

**AN EXAMPLE ACTIVITY DIARY – UPPER LIMB AND BAD BACK**

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| ACTIVITY | Morning  7am-12pm | Afternoon  12pm-6pm | Evening  6pm-11pm | Night  11pm-7am |
| Cooking  Preparing food | Can’t manage cooker to heat up porridge, unable to lift saucepan or stir without pain and don’t have the strength. Can use microwave.  Unable to cut crusty bread, so I can’t have it, although I really love it toasted, because i can’t use a sharp knife safely  Unable to lift the kettle to make a cup of tea as don’t have the strength or it causes pain. I have scalded myself with hot water trying to do this on three occasions. I use an aid to do this  I would like to eat more salad to help manage my weight but I can’t cut it up. I can’t chop veg properly at all as it is difficult, slow and dangerous. Poor dexterity and not enough pressure to manage task. Fearful of cutting myself as I have done this in the past, so I buy ready chopped vegetables.  Unable to maintain a safe grip on a saucepan and lift it, or lifting the saucepan causes pain in shoulders and neck.  I use special lightweight pots and pans  I can heat up a meal in the microwave as long as not got a film lid as I cannot remove this.  Today I couldn’t open the microwave as not enough grip due to pain. I could do this 4 days out of seven but grip worse today  Can’t grip tins to open. Use an aid to manage this ok  . | | | |
| Eating and taking nutrition | My grip was poor this morning and I was unable to drink my hot tea safely. This happens about two mornings a week,  My teeth are very painful as a result of my condition, so I can only eat soft food  Some food I can’t have as I can’t cut it up to eat it.  Went out for dinner, had to ask for food to be cut up for me.  . | | | |
| Managing therapy/monitoring health condition | Physiotherapist has recommended hydrotherapy to manage my pain and help with weight loss. I wanted to go swimming today but unable to go alone as I need help to get out of pool due to ladder. When I go swimming I can’t get my wet costume off without help. My GP has recommended swimming to help manage my weight.  Attended counselling for anxiety. Having been seeing GP with anxiety and depression for 18 months. | | | |
| Medication | Unable to open medication bottles for my regularly required medication (not PRN meds) I have an aid to do this. | | | |
| Washing and bathing | Teeth, maintaining and manage dental care difficult, can’t reach all teeth. I have bad teeth as a result which are painful. I have to go to the dentist every two months.  Unable to wash and scrub body everywhere properly, only as far as I am able to reach with my shorter arms. Am limited to where I can reach. I have to put shower gel on haphazardly, i.e squirt on chest and aim at stomach and let the soapy water from the shower run over all my body,. Drying I wrap a towel around and have to pad my body against the towel and bed/chair. To dry, takes a long time to dry properly, more than twice as long as would be usually expected.  Every 5-6 days, see the hairdresser to wash my hair as unable to reach to do this at all.  I have lever taps at home, when I am out I am often to turn taps on as done up too tight due to grip being poor. Only this difficulty when I go out which is less than half the time spent at home. | | | |
| Going to the toilet  Managing toilet needs and continence | To manage to clean properly after the toilet, I need assistance to wipe where needed. However, I do not have this assistance and cannot reach to wipe so have to shower more regularly. Showering does not enable me to clean really effectively my intimate body parts. I spend a long time in the shower to enable the soapy water to rinse throughout my body to the optimum it can in this manner.  I get very anxious about being able to clean myself if I need the toilet when I am out. This stops me going out. | | | |
| Dressing/undressing | I do not wear a bra as I am unable to reach to manage the clasps at the back, If I had the assistance this task could be managed. I would feel better wearing a bra and less self-conscious. I am unable to lift regular jumpers over my head, I have my clothes specially adapted for me, especially those on my upper half. i.e my coat has been adapted. I am not able to do up or undo and buttons, belts or fastenings, including my coat. If I had assistance to do up my coat I would be able to go out in the cold weather dressed to a reasonable standard.  I am unable to wear tights as unable to pull them up, just wear skirts and dresses without them.  I need a shoe horn to take my shoes off 7 days a week. | | | |
| Communicating verbally |  | | | |
| Reading and understanding signs and symbols | When the post arrives I can’t pick it up or open it without an aid. | | | |
| Meeting people Engaging with others face to face | I avoid social situations as much as possible due to causing psychological distress to meet and engage face to face. I only go out if my sister will come with me and am very self-conscious about people staring at me. By the end of the day I am often so exhausted that I cannot socialise. | | | |
| Budgeting decisions |  | | | |
| Planning and following journeys | I avoid public transport because I worry about being knocked. Also I can’t hold onto rails on public transport if no seat is available. | | | |
| Moving around |  | | | |