

ACTIVITY	EFFECT ON ME
Cooking Preparing food	
Eating and taking nutrition	
Managing therapy/monitoring health condition	
Medication	
Washing and bathing	
Going to the toilet Managing toilet needs and continence	
Dressing/undressing	
Communicating verbally	
Reading and understanding signs and symbols	
Meeting people Engaging with others face to face	
Going Out	
Moving Around	
Additional Information	

