



Active Support Participation Measure – template

Authors: Edwin Jones and Kathy Lowe 2018 adapted by Momentum 360 Partners and Co for Australian standards.

Person's Name: _____ [NAME]

Written By: _____ [NAME/ROLE]

Date: _____

Others Consulted: _____ [NAME/ROLE]

Instructions:

The purpose of this measure is to assess an individual's level of ability and participation in a variety of typical everyday activities. Each section has an 'other' category – please add any related activities the person has participated in that are not listed.

It should be completed for each person by someone who knows them well, in consultation with others where necessary, in order to gain the most accurate information.

For each item, indicate how frequently the person has participated in the activity IN THE PREVIOUS 4 WEEKS and, as a general rule, how much support was given and the type of assistance given. The coding frame for the frequency, support and assistance categories is printed at the top of each page. If any of this information is not known, then please also indicate this.

Active Support Participation Measure

CODING FRAME					
Frequency in the last four weeks		Amount of support given		Type of assistance given	
0	Not at all	0	Not applicable as does not do this	0	Not applicable as does not do this
1	Once or a few times only	1	No help or only minimal support	1	No help or supervision only
2	Regularly a few times a week	2	Help for a few steps of the task	2	Verbal help only
3	Often – almost daily or more	3	Help for most of the steps of the task	3	Physical help needed
-	Not known	-	Not known	-	Not known

Add up the numbers in the columns to calculate the total scores for each section. Enter the total scores onto the summary sheet at the end of the document. Add up these columns to calculate the overall total scores.

Food & Drink Preparation	Frequency	Amount of support needed	Type of assistance given
<i>Prepares cold drink for self (water, squash, etc)</i>			
<i>Prepares hot drink for self</i>			
<i>Prepares drinks for others</i>			
<i>Makes snacks with cooking (toast, beans, etc)</i>			
<i>Makes simple meals (e.g. ready meals, bacon, eggs)</i>			
<i>Makes full meals using ready prepared ingredients (frozen vegetables, etc)</i>			
<i>Makes full meals with fresh ingredients (raw meat, fresh vegetables, etc)</i>			
<i>Baking cakes, tarts, pies etc</i>			
<i>Other (specify)</i>			
Food & Drink Preparation Total Scores			

Active Support Participation Measure

CODING FRAME					
Frequency in the last four weeks		Amount of support given		Type of assistance given	
0	Not at all	0	Not applicable as does not do this	0	Not applicable as does not do this
1	Once or a few times only	1	No help or only minimal support	1	No help or supervision only
2	Regularly a few times a week	2	Help for a few steps of the task	2	Verbal help only
3	Often – almost daily or more	3	Help for most of the steps of the task	3	Physical help needed
-	Not known	-	Not known	-	Not known

Personal Care	Frequency	Amount of support needed	Type of assistance given
<i>Brushes teeth / dentures</i>			
<i>Washes hair</i>			
<i>Arranges hair</i>			
<i>Washes face</i>			
<i>Washes hands</i>			
<i>Baths or showers self</i>			
<i>Shaves self</i>			
<i>Cares for fingernails</i>			
<i>Cares for toenails</i>			
<i>Uses deodorant</i>			
<i>Dresses self</i>			
<i>Undresses self (appropriate times)</i>			
<i>Puts on and takes off own shoes</i>			
<i>Feeds self/takes drinks</i>			
<i>Other (specify)</i>			
Personal Care Total Scores			

Active Support Participation Measure

CODING FRAME					
Frequency in the last four weeks		Amount of support given		Type of assistance given	
0	Not at all	0	Not applicable as does not do this	0	Not applicable as does not do this
1	Once or a few times only	1	No help or only minimal support	1	No help or supervision only
2	Regularly a few times a week	2	Help for a few steps of the task	2	Verbal help only
3	Often – almost daily or more	3	Help for most of the steps of the task	3	Physical help needed
-	Not known	-	Not known	-	Not known

General Household Tasks	Frequency	Amount of support needed	Type of assistance given
<i>Dusting</i>			
<i>Polishing</i>			
<i>Vacuuming</i>			
<i>Cleans work surfaces</i>			
<i>Mopping</i>			
<i>Sweeping</i>			
<i>Tidying</i>			
<i>Cleaning windows</i>			
<i>Lays/ clear tables</i>			
<i>Washes/dries dishes/cutlery</i>			
<i>Puts clean dishes/cutlery away</i>			
<i>Makes/changes own bed</i>			
<i>Other (specify)</i>			
General Household Tasks Total Scores			

Active Support Participation Measure

CODING FRAME					
Frequency in the last four weeks		Amount of support given		Type of assistance given	
0	Not at all	0	Not applicable as does not do this	0	Not applicable as does not do this
1	Once or a few times only	1	No help or only minimal support	1	No help or supervision only
2	Regularly a few times a week	2	Help for a few steps of the task	2	Verbal help only
3	Often – almost daily or more	3	Help for most of the steps of the task	3	Physical help needed
-	Not known	-	Not known	-	Not known

Laundry	Frequency	Amount of support needed	Type of assistance given
<i>Sorts clothes for washing</i>			
<i>Does hand washing</i>			
<i>Uses washing machine</i>			
<i>Programmes machine settings</i>			
<i>Hangs clothes to dry outdoors or indoors</i>			
<i>Uses tumble dryer</i>			
<i>Folds dry clothes</i>			
<i>Irons clothes</i>			
<i>Puts clothes away</i>			
<i>Other (specify)</i>			
Laundry Total Scores			

Active Support Participation Measure

CODING FRAME					
Frequency in the last four weeks		Amount of support given		Type of assistance given	
0	Not at all	0	Not applicable as does not do this	0	Not applicable as does not do this
1	Once or a few times only	1	No help or only minimal support	1	No help or supervision only
2	Regularly a few times a week	2	Help for a few steps of the task	2	Verbal help only
3	Often – almost daily or more	3	Help for most of the steps of the task	3	Physical help needed
-	Not known	-	Not known	-	Not known

Use of Other Household Equipment	Frequency	Amount of support needed	Type of assistance given
Microwave			
Kettle			
Vacuum			
Toaster			
Food Mixer / Processor			
Cooker			
Dishwasher			
Radio/ CD Player			
Television			
Hairdryer			
Lawn Mower			
Light switches / table lamps, etc			
Telephone			
Computer			
Other (specify)			
Use of Household Equipment Total Scores			

Active Support Participation Measure

CODING FRAME					
Frequency in the last four weeks		Amount of support given		Type of assistance given	
0	Not at all	0	Not applicable as does not do this	0	Not applicable as does not do this
1	Once or a few times only	1	No help or only minimal support	1	No help or supervision only
2	Regularly a few times a week	2	Help for a few steps of the task	2	Verbal help only
3	Often – almost daily or more	3	Help for most of the steps of the task	3	Physical help needed
-	Not known	-	Not known	-	Not known

Shopping	Frequency	Amount of support needed	Type of assistance given
<i>Uses local shops</i>			
<i>Uses supermarkets</i>			
<i>Uses unfamiliar shops</i>			
<i>Buys own snacks or drinks</i>			
<i>Buys own personal items (e.g. toiletries, clothes)</i>			
<i>Buys food and household items (e.g. meal ingredients, cleaning products)</i>			
<i>Buys other household items (e.g. bed linen, towels)</i>			
<i>Other (specify)</i>			
Shopping Total Scores			

Active Support Participation Measure

CODING FRAME					
Frequency in the last four weeks		Amount of support given		Type of assistance given	
0	Not at all	0	Not applicable as does not do this	0	Not applicable as does not do this
1	Once or a few times only	1	No help or only minimal support	1	No help or supervision only
2	Regularly a few times a week	2	Help for a few steps of the task	2	Verbal help only
3	Often – almost daily or more	3	Help for most of the steps of the task	3	Physical help needed
-	Not known	-	Not known	-	Not known

Community Activities	Frequency	Amount of support needed	Type of assistance given
<i>Café</i>			
<i>Restaurant</i>			
<i>Cinema / theatre</i>			
<i>Library</i>			
<i>Uses gym/ sports centre</i>			
<i>Attends sporting event as spectator</i>			
<i>Walking/jogging</i>			
<i>Cycling</i>			
<i>Swimming</i>			
<i>Pubs/Social Clubs</i>			
<i>Hairdresser / barber</i>			
<i>Church / Place of Worship</i>			
<i>Dance / disco</i>			
<i>Further Education Class</i>			
<i>Bank/post office</i>			
<i>Places of interest (e.g. museum)</i>			
<i>Public transport (buses, taxis, trains)</i>			
<i>Crosses roads safely</i>			
<i>Other (specify)</i>			
Community Activities Total Scores			

Active Support Participation Measure

CODING FRAME					
Frequency in the last four weeks		Amount of support given		Type of assistance given	
0	Not at all	0	Not applicable as does not do this	0	Not applicable as does not do this
1	Once or a few times only	1	No help or only minimal support	1	No help or supervision only
2	Regularly a few times a week	2	Help for a few steps of the task	2	Verbal help only
3	Often – almost daily or more	3	Help for most of the steps of the task	3	Physical help needed
-	Not known	-	Not known	-	Not known

Hobbies / Leisure Time	Frequency	Amount of support needed	Type of assistance given
<i>Reads magazines/books</i>			
<i>Watches TV Programmes/DVDs</i>			
<i>Listens to Radio Programmes</i>			
<i>Listens to music (CDs)</i>			
<i>Plays musical instrument</i>			
<i>Participates in crafts</i>			
<i>Participates in joint pastimes (cards, games)</i>			
<i>Has more complex hobby (e.g. photography, collecting stamps)</i>			
<i>Cares for houseplants</i>			
<i>Mows grass</i>			
<i>Tends garden plants (planting, weeding, watering, deadheading, pruning etc)</i>			
<i>DIY/decorating</i>			
<i>Other (specify)</i>			
Hobbies / Leisure Time Total Scores			

Active Support Participation Measure

CODING FRAME					
Frequency in the last four weeks		Amount of support given		Type of assistance given	
0	Not at all	0	Not applicable as does not do this	0	Not applicable as does not do this
1	Once or a few times only	1	No help or only minimal support	1	No help or supervision only
2	Regularly a few times a week	2	Help for a few steps of the task	2	Verbal help only
3	Often – almost daily or more	3	Help for most of the steps of the task	3	Physical help needed
-	Not known	-	Not known	-	Not known

ADAPT TO EDUCATION IF REQUIRED**** Tool for Teen and Adults traditionally

Vocational Activity	Frequency	Amount of support needed	Type of assistance given
<i>Volunteering/ Schooling</i>			
<i>Training for work/ Education for independence</i>			
<i>Unpaid work experience/ Self Learning</i>			
<i>Paid part-time work/ Part-Time learning</i>			
<i>Paid full-time work / Full time learning</i>			
<i>Other (specify)</i>			
Vocational Activity Total Scores			

Momentum - 360
Partners & Co.

Active Support Participation Measure

CODING FRAME					
Frequency in the last four weeks		Amount of support given		Type of assistance given	
0	Not at all	0	Not applicable as does not do this	0	Not applicable as does not do this
1	Once or a few times only	1	No help or only minimal support	1	No help or supervision only
2	Regularly a few times a week	2	Help for a few steps of the task	2	Verbal help only
3	Often – almost daily or more	3	Help for most of the steps of the task	3	Physical help needed
-	Not known	-	Not known	-	Not known

SUMMARY TABLE	Frequency	Amount of support needed	Type of assistance given
<i>Food & Drink Preparation</i>			
<i>Personal Care</i>			
<i>General Household Tasks</i>			
<i>Laundry</i>			
<i>Use of Other Household Equipment</i>			
<i>Shopping</i>			
<i>Community Activities</i>			
<i>Hobbies / Leisure Time</i>			
<i>Vocational Activity</i>			
OVERALL TOTAL SCORES			