**Bewertungsprotokoll für Alltagstätigkeiten**

— Vom Patienten auszufüllen —

Name des Patienten : Name der Begleitperson : Bezug zum Patienten :

Datum der Untersuchung :

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | | | NA  NC | | | BEWERTUNG | | | | | | | | | | | | | | | | Sch | | | Wich | | | | Bemerkungen Bei neuer Tätigkeit (N) oder wenn Tätigkeit bereits vereinfacht wurde (A), N oder A am Anfang  der Bemerkung setzen | | |
| 0 | 1a | | | | | 1b | | 1c | | 4 | | | 5/5E | | |
| I. TÄTIGKEITEN IM BEREICH ERNÄHRUNG | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **I-1.** Eine Mahlzeit zubereiten (übliche Gerichte) | | |  | | |  |  | | | | |  | |  | |  | | |  | | |  | | |  | | | |  | | |
| **I-2.** Eine Mahlzeit zubereiten (neues Gericht) | | |  | | |  |  | | | | |  | |  | |  | | |  | | |  | | |  | | | |  | | |
| **I-3.** Ein Gericht aufwärmen/enttauen | | |  | | |  |  | | | | |  | |  | |  | | |  | | |  | | |  | | | |  | | |
| **I-4.** Backen | | |  | | |  |  | | | | |  | |  | |  | | |  | | |  | | |  | | | |  | | |
| **I-5.** Kaffee zubereiten | | |  | | |  |  | | | | |  | |  | |  | | |  | | |  | | |  | | | |  | | |
| **I-6.** Teezubereiten | | |  | | |  |  | | | | |  | |  | |  | | |  | | |  | | |  | | | |  | | |
| **I-7.** Den Tisch decken | | |  | | |  |  | | | | |  | |  | |  | | |  | | |  | | |  | | | |  | | |
| **I-8.** Den Tisch abräumen | | |  | | |  |  | | | | |  | |  | |  | | |  | | |  | | |  | | | |  | | |
| **I-9.** Geschirr spülen | | |  | | |  |  | | | | |  | |  | |  | | |  | | |  | | |  | | | |  | | |
| **I-10.** Geschirrspüler benutzen | | |  | | |  |  | | | | |  | |  | |  | | |  | | |  | | |  | | | |  | | |
| Andere Tätigkeit | | |  | | |  |  | | | | |  | |  | |  | | |  | | |  | | |  | | | |  | | |
| ***II. TÄTIGKEITEN IM BEREICH MEDIKATION*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **II-1.** Pillendose vorbereiten | | |  | | |  |  | | | | |  | |  | |  | | |  | | |  | | |  | | | |  | | |
| **II-2.** Pillendose benutzen | | |  | | |  |  | | | | |  | |  | |  | | |  | | |  | | |  | | | |  | | |
| **II-3.** Medikamente einnehmen ohne Pillendose | | |  | | |  |  | | | | |  | |  | |  | | |  | | |  | | |  | | | |  | | |
| Andere Tätigkeit | | |  | | |  |  | | | | |  | |  | |  | | |  | | |  | | |  | | | |  | | |
| ***III. HAUSHALTSTÂTIGKEITEN IM WEITESTEN SINNE*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **III-1.** Staubwischen | | |  | | |  |  | | | | |  | |  | |  | | |  | | |  | | |  | | | |  | | |
| **III-2.** Staubsaugen | | |  | | |  |  | | | | |  | |  | |  | | |  | | |  | | |  | | | |  | | |
| **III-3.** Kehren | | |  | | |  |  | | | | |  | |  | |  | | |  | | |  | | |  | | | |  | | |
| **III-4.** Fußboden putzen | | |  | | |  |  | | | | |  | |  | |  | | |  | | |  | | |  | | | |  | | |
| **III-5.** Sanitärbereich putzen | | |  | | |  |  | | | | |  | |  | |  | | |  | | |  | | |  | | | |  | | |
| **III-6.** Fenster putzen | | |  | | |  |  | | | | |  | |  | |  | | |  | | |  | | |  | | | |  | | |
| **III-7.** Abfälle sortieren | | |  | | |  |  | | | | |  | |  | |  | | |  | | |  | | |  | | | |  | | |
| **III-8.** Müll heraus setzen | | |  | | |  |  | | | | |  | |  | |  | | |  | | |  | | |  | | | |  | | |
| **III-9.** Wäsche waschen | | |  | | |  |  | | | | |  | |  | |  | | |  | | |  | | |  | | | |  | | |
| **III-10.** Bügeln | | |  | | |  |  | | | | |  | |  | |  | | |  | | |  | | |  | | | |  | | |
| Andere Tätigkeit | | |  | | |  |  | | | | |  | |  | |  | | |  | | |  | | |  | | | |  | | |
| ***IV. EINKÄUFE*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **IV-1.** Einkaufsliste schreiben | | |  | | |  |  | | | | |  | |  | |  | | |  | | |  | | |  | | | |  | | |
| **IV-2.** Einkäufe tätigen | | |  | | |  |  | | | | |  | |  | |  | | |  | | |  | | |  | | | |  | | |
| Andere Tätigkeit | | |  | | |  |  | | | | |  | |  | |  | | |  | | |  | | |  | | | |  | | |
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|  | NA  NC | | | BEWERTUNG | | | | | | | | | | | | | | | | | | | Sch | | | Wich | | | Bemerkungen Bei neuer Tätigkeit (N) oder wenn Tätigkeit bereits vereinfacht wurde (A), N oder A am Anfang der Bemerkung setzen | | |
| 0 | | | | 1a | | | 1b | | | 1c | | | 4 | | | 5/5E | | |
| ***V. PFLEGE DER HAUSTIERE, DER ZIMMERPFLANZEN UND DES GARTENS*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **V-1.** Haustiere versorgen |  | | |  | | | |  | | |  | | |  | | |  | | |  | | | |  | |  | | | | |  |
| **V-2.** Pflanzen gießen |  | | |  | | | |  | | |  | | |  | | |  | | |  | | | |  | |  | | | | |  |
| **V-3.** Rasen mähen |  | | |  | | | |  | | |  | | |  | | |  | | |  | | | |  | |  | | | | |  |
| **V-4.** Gemüsegarten unterhalten |  | | |  | | | |  | | |  | | |  | | |  | | |  | | | |  | |  | | | | |  |
| **V-5.** Ziergarten/Blumenbeete unterhalten |  | | |  | | | |  | | |  | | |  | | |  | | |  | | | |  | |  | | | | |  |
| Andere Tätigkeit |  | | |  | | | |  | | |  | | |  | | |  | | |  | | | |  | |  | | | | |  |
| ***VI. HANDARBEITEN*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **VI-1.** Stricken | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **VI-2.** Nähen: Flicken und Säumen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **VI-3.** Nähen: Kleidung nähen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| Andere Tätigkeit | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| ***VII. TELEFON*** | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **VII-1.** Eine Nummer wählen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **VII-2.** Anruf entgegennehmen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **VII-3.** Telefonisch kommunizieren | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **VII-4.** Telefonische Nachricht hinterlassen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **VII-5.** Telefonische Nachricht abhören | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **VII-6.** Handynummer wählen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **VII-7.** Anruf auf Handy entgegennehmen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **VII-8.** Mit Handy telefonieren | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **VII-9.** Über Handy Nachricht hinterlassen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **VII-10.** Hinterlassene Nachrichten auf Handy abhören | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **VII-11.** SMS senden | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **VII-12.** SMS lesen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| Andere Tätigkeit | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| ***VIII. FORTBEWEGUNG*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **VIII-1.** Öffentliche Verkehrsmittel benutzen (übliche Strecke) | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **VIII-2.** Öffentliche Verkehrsmittel benutzen (neue Strecke) | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **VIII-3.** Fahrrad fahren (übliche Strecke) | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **VIII-4.** Fahrrad fahren (neue Strecke) | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **VIII-5.** Zu Fuß gehen (übliche Strecke) | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
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| 0 | | | | 1a | 1b | | | | 1c | | | 4 | | | | 5/5E | | |
| **VIII-6.** Zu Fuß gehen (neue Strecke) | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| Andere Tätigkeit | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| IX. UNTERSCHIEDLICHE VERWALTUNGSARBEITEN | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **IX-1.** Termin ausmachen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | | |  | | |  | |
| **IX-2.** Zu vereinbartem Termin hingehen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | | |  | | |  | |
| **IX-3.** Posteingang verwalten | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | | |  | | |  | |
| **IX-4.** Post verschicken | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | | |  | | |  | |
| **IX-5.** Dokument ausfüllen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | | |  | | |  | |
| **IX-6.** Ein Verwaltungsbüro aufsuchen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | | |  | | |  | |
| **IX-7.** Überweisungsformular ausfüllen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | | |  | | |  | |
| **IX-8.** Geld am Geldautomaten ziehen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | | |  | | |  | |
| **IX-9.** Elektronische Überweisung | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | | |  | | |  | |
| **IX-10.** Übers Internet bezahlen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | | |  | | |  | |
| **IX-11.** Übers Telefon bezahlen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | | |  | | |  | |
| **IX-12.** Zwischen eigenen Konten überweisen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | | |  | | |  | |
| **IX-13.** Umgang mit Bargeld | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | | |  | | |  | |
| **IX-14.** Umgang mit EC-Karte | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | | |  | | |  | |
| **IX-15.** Energiehaushalt | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | | |  | | |  | |
| Andere Tätigkeit | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | | |  | | |  | |
| ***X. FREIZEITAKTIVITÄTEN*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **X-1.** Kreuzworträtsel lösen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | |  | |
| **X-2.** Puzzle machen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | |  | |
| **X-3.** Solitaire spielen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | |  | |
| **X-4.** Sudoku lösen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | |  | |
| Anderes 1-Personen-Spiel | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | |  | |
| **X-5.** Scrabble spielen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | |  | |
| Anderes Gesellschaftsspiel | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | |  | |
| **X-6.**  Zeichnen/Malen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **X-7.**  Analog fotografieren (Automatik) | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **X-8.** Analog fotografieren, (manuell) | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **X-9.** Digital fotografieren | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **X-10.** Radio bedienen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **X-11.** CD-Player bedienen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **X-12.** Schallplattenspieler bedienen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **X-13.** Kassettenrecorder bedienen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **X-14.** Fernsehen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
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| **X-15.** Fernsehsendung auf Videorekorder aufnehmen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **X-16.** Videokassette anschauen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **X-17.** DVD anschauen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **X-18.** Computer benutzen : allgemeine Funktionen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **X-19.** Computer benutzen : Textverarbeitungsprogramm WORD | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **X-20.** Computer : Tabellen und Grafiken mit EXCEL | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **X-21.** Computer : digitale Fotos einsehen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **X-22.** Solitaire am Computer spielen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| Anderes Computerspiel | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **X-23.** Im Internet surfen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **X-24.**  E-Mails senden und empfangen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| **X-25.** Lesen | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| Andere Freizeitbeschäftigung | |  | | |  | | | |  |  | | | |  | | |  | | | |  | | |  | |  | | | | |  |
| ***XI. ORGANISATION*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **XI-1.** Gegenstände verlieren | |  | | |  | | | |  | | | |  | |  | | |  | | |  | | |  | | | |  | | |  |
| Anderes | |  | | |  | | | |  | | | |  | |  | | |  | | |  | | |  | | | |  | | |  |
| ***ANDERE KATEGORIE*** | |  | | |  | | | |  | | | |  | |  | | |  | | |  | | |  | | | |  | | |  |