

List of Functional Impairments

Below is a sample list of areas of functional impairment that can be used to prompt discussion about how occupation-related psychological injuries, conditions and symptoms are impacting the injured/ill person's quality of life and ability to function on a daily basis. This discussion can then inform treatment goals to address the occupation-related condition(s) by reducing symptoms and facilitating functional recovery.

Area of Life	Do your symptoms impact the below areas of your life (e.g. enjoyment, quality of life, the ability to do things)? Yes / No If yes, how?	Ideas for Related Goals <i>If we could improve that, what would it look like? Is there anything related to this you'd like to work on? (Afterward, rank order of importance)</i>
Personal care: Eating and drinking regularly, showering regularly, dressing daily		
Social connection: Seeing and getting along with closest friends and family		
Participation in community activities: Are you engaging in religious or community events		
Recreational activities: Participation in any hobbies or volunteer positions		
Household chores: Engagement in usual chores around the home		
Getting out of the house: Running errands, seeing people, or leaving the house for other purposes		
Tolerance of stress or emotional situations: Ability to tolerate exposure to emotionally stressful circumstances or emotionally distressed individuals		
Tolerance of confrontation or conflict with others		
Concentration and attention to detail: Ability to focus and sustain continuous concentration and attention to detail		
Memory: Ability to complete tasks without cues/reminders		
Planning and Organizing: Ability to plan and organize tasks		
Decision-making, judgement and responsibility: Ability to exercise judgement, make decisions and assume responsibility for same		
Problem-solving: Ability to think problem-solve by thinking calmly, clearly and analytically		

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Multi-tasking: Ability to perform more than one task at a time, and use judgement to determine priorities		
Time-pressure: Ability to complete tasks by working quickly or under time constraints		
Tolerance to Distracting Stimuli: Ability to complete tasks with some degree of distracting stimuli, vs the need for a quiet, non-distracting environment		
Pacing, Persistence and Stamina: Ability to sustain continuous performance over a period of time without highly frequent breaks		
Flexibility and Adaptability: Ability to adapt to changing situations, circumstances, or environmental demands		
Work-Specific: Ability to Work Independently: Ability to tolerate infrequent supervision and work independently for periods of time		
Work-Specific: Ability to Work with Others: Ability to cooperate with others vs the need to work alone because of difficulty getting along with others		
Work-Specific: Working in Isolation: Ability to work effectively without regular in-person contact		
Work-Specific: Supervision of Others: Ability to act in a supervisory role and provide work direction to one or more people and oversee work performance		
Work-Specific: cue reactivity, work specific trauma triggers		
Driving and Machinery: Ability to drive and to operate machinery		
Other:		
Other:		
Other:		