

Appendix 1 – assessment criteria

Daily Living Activities

Activity 1 – Preparing food		
<p>This activity considers a claimant's ability to prepare a simple meal. This is not a reflection of a claimant's cooking skills but instead a consideration of the impact of impairment on ability to perform the tasks required. It assesses ability to open packaging, serve food, peel and chop food and use a microwave oven or cooker hob to cook or heat food.</p> <p><i>Notes:</i></p> <p><i>Preparing food means the activities required to make food ready for cooking and eating, such as peeling and chopping.</i></p> <p><i>Cooking food means heating food at above waist height – for example, using a microwave oven or on a cooker hob. It does not consider the ability to bend down – for example, to access an oven.</i></p> <p><i>A simple meal is a cooked one-course meal for one from fresh ingredients.</i></p> <p><i>Packaging includes tins, which may require the use of a tin opener.</i></p> <p><i>In this activity aids and appliances could include, for example, prostheses, perching stool, lightweight pots and pans, easy grip handles on utensils and single lever arm taps.</i></p>		
A	Can prepare and cook a simple meal unaided.	0
B	Needs to use an aid or appliance to be able to either prepare or cook a simple meal.	2
C	Cannot cook a simple meal using a conventional cooker but is able to do so using a microwave.	2
<i>For example: may apply to claimants who cannot safely use a cooker hob and hot pans.</i>		
D	Needs prompting to be able to either prepare or cook a simple meal.	2
<i>For example: may apply to claimants who lack motivation, who need to be reminded how to prepare and cook food or who are unable to ascertain if food is within date.</i>		
E	Needs supervision or assistance to either prepare or cook a simple meal.	4
<i>For example: may apply to claimants who need supervision to prepare and cannot safely use a microwave oven; or to claimants who cannot prepare or safely heat food</i>		
F	Cannot prepare and cook food.	8

Activity 2 – Taking nutrition		
This activity considers a claimant's ability to be nourished, either by cutting food into pieces, conveying to the mouth, chewing and swallowing; or through the use of therapeutic sources. <i>Notes:</i> <i>A therapeutic source means parenteral or enteral tube feeding using a rate limiting device such as a delivery system or feed pump.</i>		
A	Can take nutrition unaided.	0
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.	2
C	Needs a therapeutic source to be able to take nutrition.	2
<i>For example: may apply to claimants who require enteral or parenteral feeding but can carry it out unaided.</i>		
D	Needs prompting to be able to take nutrition.	4
<i>For example: may apply to claimants who need to be reminded to eat or who need prompting about portion size.</i>		
E	Needs assistance to be able to manage a therapeutic source to take nutrition.	6
<i>For example: may apply to claimants who require enteral or parenteral feeding and require support to manage the equipment.</i>		
F	Cannot convey food and drink to their mouth and needs another person to do so.	10

Activity 3 – Managing therapy or monitoring a health condition

This activity considers a claimant's ability to:
appropriately take medications in a domestic setting and which are prescribed or recommended by a registered doctor, nurse or pharmacist;
monitor and detect changes in a health condition; and
manage therapeutic activities that are carried out in a domestic setting and prescribed or recommended by a registered doctor, nurse, pharmacist or healthcare professional regulated by the Health Professions Council;
and without any of which their health is likely to deteriorate.

Notes:

Managing medication means the ability to take prescribed medication in the correct way and at the right time.

Monitoring a health condition or recognise significant changes means the ability to detect changes in the condition and take corrective action as advised by a healthcare professional.

This activity does not take into account medication and monitoring requiring administration by a healthcare professional.

Examples of prescribed or recommended medication include tablets, inhalers and creams and therapies could include home oxygen, domiciliary dialysis, nebulisers and exercise regimes to prevent complications such as contractures. Whilst medications and therapies do not necessarily have to be prescribed, there must be a consensus of medical opinion that supports their use in treatment of the condition.

Supervision due to the risk of accidental or deliberate overdose or deliberate self harm is captured in these descriptors as the person would require continuous support from another person in order to prevent this.

A	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.	0
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.	1
C	Needs supervision, prompting or assistance to be able to manage therapy that takes no more than 3.5 hours a week.	2
D	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.	4
E	Needs supervision, prompting or assistance to be able to manage therapy that takes more than 7 but no more than 14 hours a week.	6
F	Needs supervision, prompting or assistance to be able to manage therapy that takes more than 14 hours a week.	8

Activity 4 – Washing and bathing		
This activity considers a claimant's ability to wash and bathe, including washing their whole body and getting in and out of an un-adapted bath or shower.		
A	Can wash and bathe unaided.	0
B	Needs to use an aid or appliance to be able to wash or bathe.	2
<i>For example: suitable aids could include a long-handled sponge, shower seat or bath rail.</i>		
C	Needs supervision or prompting to be able to wash or bathe.	2
<i>For example: may apply to claimants who lack motivation or need to be reminded to wash or require supervision for safety.</i>		
D	Needs assistance to be able to wash either their hair or body below the waist.	2
<i>For example: may apply to claimants who are unable to make use of aids and who cannot reach their lower limbs or hair.</i>		
E	Needs assistance to be able to get in or out of a bath or shower.	3
F	Needs assistance to be able to wash their body between the shoulders and waist.	4
G	Cannot wash and bathe at all and needs another person to wash their entire body.	8

Activity 5 – Managing toilet needs or incontinence		
<p>This activity considers a claimant's ability to get on and off the toilet, to clean afterwards and to manage evacuation of the bladder and/or bowel, including the use of collecting devices. This activity does not include the ability to manage clothing, for example fastening and unfastening zips or buttons, as this is covered in activity 6.</p> <p><i>Notes:</i> <i>Toilet needs means the ability to get on and off the toilet and clean oneself afterwards.</i> <i>Managing incontinence means the ability to manage evacuation of the bladder and/or bowel including using collecting devices and clean oneself afterwards.</i> <i>Claimants with catheters and collecting devices are considered incontinent for the purposes of this activity.</i></p>		
A	Can manage toilet needs or incontinence unaided.	0
B	Needs to use an aid or appliance to be able to manage toilet needs or incontinence.	2
<i>For example: suitable aids could include commodes, raised toilet seats, bottom wipers, bidets, incontinence pads or a stoma bag.</i>		
C	Needs supervision or prompting to be able to manage toilet needs.	2
<i>For example: may apply to claimants who need to be reminded to go to the toilet or need supervision to get on and off the toilet safely.</i>		
D	Needs assistance to be able to manage toilet needs.	4
E	Needs assistance to be able to manage incontinence of either bladder or bowel.	6
F	Needs assistance to be able to manage incontinence of both bladder and bowel.	8

Activity 6 – Dressing and undressing		
This activity assesses a claimant's ability to put on and take off culturally appropriate, un-adapted clothing that is suitable for the situation. This may include the need for fastenings such as zips or buttons and considers the ability to put on/take off socks and shoes.		
A	Can dress and undress unaided.	0
B	Needs to use an aid or appliance to be able to dress or undress.	2
<i>For example: suitable aids could include modified buttons, zips, front fastening bras, trousers, velcro fastenings and shoe aids.</i>		
C	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.	2
<i>For example: may apply to claimants who need to be encouraged to dress. Includes a consideration of whether the claimant can determine what is appropriate for the environment, such as time of day and the weather.</i>		
D	Needs assistance to be able to dress or undress their lower body.	2
E	Needs assistance to be able to dress or undress their upper body.	4
F	Cannot dress or undress at all.	8

Activity 7 – Communicating verbally		
<p>This activity considers a claimant's ability to communicate verbally with regard to expressive (conveying) communication and receptive (receiving and understanding) communication.</p> <p><i>Notes:</i></p> <p><i>This activity considers the ability to convey and understand verbal information with other people in one's native language.</i></p> <p><i>Communication support means support from another person trained or experienced in communicating with people with specific communication needs (for example, a sign language interpreter) or someone directly experienced in communicating with the claimant themselves (for example, a family member).</i></p> <p><i>Basic verbal information is information conveyed in a simple sentence.</i></p> <p><i>Complex verbal information is information conveyed in either more than one sentence or one complicated sentence.</i></p> <p><i>Verbal information can include information that is interpreted from verbal into non-verbal form or vice-versa – for example, speech interpreted through sign language.</i></p>		
A	Can express and understand verbal information unaided.	0
B	Needs to use an aid or appliance to be able to speak or hear.	2
<i>For example: may apply to claimants who require a hearing aid or an electrolarynx.</i>		
C	Needs communication support to be able to express or understand complex verbal information.	4
<i>For example: may apply to claimants who require a sign language interpreter.</i>		
D	Needs communication support to be able to express or understand basic verbal information.	8
<i>For example: may apply to claimants who require a sign language interpreter.</i>		
E	Cannot express or understand verbal information at all even with communication support.	12

Activity 8 – Reading and understanding signs, symbols and words		
This activity considers a claimant's ability to read and understand signs, symbols and words.		
<i>Notes:</i>		
<i>This activity considers the capability to read and understand written or printed information in the person's native language.</i>		
<i>Basic information is signs, symbols or dates. Complex information is more than one sentence of written or printed standard size text.</i>		
<i>To be considered able to read, claimants must be able to see the information.</i>		
<i>For the purpose of this activity, accessing information via Braille is not considered as reading.</i>		
A	Can read and understand basic and complex written information either unaided or using spectacles or contact lenses.	0
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 written information.	2
<i>For example: may apply to claimants who require low vision aids.</i>		
C	Needs prompting to be able to read or understand complex written information.	2
<i>For example: may apply to claimants who require another person to explain information to them.</i>		
D	Needs prompting to be able to read or understand basic written information.	4
<i>For example: may apply to claimants who require another person to explain information to them.</i>		
E	Cannot read or understand signs, symbols or words at all.	8
<i>For example: may apply to claimants who require another person to read everything for them.</i>		

Activity 9 – Engaging with other people face to face

This activity considers a claimant's ability to engage with other people which means to interact face to face in a contextually and socially appropriate manner, understand body language and establish relationships.

Notes:

An inability to engage socially must be due to the impact of impairment and not simply a matter of preference by the claimant.

Social support means support from a person trained or experienced in assisting people to engage in social situations, or someone directly experienced in supporting the claimant themselves (for example a family member), who can compensate for limited ability to understand and respond to body language, other social cues and assist social integration.

'Psychological distress' means distress related to an enduring mental health condition or an intellectual or cognitive impairment.

A	Can engage with other people unaided.	0
B	Needs prompting to be able to engage with other people.	2
<i>For example: may apply to people who need encouragement to interact with others by the presence of a third party.</i>		
C	Needs social support to be able to engage with other people.	4
<i>For example: may apply to people who are only able to interact with others by the presence of a third party.</i>		
D	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.	8

Activity 10 – Making budgeting decisions		
This activity considers the ability of a claimant to make everyday budgeting decisions.		
<i>Notes:</i>		
<i>Complex budgeting decisions are those that are involved in calculating household and personal budgets, managing and paying bills and planning future purchases.</i>		
<i>Simple budgeting decisions are those that are involved in activities such as calculating the cost of goods and change required following purchases.</i>		
<i>Assistance in this activity can include carrying out elements, although not all, of the decision making process for the individual.</i>		
A	Can manage complex budgeting decisions unaided.	0
B	Needs prompting or assistance to be able to make complex budgeting decisions.	2
<i>For example: may apply to claimants who need to be encouraged or reminded to make complex budgeting decisions.</i>		
C	Needs prompting or assistance to be able to make simple budgeting decisions.	4
<i>For example: may apply to claimants who need to be encouraged or reminded to make simple financial decisions.</i>		
D	Cannot make any budgeting decisions at all.	6

Mobility Activities

Activity 11 – Planning and following journeys		
<p>This activity considers a claimant's ability to work out and follow a route.</p> <p><i>Notes:</i></p> <p><i>A person should only be considered able to follow an unfamiliar journey if they are capable of using public transport (bus or train).</i></p> <p><i>Orientation aids are specialist aids designed to assist disabled people in following a route.</i></p> <p><i>Safety and reliability are particularly important considerations here if there would be a substantial risk to the claimant or others if they went out alone.</i></p> <p><i>'Psychological distress' means distress related to an enduring mental health condition or an intellectual or cognitive impairment.</i></p>		
A	Can plan and follow the route of a journey unaided.	0
B	Needs prompting to be able to undertake any journey to avoid overwhelming psychological distress to the claimant.	4
<i>For example: may apply to claimants who are only able to leave the home when accompanied by another person.</i>		
C	Cannot plan the route of a journey.	8
D	Cannot follow the route of an unfamiliar journey without another person, assistance dog, or orientation aid.	10
E	Cannot undertake any journey because it would cause overwhelming psychological distress to the claimant.	10
<i>For example: may apply to claimants who are unable to leave the home at all.</i>		
F	Cannot follow the route of a familiar journey without another person, an assistance dog or an orientation aid.	12

Activity 12 – Moving around

This activity considers a claimant's physical ability to move around without severe discomfort such as breathlessness, pain or fatigue. This includes the ability to stand and then move up to 20 metres, up to 50 metres, up to 200 metres and over 200 metres.

Notes:

This activity should be judged in relation to a type of surface normally expected out of doors such as pavements and roads on the flat and includes the consideration of kerbs.

20 metres is considered to be the distance that a claimant is required to be able to walk in order to achieve a basic level of independence in the home such as the ability to move between rooms.

50 metres is considered to be the distance that a claimant is required to be able to walk in order to achieve a basic level of independence such as the ability to get from a car park to the supermarket.

50 to 200 metres is considered to be the distance that a claimant is required to be able to walk in order to achieve a higher level of independence such as the ability to get around a small supermarket.

Standing means to stand upright with at least one biological foot on the ground with or without suitable aids and appliances (note – a prosthesis is considered an appliance so a claimant with a unilateral prosthetic leg may be able to stand whereas a bilateral lower limb amputee would be unable to stand under this definition)

Aids or appliances that a person uses to support their physical mobility may include walking sticks, crutches and prostheses.

As with all activities, the person must be able to perform the activity safely and in a timely fashion - however, for this activity this only refers to the actual act of moving. For example, danger awareness is considered as part of activity 11.

A	Can stand and then move more than 200 metres, either aided or unaided.	0
B	Can stand and then move more than 50 metres but no more than 200 metres, either aided or unaided.	4
C	Can stand and then move unaided more than 20 metres but no more than 50 metres.	8
D	Can stand and then move using an aid or appliance more than 20 metres but no more than 50 metres.	10

For example, this would include people who can stand and move more than 20 metres but no further than 50 metres, but need to use an aid or appliance such as a stick or crutch to do so.

E	Can stand and then move more than 1 metre but no more than 20 metres, either aided or unaided.	12
F	Cannot, either aided or unaided – i. stand; or ii. move more than 1 metre.	12