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Activity Card Sort UK Version. Recovery Version Form B

Name: _____

Date _____

Number	Activity	Never Done Before Current Illness or Injury	Doing more since illness / injury	Continued to Do During Illness or Injury	Doing Less Since Illness or Injury	Given Up Due to Illness or Injury	New Activity Since Illness or Injury	Done Previously	Score	Comments
Instrumental ADL										
1	Food / Grocery Shopping		1	1	0.5	0	1	1		
2	Shopping for Clothes / Shoes		1	1	0.5	0	1	1		
3	Washing Up		1	1	0.5	0	1	1		
4	Doing the Laundry		1	1	0.5	0	1	1		
5	Gardening / Tending your Allotment		1	1	0.5	0	1	1		
6	Putting the Rubbish / Recycling Out		1	1	0.5	0	1	1		
7	Cooking a Meal		1	1	0.5	0	1	1		
8	Household Chores		1	1	0.5	0	1	1		
9	Performing DIY		1	1	0.5	0	1	1		
10	Driving		1	1	0.5	0	1	1		
11	Vehicle Maintenance		1	1	0.5	0	1	1		
12	Going to the Doctor / Dentist		1	1	0.5	0	1	1		
13	Taking Care of Pets		1	1	0.5	0	1	1		
14	Managing Financial Matters		1	1	0.5	0	1	1		
15	Taking a Rest		1	1	0.5	0	1	1		
16	Going to the Hairdresser / Barber		1	1	0.5	0	1	1		
17	Mending / Repairing Clothes		1	1	0.5	0	1	1		
18	Childcare / Babysitting		1	1	0.5	0	1	1		
19	Working in Paid Employment		1	1	0.5	0	1	1		
20	Preparing a Hot Drink		1	1	0.5	0	1	1		
21	Conducting Personal Care		1	1	0.5	0	1	1		
22	Using Public Transport		1	1	0.5	0	1	1		
23	Conducting Personal Business		1	1	0.5	0	1	1		
24	Taking Care of Others		1	1	0.5	0	1	1		
25	Making your Bed		1	1	0.5	0	1	1		
26	Talking on the Telephone		1	1	0.5	0	1	1		
27	Keeping a Diary / Calendar of Events		1	1	0.5	0	1	1		



Number	Activity	Never Done	Doing more	Continued to Do	Doing Less	Given Up Due	New Activity	Done Previously	Score	Comments
Totals for Instrumental ADL									Current	
									Previous	
									Retained	
Low Demand Leisure										
28	Knitting / Needlecrafts		1	1	0.5	0	1	1		
29	Playing Table Games		1	1	0.5	0	1	1		
30	Going to Watch a Sports Event		1	1	0.5	0	1	1		
31	Cooking / Baking as a Hobby		1	1	0.5	0	1	1		
32	Doing Puzzles / Crosswords		1	1	0.5	0	1	1		
33	Using a Computer		1	1	0.5	0	1	1		
34	Taking Photographs		1	1	0.5	0	1	1		
35	Reading a Religious Book		1	1	0.5	0	1	1		
36	Written Communications		1	1	0.5	0	1	1		
37	Reading a Magazine		1	1	0.5	0	1	1		
38	Looking at Photo Albums / Home Videos		1	1	0.5	0	1	1		
39	Researching Family / Local History		1	1	0.5	0	1	1		
40	Watching Films on DVD / Video		1	1	0.5	0	1	1		
41	Reading a Newspaper		1	1	0.5	0	1	1		
42	Watching Nature		1	1	0.5	0	1	1		
43	Gambling		1	1	0.5	0	1	1		
44	Playing Bingo		1	1	0.5	0	1	1		
45	Going to the Cinema		1	1	0.5	0	1	1		
46	Watching Television		1	1	0.5	0	1	1		
47	Listening to the Radio / Music		1	1	0.5	0	1	1		
48	Sitting and Thinking		1	1	0.5	0	1	1		
49	Relaxing / Meditating		1	1	0.5	0	1	1		
50	Entering Competitions		1	1	0.5	0	1	1		
51	Reading a Book		1	1	0.5	0	1	1		
52	Flower Arranging		1	1	0.5	0	1	1		
53	Doing Jigsaws		1	1	0.5	0	1	1		

Totals Low Demand Activities									Current	
									Previous	
									% Retained	

Number	Activity	Never Done Before	Doing more	Continue to Do	Doing Less	Given Up	New Activity	Done Previously	Score	Comments
High Demand Leisure										
54	Going to the Beach		1	1	0.5	0	1	1		
55	Recreational Shopping		1	1	0.5	0	1	1		
56	Dancing		1	1	0.5	0	1	1		
57	Swimming		1	1	0.5	0	1	1		
58	Indoor Bowling		1	1	0.5	0	1	1		
59	Outdoor Bowling		1	1	0.5	0	1	1		
60	Playing Golf		1	1	0.5	0	1	1		
61	Walking		1	1	0.5	0	1	1		
62	Hiking / Rambling		1	1	0.5	0	1	1		
63	Exercising		1	1	0.5	0	1	1		
64	Riding a Bicycle		1	1	0.5	0	1	1		
65	Going on Holiday / Travelling		1	1	0.5	0	1	1		
66	Attending a Hobby / Leisure Group		1	1	0.5	0	1	1		
67	Going to Gardens / Parks		1	1	0.5	0	1	1		
68	Fishing		1	1	0.5	0	1	1		
Totals High Demand Activities									Current	
									Previous	
									% Retained	

Number	Activity	Never Done	Doing more	Continu-ed to Do	Doing Less	Given Up	New Activity	Done Previously	Score	Comments
Social/Cultural Activities										
69	Visiting Graves		1	1	0.5	0	1	1		
70	Having a Picnic / BBQ		1	1	0.5	0	1	1		
71	Spending Time with Family / Friends		1	1	0.5	0	1	1		
72	Visiting Family / Friends who are Ill		1	1	0.5	0	1	1		
73	Eating Out		1	1	0.5	0	1	1		
74	Going to Parties		1	1	0.5	0	1	1		
75	Going on Outings		1	1	0.5	0	1	1		
76	Going for Drinks at Pubs / Social Clubs		1	1	0.5	0	1	1		
77	Going to Places of Worship		1	1	0.5	0	1	1		
78	Doing Activities with Grandchildren / Children		1	1	0.5	0	1	1		
79	Volunteer Work		1	1	0.5	0	1	1		
80	Voting		1	1	0.5	0	1	1		
81	Being with your Spouse / Partner		1	1	0.5	0	1	1		
82	Cultural Visits		1	1	0.5	0	1	1		
83	Going to Music / Performing Arts Events		1	1	0.5	0	1	1		
84	Studying for Personal Advancement		1	1	0.5	0	1	1		
85	Attending a Night Class / Adult Education Class		1	1	0.5	0	1	1		
86	Attending a Social / Community Group		1	1	0.5	0	1	1		
87	Having a Tea / Coffee with Someone Else		1	1	0.5	0	1	1		
88	Going to a Public Library		1	1	0.5	0	1	1		
89	Being on a Committee		1	1	0.5	0	1	1		
90	Dating / Companion Seeking		1	1	0.5	0	1	1		
91	Entertaining at Home		1	1	0.5	0	1	1		
92	Attending Celebrations / Ceremonies		1	1	0.5	0	1	1		
Total Social Activities									Current	
									Previous	
									Retained (%)	
93	Sleeping		1	1	0.5	0	1	1		

	Other Activities	Never Done	Doing more	Continued to Do	Doing Less	Given Up	New Activity		Done Previously	Score	Comments
			1	1	0.5	0	1		1		
			1	1	0.5	0	1		1		
			1	1	0.5	0	1		1		
			1	1	0.5	0	1		1		
			1	1	0.5	0	1		1		

Identify the five most important activities to you (they may be activities you no longer do)

1

2

3

4

5

Global ACS-UK Scores	Score
GCA: Global Current Activity (sum total of Current Activity sectional scores)	
GPA: Global Previous Activity (sum total of Previous Activity sectional scores)	
GRAS: Global Percent Retained (divide global Current Activity score by global Previous Activity score)	

New Activities you would like to do:

Summary comments and Goals:

Therapist's signature: _____ **Date assessed:** _____

ACS|UK