

Self-Care Activity Assessment Chart For the Person with MS

(Place an X in the boxes that identifies your level of support needed for these activities)

ACTIVITY	INDEPENDENT	NEED MORE TIME	NEED TO USE EQUIPMENT	SOMETIMES NEED HELP	ALWAYS NEED SOME HELP
Eating					
Drinking					
Grooming					
Getting dressed					
Bathing					
Toileting					
Bladder care					
Bowel care					
Toilet transfers					
Bathtub transfers					
Bed transfers					
Car transfers					
Using stairs					
Walking in the home					
Using a wheelchair					
Getting into/out of the house					
Other:					

COMMENTS:

QUESTIONS: