

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)

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

Additional comments:

		Never True	Sometimes True	Usually True	Always True
<u>Balance</u>					
6.	I experience periods of dizziness or disorientation.	1	2	3	4
7.	I have problems with tripping.	1	2	3	4
8.	I need help getting in and out of bed or chairs.	1	2	3	4

Additional comments:

		Never True	Sometimes True	Usually True	Always True
<u>Mobility</u>					
9.	I have difficulty walking up and down stairs.	1	2	3	4
10.	I have difficulty walking by myself.	1	2	3	4
11.	I have difficulty walking and carrying something at the same time.	1	2	3	4
12.	I would have difficulty quickly exiting the house in an emergency.	1	2	3	4

Additional comments:

True True True True

Touch/Dexterity

- | | | | | | |
|-----|--|---|---|---|---|
| 13. | Knobs on doors and lids of cans are difficult for me to grasp. | 1 | 2 | 3 | 4 |
| 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:

Never True Sometimes True Usually True Always True

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:

Never Sometimes Usually Always

		True	True	True	True
<u>Hearing</u>					
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:

		Never True	Sometimes True	Usually True	Always True
<u>Smell</u>					
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:

For more information, visit fcs.osu.edu/resources/universal-design