

# Function Checklist



Use this checklist to (1) Measure the degree to which clutter is impacting activities of daily living; (2) Compare how the person with clutter and an external observer or family member rates the impact of clutter on daily activities; (3) Measure change over time or as decluttering efforts progress. **For use by: Community Service Providers, Helpers, Therapists**

Clutter can have a significant impact on functioning and the intended use of a home’s living areas. Rate how much or little clutter interferes with the activities of daily living below (or N/A if item is not applicable).

0 – No interference	1 – Slight interference	2 – Some interference	3 – Moderate interference	4 – Complete interference
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<input type="checkbox"/>	Meal preparation
<input type="checkbox"/>	Toileting
<input type="checkbox"/>	Bathing
<input type="checkbox"/>	Sleeping
<input type="checkbox"/>	Dressing (include access to clothes)
<input type="checkbox"/>	Eating
<input type="checkbox"/>	Sitting down
<input type="checkbox"/>	Using computer
<input type="checkbox"/>	Using phone
<input type="checkbox"/>	Watching TV
<input type="checkbox"/>	Paying bills/ managing finances
<input type="checkbox"/>	Socializing in home
<input type="checkbox"/>	Climbing stairs
<input type="checkbox"/>	Walking around home

**Scoring:** Add up your total score and divide it by the number of responses you provided (do not include any N/A answers).

Total \_\_\_\_\_ / \_\_\_\_\_ Number of answers \_\_\_\_\_ = **Average Functional Score\***

\* Extent daily activities are being affected: 0 – 2.5 Mild | 2.6 – 3 Moderate | 3 – 4 Significant

Note that even if the average score is low, there may still be individual items identified as a significant concern. It is important to address these.

[Adapted from: Cavanagh, J. et al, 2009; Tolin, Frost & Steketee, 2007]