



### OPTIMAL INSTRUMENT Difficulty-Follow-Up

Name \_\_\_\_\_

Date \_\_\_\_\_

Three (3) activities you would most like to be able to do without any difficulty (identified at baseline assessment):

1.\_\_\_\_ 2.\_\_\_\_ 3.\_\_\_\_

Primary activity you would most like to be able to do without any difficulty (identified at baseline assessment):

Primary goal. \_\_\_\_

<b>Instructions:</b> Please circle the level of difficulty you have for each activity today.	<b>Able to do without any difficulty</b>	<b>Able to do with little difficulty</b>	<b>Able to do with moderate difficulty</b>	<b>Able to do with much difficulty</b>	<b>Unable to do</b>	<b>Not applicable</b>
1. Lying flat	1	2	3	4	5	9
2. Rolling over	1	2	3	4	5	9
3. Moving-lying to sitting	1	2	3	4	5	9
4. Sitting	1	2	3	4	5	9
5. Squatting	1	2	3	4	5	9
6. Bending/stooping	1	2	3	4	5	9
7. Balancing	1	2	3	4	5	9
8. Kneeling	1	2	3	4	5	9
9. Standing	1	2	3	4	5	9
10. Walking-short distance	1	2	3	4	5	9
11. Walking-long distance	1	2	3	4	5	9
12. Walking-outdoors	1	2	3	4	5	9
13. Climbing stairs	1	2	3	4	5	9
14. Hopping	1	2	3	4	5	9
15. Jumping	1	2	3	4	5	9
16. Running	1	2	3	4	5	9
17. Pushing	1	2	3	4	5	9
18. Pulling	1	2	3	4	5	9
19. Reaching	1	2	3	4	5	9
20. Grasping	1	2	3	4	5	9
21. Lifting	1	2	3	4	5	9
22. Carrying	1	2	3	4	5	9

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## Confidence-Follow-up Date \_\_\_\_\_

<b>Instructions:</b> Please circle the level of confidence you have for doing each activity today.	<b>Fully confident in my ability to perform</b>	<b>Very confident</b>	<b>Moderate confidence</b>	<b>Some confidence</b>	<b>Not confident in my ability to perform</b>	<b>Not applicable</b>
1. Lying flat	1	2	3	4	5	9
2. Rolling over	1	2	3	4	5	9
3. Moving—lying to sitting	1	2	3	4	5	9
4. Sitting	1	2	3	4	5	9
5. Squatting	1	2	3	4	5	9
6. Bending/stooping	1	2	3	4	5	9
7. Balancing	1	2	3	4	5	9
8. Kneeling	1	2	3	4	5	9
9. Standing	1	2	3	4	5	9
10. Walking—short distance	1	2	3	4	5	9
11. Walking—long distance	1	2	3	4	5	9
12. Walking—outdoors	1	2	3	4	5	9
13. Climbing stairs	1	2	3	4	5	9
14. Hopping	1	2	3	4	5	9
15. Jumping	1	2	3	4	5	9
16. Running	1	2	3	4	5	9
17. Pushing	1	2	3	4	5	9
18. Pulling	1	2	3	4	5	9
19. Reaching	1	2	3	4	5	9
20. Grasping	1	2	3	4	5	9
21. Lifting	1	2	3	4	5	9
22. Carrying	1	2	3	4	5	9

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