Universal Design Products
A Personal Assessment Tool
Family and Consumer Sciences, Universal Design, The Ohio State University, fcs.osu.edu/resources/universal-design

Use this tool to evaluate your physical function (i.e., mobility, strength, and sensory skills).

After reading each statement, please circle the number that most accurately describes your experiences.
(1 = Never true; 2 = Sometimes true; 3 = Usually true; 4 = Always true)

<table>
<thead>
<tr>
<th>Strength and Range of Motion</th>
<th>Never True</th>
<th>Sometimes True</th>
<th>Usually True</th>
<th>Always True</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I am not able to stand long enough to perform everyday activities such as cooking, cleaning or grooming.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>2. It is difficult to make the bed.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>3. It is difficult to reach items on shelves above my head.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>4. It is difficult to pick up items that are on the floor.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>5. I need others to carry heavy objects for me.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

Additional comments:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
### Balance

6. I experience periods of dizziness or disorientation.  
   | Never True | Sometimes True | Usually True | Always True |
   | 1          | 2            | 3            | 4           |

7. I have problems with tripping.  
   | Never True | Sometimes True | Usually True | Always True |
   | 1          | 2            | 3            | 4           |

8. I need help getting in and out of bed or chairs.  
   | Never True | Sometimes True | Usually True | Always True |
   | 1          | 2            | 3            | 4           |

### Mobility

9. I have difficulty walking up and down stairs.  
   | Never True | Sometimes True | Usually True | Always True |
   | 1          | 2            | 3            | 4           |

10. I have difficulty walking by myself.  
    | Never True | Sometimes True | Usually True | Always True |
    | 1          | 2            | 3            | 4           |

11. I have difficulty walking and carrying something at the same time.  
    | Never True | Sometimes True | Usually True | Always True |
    | 1          | 2            | 3            | 4           |

12. I would have difficulty quickly exiting the house in an emergency.  
    | Never True | Sometimes True | Usually True | Always True |
    | 1          | 2            | 3            | 4           |

### Additional comments:

____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
Touch/Dexterity

13. Knobs on doors and lids of cans are difficult for me to grasp.
   - True
   - True
   - True
   - True

14. I have difficulty adjusting faucets to the right temperature.
   - 1
   - 2
   - 3
   - 4

15. I cannot easily grip small items.
   - 1
   - 2
   - 3
   - 4

Additional comments:

Vision

16. I have difficulty seeing small objects around the house.
   - 1
   - 2
   - 3
   - 4

17. It takes a long time for my eyes to adjust when moving from lighted areas to dark areas.
   - 1
   - 2
   - 3
   - 4

18. It is difficult to judge the depth and width of stairs.
   - 1
   - 2
   - 3
   - 4

19. I have problems with glare when I am close to windows.
   - 1
   - 2
   - 3
   - 4

Additional comments:
## Hearing

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
</table>
| 20. I have problems hearing the conversation in a large group of people. | 1 | 2 | 3 | 4
| 21. I have difficulty locating where a sound is coming from. | 1 | 2 | 3 | 4
| 22. I ask people to repeat themselves often. | 1 | 2 | 3 | 4
| 23. I sleep through alarm clocks and do not hear the doorbell or the telephone ring. | 1 | 2 | 3 | 4

### Additional comments:

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## Smell

<table>
<thead>
<tr>
<th></th>
<th>Never True</th>
<th>Sometimes True</th>
<th>Usually True</th>
<th>Always True</th>
</tr>
</thead>
</table>
| 24. I have difficulty noticing offensive odors. | 1 | 2 | 3 | 4
| 25. I have found evidence of spoiled food or left a pan burning on a stove, not knowing there was a problem because I smelled nothing unusual. | 1 | 2 | 3 | 4

### Additional comments:

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For more information, visit [fcs.osu.edu/resources/universal-design](http://fcs.osu.edu/resources/universal-design)

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