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Activity Card Sort UK Version: **Institutional Version Form A** (for use for hospital admissions, residential, nursing and extra care settings)

Name: _____

Date: _____

Number	Activity	Done Previously before illness, injury or admission	Not Done previously before illness, injury or admission	Comments (e.g. wishes to continue with activity, memories, preferences)
ACS UK				
Instrumental Activities of Daily Living				
1	Food / Grocery Shopping	1	1	
2	Shopping for Clothes / Shoes	1	1	
3	Washing Up	1	1	
4	Doing the Laundry	1	1	
5	Gardening / Tending your Allotment	1	1	
6	Putting the Rubbish / Recycling Out	1	1	
7	Cooking a Meal	1	1	
8	Household Chores	1	1	
9	Performing DIY	1	1	
10	Driving	1	1	
11	Vehicle Maintenance	1	1	
12	Going to the Doctor / Dentist	1	1	
13	Taking Care of Pets	1	1	
14	Managing Financial Matters	1	1	
15	Taking a Rest	1	1	
16	Going to the Hairdresser / Barber	1	1	
17	Mending / Repairing Clothes	1	1	
18	Childcare / Babysitting	1	1	
19	Working in Paid Employment	1	1	
20	Preparing a Hot Drink	1	1	
21	Conducting Personal Care	1	1	
22	Using Public Transport	1	1	
23	Conducting Personal Business	1	1	

Number	Activity	Done Prior to Prior to Illness/Injury or Admission	Not Done Prior to Prior to Illness/Injury or Admission	Comments	ACS UK
24	Taking Care of Others	1	1		
25	Making your Bed	1	1		
26	Talking on the Telephone	1	1		
27	Keeping a Diary / Calendar of Events	1	1		
Totals for Instrumental Activities					
Low Demand Leisure					
28	Knitting / Needlecrafts	1	1		
29	Playing Table Games	1	1		
30	Going to Watch a Sports Event	1	1		
31	Cooking / Baking as a Hobby	1	1		
32	Doing Puzzles / Crosswords	1	1		
33	Using a Computer	1	1		
34	Taking Photographs	1	1		
35	Reading a Religious Book	1	1		
36	Written Communications	1	1		
37	Reading a Magazine	1	1		
38	Looking at Photo Albums / Home Videos	1	1		
39	Researching Family / Local History	1	1		
40	Watching Films on DVD / Video	1	1		
41	Reading a Newspaper	1	1		
42	Watching Nature	1	1		
43	Gambling	1	1		
44	Playing Bingo	1	1		
45	Going to the Cinema	1	1		
46	Watching Television	1	1		
47	Listening to the Radio / Music	1	1		
48	Sitting and Thinking	1	1		

Number	Activity	Done Prior to Prior to Illness/Injury or Admission	Not Done Prior to Prior to Illness/Injury or Admission	Comments	ACS UK
49	Relaxing / Meditating	1	1		
50	Entering Competitions	1	1		
51	Reading a Book	1	1		
52	Flower Arranging	1	1		
53	Doing Jigsaws	1	1		
Total Low Demand Activities					

High Demand Leisure					
54	Going to the Beach	1	1		
55	Recreational Shopping	1	1		
56	Dancing	1	1		
57	Swimming	1	1		
58	Indoor Bowling	1	1		
59	Outdoor Bowling	1	1		
60	Playing Golf	1	1		
61	Walking	1	1		
62	Hiking / Rambling	1	1		
63	Exercising	1	1		
64	Riding a Bicycle	1	1		
65	Going on Holiday / Travelling	1	1		
66	Attending a Hobby / Leisure Group	1	1		
67	Going to Gardens / Parks	1	1		
68	Fishing	1	1		
Totals for High Demand Leisure Activities					

Number	Activity	Done Prior to Prior to Illness/Injury or Admission	Not Done Prior to Prior to Illness/Injury or Admission	Comments	ACS UK
Social and Cultural Activities					
69	Visiting Graves	1	1		
70	Having a Picnic / BBQ	1	1		
71	Spending Time with Family / Friends	1	1		
72	Visiting Family / Friends who are Ill	1	1		
73	Eating Out	1	1		
74	Going to Parties	1	1		
75	Going on Outings	1	1		
76	Going for Drinks at Pubs / Social Clubs	1	1		
77	Going to Places of Worship	1	1		
78	Doing Activities with Grandchildren / Children	1	1		
79	Volunteer Work	1	1		
80	Voting	1	1		
81	Being with your Spouse / Partner	1	1		
82	Cultural Visits	1	1		
83	Going to Music / Performing Arts Events	1	1		
84	Studying for Personal Advancement	1	1		
85	Attending a Night Class / Adult Education Class	1	1		
86	Attending a Social / Community Group	1	1		
87	Having a Tea / Coffee with Someone Else	1	1		
88	Going to a Public Library	1	1		
89	Being on a Committee	1	1		
90	Dating / Companion Seeking	1	1		
91	Entertaining at Home	1	1		
92	Attending Celebrations / Ceremonies	1	1		
Total Social and Cultural Activities					
93	Sleep	1	1		

Other Activities of importance to the person

Top 5 Activities	1	
	2	
	3	
	4	
	5	

Goals for rehabilitation or reablement:

Plan for maintaining the person's engagement in previously undertaken activities:

Individual activities:

Group activities:

Activities to encourage with friends and family visiting:

Name of staff assessing: _____ **Staff role:** _____ **Date:** _____