sitting with internal and mild external perturbations; can stand unsupported for periods of up to 1 min, moderate assistance from one person required for transfer. Moderate assistance required for walking (non-functional) from mechanical aid and human; needs wheelchair for functional mobility.

3 Moderate limitation. Safe sitting with internal and external perturbations; independent active/functional standing with occasional need to stabilise on wall or equivalent. Able to walk with minimal assistance in closed environment, able to walk with close supervision or using a mechanical aid such as frame in open environments; needs wheelchair for mobility when travelling long distances or when moving over uneven terrain.

4 Mild limitation. Completes all mobility, turning and self-care tasks safely in a range of appropriate environments but is slow and may require an assistive device. Minimal occasional supervision needed for some unfamiliar or complex tasks, such as obstacle crossing, stair-climbing or walking over uneven surfaces. Walking is only very occasionally compromised by slightly delayed or inappropriate reactive responses to complexities such as limited light, uneven or compliant terrain, many distractions, when performing dual or multiple tasks.

5 No limitation.

**PARTICIPATION RESTRICTION (as appropriate to age):** Participation restrictions are difficulties the individual may have in the manner or extent of involvement in their life situation. Clinicians should ask themselves: “given their problem, is this individual experiencing disadvantage?”

- 0 Unable to fulfil social, work, educational or family roles. No social integration. No involvement in decision-making. No control over environment. Unable to reach potential in any situation.
- 1 Severe difficulties in fulfilling social, work, educational or family roles. Very limited social integration. Very limited involvement in decision-making. Very little control over environment. Can only rarely reach potential with maximum assistance.
- 2 Moderately severe difficulty in fulfilling social, work, educational or family roles. Limited social integration. Limited involvement in decision-making. Control over environment in one setting only. Usually reaches potential with maximum assistance.
- 3 Moderate difficulties in fulfilling social, work, educational or family roles. Relies on moderate assistance for social integration. Limited involvement in decision-making. Control over environment in more than one setting. Always reaches potential with maximum assistance and sometimes reaches potential without assistance.
- 4 Mild difficulties in fulfilling social, work, educational or family roles. Needs little assistance for social integration and decision-making. Control over environment in more than one setting. Reaches potential with little assistance.
- 5 No difficulties in fulfilling social, work, educational or family roles. No assistance required for social integration or decision-making. Control over environment in all settings. Reaches potential with no assistance.

**DISTRESS/WELLBEING (as appropriate to age):** The level of concern experienced by the individual. Concern may be evidenced by anger, frustration, apathy, depression etc.

- 0 High and consistent levels of distress or concern.
- 1 Severe concern, becomes distressed or concerned easily. Requires constant reassurance. Loses emotional control easily.
- 2 Moderately severe concern. Frequent emotional encouragement and reassurance required.
- 3 Moderate concern. May be able to manage emotions at times, although may require some encouragement.
- 4 Mild concern. Able to manage emotions in most situations. Occasional emotional support or encouragement needed.
- 5 Able to cope with most situations. Accepts and understands own limitations.

### 3. Musculoskeletal Movement Related Functions

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**IMPAIRMENT** of either Structure or Function (as appropriate to age): Impairments are significant deviations or loss of body structure (anatomical) or function (physiological or psychological). *Consider impairments such as: abnormal body structure (e.g. fracture, dislocation, rupture), abnormal joint function (e.g. reduced range of movement, contracture, deformity, swelling), muscle function (e.g. weakness, lack of stabilisation), sensory functions (e.g. pain, pins and needles) and abnormal movement quality (e.g. lack of coordination, reduced speed, accuracy, power and efficiency of movement).*

0 Complete impairment. Little or no purposeful movement and severely impaired muscle function. Many impairments present, total body affected. Impairments present at all times in all environments. Non-weight bearing.

1 Very severe impairment. Severely restricted range of movement and severely impaired muscle function. May have several impairments present, most or total body affected. Impairments present most of the time and in most environments. Non-weight bearing

2 Moderately severe impairment. Moderately restricted range of movement or moderately impaired muscle function in more than one body segment or severely restricted range of movement or muscle function in one body segment. Impairments present most of the time and in most environments. Non-weight bearing.

3 Moderate impairment. Purposeful movement in adapted environments, but without appropriate speed, coordination, force, efficiency and accuracy. Partial body affected or severe involvement of one body part. Impairments present occasionally and in some environments. Non-weight bearing or partial weight bearing.

4 Mild impairment. Purposeful movement but abnormal speed, slightly reduced power or slight incoordination. Impairments only present in unmodified challenging environments or when performing complex tasks. Partial weight bearing or full weight bearing.

5 No impairment.

**ACTIVITY LIMITATION** (as appropriate to age): Activity limitation results from difficulty in the performance of an activity. Activity is the execution of a task by the individual. *Consider the person's performance of tasks such as: mobility (e.g. walking, transfers, moving from sit to stand and climbing stairs), manipulation of objects, lifting and carrying objects, washing, dressing and household tasks (e.g. housework, gardening).*

0 Complete limitation. Unable to independently perform any physical activity. Totally dependent at all times and in all environments. Dependent on skilled assistance.

1 Very severe limitation. Can move and transfer with maximal skilled physical assistance. Assists in some self-care tasks in modified supported environments. Needs a high level of physical assistance to complete most tasks.

2 Moderately severe limitation. Requires regular assistance with self-care tasks; can undertake some simple tasks independently in modified supported environment. A moderate degree of physical assistance needed to transfer and a high degree of physical assistance required for mobility tasks.

3 Moderate limitation. Completes most familiar self-care and mobility tasks in modified supported environment with supervision and only occasional physical assistance required.

4 Mild limitation. Independently completes all self-care and mobility tasks in a range of appropriate environments but is slower, less efficient and clumsy. Minimal or occasional supervision required for some complex or unfamiliar tasks.

5 No limitation. Age appropriate independence with all motor tasks at all times and in all types of environments. Does not require assistance or supervision.

### 3. Musculoskeletal Movement Related Functions

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**PARTICIPATION RESTRICTION** (as appropriate to age): Participation restrictions are difficulties the individual may have in the manner or extent of involvement in their life situation. Clinicians should ask themselves: "given their problem, is this individual experiencing disadvantage?"

- 0 Unable to fulfil social, work, educational or family roles. No social integration. No involvement in decision-making. No control over environment. Unable to reach potential in any situation.
- 1 Severe difficulties in fulfilling social, work, educational or family roles. Very limited social integration. Very limited involvement in decision-making. Very little control over environment. Can only rarely reach potential with maximum assistance.
- 2 Moderately severe difficulty in fulfilling social, work, educational or family roles. Limited social integration. Limited involvement in decision-making. Control over environment in one setting only. Usually reaches potential with maximum assistance.
- 3 Moderate difficulties in fulfilling social, work, educational or family roles. Relies on moderate assistance for social integration. Limited involvement in decision-making. Control over environment in more than one setting. Always reaches potential with maximum assistance and sometimes reaches potential without assistance.
- 4 Mild difficulties in fulfilling social, work, educational or family roles. Needs little assistance for social integration and decision-making. Control over environment in more than one setting. Reaches potential with little assistance.
- 5 No difficulties in fulfilling social, work, educational or family roles. No assistance required for social integration or decision-making. Control over environment in all settings. Reaches potential with no assistance.

**DISTRESS/WELLBEING** (as appropriate to age): The level of concern experienced by the individual. Concern may be evidenced by anger, frustration, apathy, depression etc.

- 0 High and consistent levels of distress or concern.
- 1 Severe concern, becomes distressed or concerned easily. Requires constant reassurance. Loses emotional control easily.
- 2 Moderately severe concern. Frequent emotional encouragement and reassurance required.
- 3 Moderate concern. May be able to manage emotions at times, although may require some encouragement.
- 4 Mild concern. Able to manage emotions in most situations. Occasional emotional support or encouragement needed.
- 5 Able to cope with most situations. Accepts and understands own limitations.

## 4. Neurological Movement Related Functions

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IMPAIRMENT of either Structure or Function (as appropriate to age): Impairments are significant deviations or loss of body structure (anatomical) or function (physiological or psychological).

Consider impairments such as:

- *Abnormal movement performance due to weakness, pain, deformity, reduced muscle length, or movement disorders such as spasticity, hypotonus, rigidity, hypokinesia, dyskinesia, dystonia, incoordination, tremor;*
- *Abnormal balance and postural control*

0 Complete impairment. No purposeful movement; complete postural instability; many impairments present, affecting most parts of the body. Involuntary movements, when present, are very severe. Impairments are present at all times.

1 Very severe impairment. Occasional minimal purposeful movement; severe postural instability; many impairments present, with most of the body affected. Involuntary movements, when present, are severe. Impairments present most of the time and in most environments.

2 Moderately severe impairment. Some controlled purposeful movement; moderate postural instability. Most body parts moderately affected or severe involvement of 2 limbs. Involuntary movements, when present, are moderately severe. Impairments present most of the time and in most environments.

3 Moderate impairment. Purposeful movement in modified supportive environments yet with slightly abnormal speed, timing, accuracy, range, efficiency or power. Moderate postural instability. Partial body or severe single limb involvement. Involuntary movements, when present, are mild. Impairments present most of the time and in most environments.

4 Mild impairment. Purposeful movement with slightly abnormal speed, timing, accuracy, range, efficiency or power. Mild postural instability. Partial body or mild single limb involvement. When present, involuntary movements are mild and occasional. Impairments only present in unmodified challenging environments or when performing complex tasks.

5 No impairment of voluntary movement performance, normal balance and postural control, no involuntary movements.

ACTIVITY LIMITATION (as appropriate to age): Activity limitation results from difficulty in the performance of an activity. Activity is the execution of a task by the individual. *Consider the person's performance of tasks such as: walking, sitting, transfers, ascending/descending stairs, sit to stand, manipulating objects, lifting and carrying objects, toileting, eating and drinking, dressing and household tasks (e.g. housework, preparing meals).*

0 Complete limitation. Unable to independently perform any physical activities or part of a motor task. Totally dependent at all times and in all environments, requires full physical care. Dependent on skilled assistance for all functional activities.

1 Very severe limitation. Assists in some self-care tasks in modified or supported environments. Needs a high level of physical assistance to complete most motor tasks. Dependent on skilled assistance for most functional activities.

2 Moderately severe limitation. Completes a small number of self-care and mobility tasks in modified supported environments. Needs physical or verbal prompting and/or supervision for most tasks. Dependent on skilled assistance for some functional activities.

3 Moderate limitation. Completes most self-care and mobility tasks in modified supported environment without assistance. Verbal or physical assistance only required for activities performed in challenging environments or for unfamiliar or complex tasks. Occasionally dependent on skilled assistance for some functional activities.

4 Mild limitation. Completes all self-care and mobility tasks in a range of appropriate environments but is less efficient, clumsy, requires extra time or may need encouragement. Uses verbal prompts effectively. Minimal occasional assistance required for some unfamiliar or complex tasks.

5 No limitation. Age appropriate independence with all functional activities at all times and in all environments. Does not require assistance.

**PARTICIPATION RESTRICTION** (as appropriate to age): Participation restrictions are difficulties the individual may have in the manner or extent of involvement in their life situation. Clinicians should ask themselves: "given their problem, is this individual experiencing disadvantage?"

- 0 Unable to fulfil social, work, educational or family roles. No social integration. No involvement in decision-making. No control over environment. Unable to reach potential in any situation.
- 1 Severe difficulties in fulfilling social, work, educational or family roles. Very limited social integration. Very limited involvement in decision-making. Very little control over environment. Can only rarely reach potential with maximum assistance.
- 2 Moderately severe difficulty in fulfilling social, work, educational or family roles. Limited social integration. Limited involvement in decision-making. Control over environment in one setting only. Usually reaches potential with maximum assistance.
- 3 Moderate difficulties in fulfilling social, work, educational or family roles. Relies on moderate assistance for social integration. Limited involvement in decision-making. Control over environment in more than one setting. Always reaches potential with maximum assistance and sometimes reaches potential without assistance.
- 4 Mild difficulties in fulfilling social, work, educational or family roles. Needs little assistance for social integration and decision-making. Control over environment in more than one setting. Reaches potential with little assistance.
- 5 No difficulties in fulfilling social, work, educational or family roles. No assistance required for social integration or decision-making. Control over environment in all settings. Reaches potential with no assistance.

**DISTRESS/WELLBEING** (as appropriate to age): The level of concern experienced by the individual. Concern may be evidenced by anger, frustration, apathy, depression etc.

- 0 High and consistent levels of distress or concern.
- 1 Severe concern, becomes distressed or concerned easily. Requires constant reassurance. Loses emotional control easily.
- 2 Moderately severe concern. Frequent emotional encouragement and reassurance required.
- 3 Moderate concern. May be able to manage emotions at times, although may require some encouragement.
- 4 Mild concern. Able to manage emotions in most situations. Occasional emotional support or encouragement needed.
- 5 Able to cope with most situations. Accepts and understands own limitations.

## 5. Pain

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**IMPAIRMENT** of either Structure or Function (as appropriate to age): Impairments are significant deviations or loss of body structure (anatomical) or function (physiological or psychological). *Consider: severity of pain, location of pain (e.g. localised, generalised, dermatomal), duration of pain (e.g. acute, persistent, chronic), whether symptoms are indicative of inflammation (e.g. constant pain, redness, swelling, night pain, highly irritable), the nature of the symptoms (e.g. allodynia, hyperalgesia, burning, ache, shooting), whether there are associated symptoms (e.g. pins and needles, dizziness, weakness, reduced movement, muscle spasm) and the psychological effect of symptoms (e.g. pain behaviours, emotional aspect, cognition/beliefs). Consider that pain can have a central and peripheral contribution.*

0 Complete impairment. Severe pain which is present at all times, uncontrolled by interventions. May have most or all of the body affected. Demonstrates significant psychological effects of pain (either structure or function).

1 Very severe impairment. Severe pain which is present most of the time, uncontrolled by interventions. May affect most of the body. May demonstrate significant psychological effects of pain.

2 Moderately severe impairment. Moderately severe pain which is present most of the time, interventions effective some of the time. May affect one region or many parts of the body. May demonstrate psychological effects of pain.

3 Moderate impairment. Moderate level of pain which is present most of the time, interventions effective some of the time. May affect one region of the body. May or may not demonstrate some psychological effects of pain.

4 Mild impairment. Mild level of pain which is only present some of the time, interventions effective most of the time. Affects only one part of the body. Does not demonstrate psychological effects of pain.

5 No impairment.

**ACTIVITY LIMITATION** (as appropriate to age): Activity limitation results from difficulty in the performance of an activity. Activity is the execution of a task by the individual. *Consider how well the individual performs tasks such as: sitting, standing, walking, turning around, climbing stairs, moving from sitting to stand, getting in and out of bed, lifting and carrying objects, washing and dressing.*

0 Complete limitation. Unable to independently perform any physical activities. Totally dependent at all times and in all environments. Dependent on skilled assistance for all functional activities.

1 Very severe limitation. Needs a high level of assistance to complete most physical activities. Assists with some self-care tasks in modified supported environments. Dependent on skilled assistance for most functional activities.

2 Moderately severe limitation. Can complete a number of simple self-care tasks in modified or supported environments. Dependent on skilled assistance for some functional activities. A high degree of assistance required for transfers and mobility.

3 Moderate limitation. Completes most self-care and mobility tasks in modified supported environment with supervision and only occasional help from carer.

4 Mild limitation. Completes all self-care and mobility tasks in a range of appropriate environments but is less efficient or may need encouragement. Occasional assistance may be required for complex or unfamiliar tasks.

5 No limitation. Age-appropriate independence with all functional activities and in all environments. Does not require assistance.

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**PARTICIPATION RESTRICTION** (as appropriate to age): Participation restrictions are difficulties the individual may have in the manner or extent of involvement in their life situation. Clinicians should ask themselves: "given their problem, is this individual experiencing disadvantage?"

- 0 Unable to fulfil social, work, educational or family roles. No social integration. No involvement in decision-making. No control over environment. Unable to reach potential in any situation.
- 1 Severe difficulties in fulfilling social, work, educational or family roles. Very limited social integration. Very limited involvement in decision-making. Very little control over environment. Can only rarely reach potential with maximum assistance.
- 2 Moderately severe difficulty in fulfilling social, work, educational or family roles. Limited social integration. Limited involvement in decision-making. Control over environment in one setting only. Usually reaches potential with maximum assistance.
- 3 Moderate difficulties in fulfilling social, work, educational or family roles. Relies on moderate assistance for social integration. Limited involvement in decision-making. Control over environment in more than one setting. Always reaches potential with maximum assistance and sometimes reaches potential without assistance.
- 4 Mild difficulties in fulfilling social, work, educational or family roles. Needs little assistance for social integration and decision-making. Control over environment in more than one setting. Reaches potential with little assistance.
- 5 No difficulties in fulfilling social, work, educational or family roles. No assistance required for social integration or decision-making. Control over environment in all settings. Reaches potential with no assistance.

**DISTRESS/WELLBEING** (as appropriate to age): The level of concern experienced by the individual. Concern may be evidenced by anger, frustration, apathy, depression etc.

- 0 High and consistent levels of distress or concern.
- 1 Severe concern, becomes distressed or concerned easily. Requires constant reassurance. Loses emotional control easily.
- 2 Moderately severe concern. Frequent emotional encouragement and reassurance required.
- 3 Moderate concern. May be able to manage emotions at times, although may require some encouragement.
- 4 Mild concern. Able to manage emotions in most situations. Occasional emotional support or encouragement needed.
- 5 Able to cope with most situations. Accepts and understands own limitations.

## 7. Sensory Functions

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**IMPAIRMENT of either Structure or Function (as appropriate to age):** Impairments are significant deviations or loss of body structure (anatomical) or function (physiological or psychological). *Consider impairments such as: abnormal somato-sensation (e.g. touch, pressure, vibration, proprioception, two-point discrimination), vision, olfaction (sense of smell) and sensations associated with hearing and vestibular function.*

0 Complete impairment. Severe sensory loss or sensory inattention affecting most of the body and present all of the time. May have more than one sensory system affected.

1 Very Severe impairment. Severe sensory loss or sensory inattention of one sensory system affecting most of the body and/or present all or most of the time; or moderate sensory loss/inattention of more than one system affecting most of the body and/or only present some of the time.

2 Moderately Severe impairment. Moderate sensory loss/inattention of one sensory system affecting most body parts or severe involvement of partial body. Present most of the time.

3 Moderate impairment. Moderate sensory loss/inattention affecting most of the body or severe sensory loss/inattention affecting one area of the body. Present most of the time, but not all of the time.

4 Mild impairment. Mild occasional sensory loss/inattention

5 No impairment. No sensory abnormality

**ACTIVITY LIMITATION (as appropriate to age):** Activity limitation results from difficulty in the performance of an activity. Activity is the execution of a task by the individual. *Consider the person's performance of tasks such as: visually scanning the environment, responding to auditory inputs, locomotion, transfers, manipulation of objects, lifting and carrying objects, eating and drinking, dressing and household tasks (e.g. housework, preparing meals).*

0 Complete limitation. Unable to independently perform any physical activities. Totally dependent at all times and in all environments, requires full physical care. Dependent on skilled assistance for all functional activities.

1 Very severe limitation. Assists in some self-care tasks in modified or supported environments. Needs a high level of physical assistance to complete most motor tasks. Dependent on skilled assistance for most functional activities.

2 Moderately severe limitation. Completes a small number of self-care and mobility tasks in modified supported environments. Needs physical or verbal prompting and/or supervision for most tasks. Dependent on skilled assistance for some functional activities.

3 Moderate limitation. Completes most self-care and mobility tasks in modified supported environment without assistance. Verbal or physical assistance only required for activities performed in challenging environments or for unfamiliar or complex tasks. Occasionally dependent on skilled assistance for some functional activities.

4 Mild limitation. Completes all self-care and mobility tasks in a range of appropriate environments but is clumsy, less efficient, requires extra time or may need encouragement. Uses verbal prompts effectively. Minimal occasional assistance required for some unfamiliar or complex tasks.

5 No limitation. Age appropriate independence with all functional activities at all times and in all environments. Does not require assistance.

**PARTICIPATION RESTRICTION** (as appropriate to age): Participation restrictions are difficulties the individual may have in the manner or extent of involvement in their life situation. Clinicians should ask themselves: "given their problem, is this individual experiencing disadvantage?"

- 0 Unable to fulfil social, work, educational or family roles. No social integration. No involvement in decision-making. No control over environment. Unable to reach potential in any situation.
- 1 Severe difficulties in fulfilling social, work, educational or family roles. Very limited social integration. Very limited involvement in decision-making. Very little control over environment. Can only rarely reach potential with maximum assistance.
- 2 Moderately severe difficulty in fulfilling social, work, educational or family roles. Limited social integration. Limited involvement in decision-making. Control over environment in one setting only. Usually reaches potential with maximum assistance.
- 3 Moderate difficulties in fulfilling social, work, educational or family roles. Relies on moderate assistance for social integration. Limited involvement in decision-making. Control over environment in more than one setting. Always reaches potential with maximum assistance and sometimes reaches potential without assistance.
- 4 Mild difficulties in fulfilling social, work, educational or family roles. Needs little assistance for social integration and decision-making. Control over environment in more than one setting. Reaches potential with little assistance.
- 5 No difficulties in fulfilling social, work, educational or family roles. No assistance required for social integration or decision-making. Control over environment in all settings. Reaches potential with no assistance.

**DISTRESS/WELLBEING** (as appropriate to age): The level of concern experienced by the individual. Concern may be evidenced by anger, frustration, apathy, depression etc.

- 0 High and consistent levels of distress or concern.
- 1 Severe concern, becomes distressed or concerned easily. Requires constant reassurance. Loses emotional control easily.
- 2 Moderately severe concern. Frequent emotional encouragement and reassurance required.
- 3 Moderate concern. May be able to manage emotions at times, although may require some encouragement.
- 4 Mild concern. Able to manage emotions in most situations. Occasional emotional support or encouragement needed.
- 5 Able to cope with most situations. Accepts and understands own limitations.

## 8. Skin Functions

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**IMPAIRMENT** of either Structure or Function (as appropriate to age): Impairments are significant deviations or loss of body structure (anatomical) or function (physiological or psychological). *Consider impairments such as: swelling (e.g. lymphoedema, post-trauma swelling), poor skin condition due to trauma or surgery (e.g. burns, skin grafts, reconstructive plastic surgery), skin lesions (ulcers, infected wound sites, delayed wound healing), adhesions (e.g. post-radiation fibrosis, scarring, soft-tissue fibrosis), altered sensation (e.g. peripheral neuropathy, hypersensitivity, neuralgia, numbness) and reduced aerobic capacity arising as a secondary effect (e.g. from altered metabolic function, increased demands from swollen limb).*

0 Complete impairment. Extremely poor skin condition; extremely severe swelling and inflammation, abnormal sensation and severe pain; marked reduction in active and passive movement and marked reduction in aerobic capacity. Respiration can be severely compromised. Many impairments present, affecting all or most of the body. Impairments are present at all times.

1 Very severe impairment. Very poor skin condition, very severe swelling and inflammation, abnormal sensation and severe pain; reduction in active and passive movement and reduction in aerobic capacity. Respiration can be compromised. Many impairments present, affecting most of the body. Impairments are present all of the time.

2 Moderately severe impairment. Poor skin condition, moderately severe swelling and inflammation, some sensory functions are abnormal and moderately severe pain; reduction in active movement and reduction in aerobic capacity. Many body parts moderately affected or severe involvement of more than one part of the body. Impairments are present most of the time.

3 Moderate impairment. Skin condition abnormal, moderate swelling and inflammation, at least one sensory function is abnormal, and intermittent moderate pain; moderate reduction in active movement, full or minimal loss of passive range of movement and small reduction in aerobic capacity. Moderate partial body or severe single limb involvement. Impairments are present most of the time and in most environments, but are modifiable by treatment.

4 Mild impairment. Skin condition abnormal, mild swelling and inflammation, occasional mild pain; minimal reduction in active movement and aerobic capacity; and full range of passive movement. Mild partial body or moderate involvement of small part of the body. Impairments are present occasionally.

5 No impairment.

**ACTIVITY LIMITATION** (as appropriate to age): Activity limitation results from difficulty in the performance of an activity. Activity is the execution of a task by the individual. *Consider the performance of tasks such as: walking, sitting, transfers, ascending/descending stairs, sit to stand, manipulating objects, lifting and carrying objects, toileting, eating and drinking, dressing, household tasks (e.g. housework, preparing meals) and specific occupational activities.*

0 Complete limitation. Unable to independently perform any physical activities or part of a motor task. Totally dependent at all times, requires full physical care. Dependent on skilled assistance for all functional activities.

1 Very severe limitation. Assists in some self-care tasks in modified or supported environments. Needs a high level of physical assistance to complete most motor tasks. Dependent on skilled assistance for most functional activities.

2 Moderately severe limitation. Completes a small number of self-care and mobility tasks in modified supported environments. Needs physical prompting and/or supervision for most tasks. Dependent on skilled assistance for some functional activities.

3 Moderate limitation. Completes most self-care and mobility tasks in modified supported environment without assistance. Physical assistance only required for unfamiliar or complex tasks. Occasionally dependent on skilled assistance for some functional activities.

4 Mild limitation. Completes all self-care and mobility tasks in a range of appropriate environments but is less efficient, clumsy, requires extra time or may need encouragement. Minimal occasional assistance required for some unfamiliar or complex tasks.

5 No limitation. Age appropriate independence with all functional activities at all times and in all environments. Does not require assistance.

**PARTICIPATION RESTRICTION** (as appropriate to age): Participation restrictions are difficulties the individual may have in the manner or extent of involvement in their life situation. Clinicians should ask themselves: "given their problem, is this individual experiencing disadvantage?"

- 0 Unable to fulfil social, work, educational or family roles. No social integration. No involvement in decision-making. No control over environment. Unable to reach potential in any situation.
- 1 Severe difficulties in fulfilling social, work, educational or family roles. Very limited social integration. Very limited involvement in decision-making. Very little control over environment. Can only rarely reach potential with maximum assistance.
- 2 Moderately severe difficulty in fulfilling social, work, educational or family roles. Limited social integration. Limited involvement in decision-making. Control over environment in one setting only. Usually reaches potential with maximum assistance.
- 3 Moderate difficulties in fulfilling social, work, educational or family roles. Relies on moderate assistance for social integration. Limited involvement in decision-making. Control over environment in more than one setting. Always reaches potential with maximum assistance and sometimes reaches potential without assistance.
- 4 Mild difficulties in fulfilling social, work, educational or family roles. Needs little assistance for social integration and decision-making. Control over environment in more than one setting. Reaches potential with little assistance.
- 5 No difficulties in fulfilling social, work, educational or family roles. No assistance required for social integration or decision-making. Control over environment in all settings. Reaches potential with no assistance.

**DISTRESS/WELLBEING** (as appropriate to age): The level of concern experienced by the individual. Concern may be evidenced by anger, frustration, apathy, depression etc.

- 0 High and consistent levels of distress or concern.
- 1 Severe concern, becomes distressed or concerned easily. Requires constant reassurance. Loses emotional control easily.
- 2 Moderately severe concern. Frequent emotional encouragement and reassurance required.
- 3 Moderate concern. May be able to manage emotions at times, although may require some encouragement.
- 4 Mild concern. Able to manage emotions in most situations. Occasional emotional support or encouragement needed.
- 5 Able to cope with most situations. Accepts and understands own limitations.