

3 - WORK, HOBBY & PHYSICAL**The person**

Activity:		
Name:		
Date:		
<i>Is this activity beneficial to this person? Answer questions only if they are relevant. Mark with a tick for YES, cross for NO</i>		√ X
PERSON WITH DEMENTIA		
Character & personality	Is the person happy in themselves?	
	Is the person optimistic?	
	Are they open to new experience and will try new things?	
	Is the person industrious (enjoys working with their hands, keeping busy)?	
	Is the person easily bored when doing nothing?	
	Does the person enjoy accomplishments?	
	Do they generally want to move about?	
	Do they generally enjoy holding and handling items?	
Interests & activities	Does the person like to do work, hobbies or physical activities?	
	Does the person express a desire to work or do a hobby?	
	Does the person enjoy housework?	
	Did they enjoy hobby or work activities in the past?	
	Do they have special abilities or skills for this activity?	
<i>Groups</i>	Are they in a group or club that enjoys and regularly does this?	
	Were they in such a group or club in the past?	
	Is the person in touch with others who share these interests?	
	Is there a club or group in which the person can do the activity?	
	Is there a work or trade-related group available?	
	Is there a musical or singing group available to the person?	
<i>Media</i>	Do they read books or magazines related to this?	
	Do they listen to radio programmes on this topic?	
	Do they watch television programmes about this?	
	Do they have phone contact with others who share such interests?	
	Would they like to do these things?	
Privacy, choice & control	Does the person have private space in which to do physical activities?	
	Can they control their work space so projects are not disturbed?	
	If this kind of activity requires privacy, do they have any?	
Psychological & emotional	Are they free from stress or anxiety?	
	Are they not suffering from depression?	

	Are they free from boredom?	
Physical & medical	Is the person able to stay awake, aware and engaged?	
	Are they physically comfortable at the moment?	
	Are they free from pain?	
	Are they warm enough and free from draughts?	
	Did the person exercise in the past?	
	Do they engage in daily exercise now?	
	Are medications regularly reviewed to ensure they are not over-prescribed?	
Accessibility & mobility	Are they physically mobile (not bed-bound)?	
	Does their normal day involve movement through rooms and spaces?	
	Does their normal day involve movement between buildings?	
	When moving about are they physically comfortable and free from pain?	
	Do they have support if required (wheelchair, walking frame, etc.)?	
	Is their balance adequate to move about a room or go outside?	
	If they have equilibrium problems have their ears been checked?	
	Is physical support available to assist with their balance?	
	Can the person access dance, movement or exercise classes?	
	<i>If the activity involves a specific device or technology:</i>	
	Does the person have the dexterity required to do it?	
	Grip strength or physical body strength?	
	Fine motor skill (turning motion, precision)?	
	Use of hands, use of fingers, use of both hands?	
	Touch sensitivity required to achieve the tasks involved?	
	If necessary can support for physical impairment be provided?	
Sensory		
<i>Sight</i>	Can they make out facial features of a person sitting nearby?	
	Can they easily see objects on a table in front of them?	
	Can they see normal signage such as names/numbers on doors?	
	Can they read printed materials such as a book they are holding?	
	If not can large print or audio versions be provided for them?	
	If they require glasses can these be provided?	
	If they use glasses, are these on and clean?	
	Is the person's sight adequate for doing this particular activity?	
<i>Hearing</i>	Can they hear normal levels of conversation across a room?	
	Is their hearing adequate to hear another person within arm's length?	
	If they use a hearing aid, is it clean and properly adjusted?	
	Is support for sensory impairment available if necessary?	
	Do they use sign language or read lips?	

	If so, can they be seated where they can see lips and faces clearly?	
	Is the person's hearing adequate for doing this particular activity?	
<i>Taste</i>	If the activity involves food, can the person chew adequately?	
	Are their mouth, teeth and gums healthy and comfortable?	
	If they use false teeth, are they in place and properly fitted?	
	Is routine dental care being provided?	
<i>Smell</i>	Are they able to smell adequately to enjoy eating?	
	If not, can more aromatic foods be provided for this person?	
<i>Touch</i>	Can they feel objects like knobs, buttons and handles?	
	If not is physical assistance available to help manipulate objects?	
Cognitive & intuitive	Do they enjoy learning new things?	
	Do they like to take things apart or find out how things work?	
	<i>Questions about a specific activity or hobby:</i>	
	Does the person recognise the tools or materials associated with it?	
	Can the person remember how to do it without prompting?	
	Will they know the work-hobby opportunity is available without prompting?	
	<i>How well supported is the person by other people? Answer questions only if they are relevant. Mark with a tick for YES, cross for NO</i>	
CARE, SUPPORT & CULTURE		
	Do caregivers initiate and encourage outdoor activities?	
	Do caregivers initiate and encourage contact with nature?	
	Are the caregivers positive and do they show enthusiasm?	
	Do caregivers believe in the person's capabilities?	
	Can transport be provided for this activity if necessary?	
	Are occupational activities available to the person?	
	Can materials and supplies be provided such as paints or wool?	
	Are classes or lessons available to the person?	
	Can equipment be supplied, e.g. musical or exercise instruments?	
	Is there an occupational therapist available?	
	Is there a music therapist available?	
	If not, can caregivers enable work & hobby-type activities?	
	Does the person have access to a day centre?	
	Does it have spaces equipped for work & hobbies to occur?	
Friends & family	Does the person have any friends or family living nearby?	
	Do relatives or friends visit?	
	Do visitors share any of the person's interests or passions?	
	Do grandchildren or young people play a role in their life?	

	Do friends or family share this interest or enjoy doing this activity?	
	Do they have particular skills or experience with this type of activity?	
	Do they know songs and dances the person knows?	
Neighbours	Do they have any next door neighbours?	
	Do they have a good relationship with a neighbour?	
Peer group	Is the person in contact with people of a similar social class or working experience?	
	Do those in contact with them hold similar world views, attitudes or opinions?	
	Are they in contact with others of the same gender who might have similar work or hobby interests?	
Community	Do volunteers participate in their life?	
	Do they have any links to the local community?	
Culture	Is participation in work & hobbies the cultural norm for older people?	
	Are older people seen as productive and contributing?	
	Are there financial incentives that encourage their interests?	
	Are there no financial disincentives to pursue their interests?	
	Is old age seen as a time to pursue nature-related activities?	
Care home	Is there a helpful friendly atmosphere between residents & staff?	
	Are work/hobby/physical activities written into a person's care plan?	
	Does the person have any domestic responsibilities?	
	Does the person regularly participate in work or hobby activities?	
	Is there a time in the day when this work or hobby would easily fit?	
	Is the person expected or encouraged to do work or have a hobby?	
	Are work activities or hobbies part of a normal daily routine?	
	Is playing music, singing or dancing something that occurs daily?	
	Is the person's biographical information known?	
	Is something known about the person's working life (jobs, skills, position in company)?	
	Is something known about their recreational activities or sports?	
	...or about skills or activities learned from parents or employers?	
	Total potential <i>person</i> barriers to work, hobby and physical activity	

3 - WORK, HOBBY & PHYSICAL

3.1 Seated in a chair (reading, knitting, crosswords)

The place

Does the place support this activity? Answer questions only if they are relevant.
Mark with a tick for YES, cross for NO

√ X

SPACE PROVISION

Is there a space with a comfortable chair?

Is there storage space that can be reached from the chair to keep necessary materials and supplies (wool, books, etc.)?

PERSONALISATION & PRIVACY

Is there a view to outdoors from the chair?

Is there an absence of distractions and noise?

Is the space conducive to concentrating?

Is there a door that can be closed for privacy?

Is a personal conversation possible in the space?

Is this the individual's personal space, full of their things?

If not, can the space be personalised by the individual?

Can materials be left out and not disturbed by others?

BUILDING INTERIOR

Fixtures Is there a shelf or bookcase nearby?

Furniture Is there a comfortable relaxing chair, preferably that adjusts to fit the person?

Is there a small table within arm's reach for personal items?

Is there a foot stool?

Supplies Is there a magnifying device that can be hooked up and used if needed?

Is there a basket, sewing box or magazine rack within reach?

Are supplies kept on display and within physical reach of the person?

COMFORT, SUPPORT FOR THE SENSES

Vision Is there ample sunlight reaching the space where they are sitting and working?

If not, is it bright enough for the person to see what they are doing?

Is there task lighting?

Is there overhead lighting in the room as well as task lighting?

Does task lighting come from overhead and one side, rather than from in front?

Glare Glare is bright uncomfortable light reaching the eyes, usually from sun reflecting off a shiny surface or from looking directly at a light bulb.

Is there a lack of bright light coming through the window into the person's eyes?

Are light bulbs shaded from view so the person cannot see them directly?

	Are clear glass light fixtures avoided?	
Heating & ventilation	Is the air in the room fresh and not overly stuffy?	
	Can the temperature be adjusted locally?	
SERVICES & SYSTEMS		
Electrics	Are electric outlets provided, sufficient and within reach of where they are needed?	
	Are switches and socket outlets within reach?	
	Total potential <i>place</i> barriers to activities seated in a chair (reading, knitting, crosswords)	

3 - WORK, HOBBY & PHYSICAL

3.2 Seated at a table/desk (writing, drawing, jigsaws, board games)

The place

<i>Does the place support this activity? Answer questions only if they are relevant. Mark with a tick for YES, cross for NO</i>		✓ X
SPACE PROVISION		
	Is there space to sit at a table or desk to write or draw?	
	Does the space contain necessary materials and supplies?	
	Is there space for 2 people to sit comfortably at a table?	
	Is there space for 4 people to sit comfortably around a table?	
PERSONALISATION & PRIVACY		
	Are there views or objects to draw from the seat?	
	Is there a view to outdoors from the person's chair?	
	Is there an absence of distractions and noise?	
	Is the space conducive to concentrating?	
	Is there a door that can be closed for privacy (if desired)?	
	Is a personal conversation possible in the space?	
	Is this the individual's personal space, full of their things?	
	If not, can the space be personalised by those using it?	
	Can a puzzle be spread out on the table for a few days?	
	Can the puzzle be left undisturbed if desired?	
ACCESSIBILITY & MOBILITY		
	Can a wheelchair be accommodated at the table?	
BUILDING INTERIOR		
Furniture	Are there sufficient chairs (upright with back support) available in the room?	
	Are the chairs the right height to sit comfortably and to reach the table?	
	Are sharp edges and corners avoided on table tops?	
	<i>Writing & drawing:</i>	
	Is there a level, sturdy & smooth table?	
	Is the table at the right height to write or draw on?	
	Is there an upright chair with suitable support for the person while working?	
	Is the chair close enough to the table for the person to sit upright?	
	<i>Jigsaw puzzles:</i>	
	Is there a table that is large enough for the puzzle and the box lid?	
	Is the chair appropriately matched to the table in height, nearness to table, etc?	
	If the chair has arms do they fit under the table so the chair can be close enough?	
	Is the table at the right height for working while sitting or standing?	
	Is there a small table or area nearby for holding the box, the lid, drinks, etc?	
	Is there enough room & chairs for two people to sit at the table & work?	

Supplies	Are supplies kept on display and within physical reach of the person?	
	Is there a selection of board games in the room?	
Storage	Is there an area, shelf or cupboard for puzzles?	
	Is there storage for games or table wares nearby?	
COMFORT, SUPPORT FOR THE SENSES		
Vision	Is there ample sunlight coming into the room where the person is sitting?	
	If not, is it bright enough for the person to see what they are doing?	
	Is there task lighting on the writing, drawing or jigsaw puzzle?	
	Does task lighting come from overhead and one side rather than from in front?	
<i>Glare</i>	<i>Glare is bright uncomfortable light reaching the eyes, usually from sun reflecting off a shiny surface or from looking directly at a light bulb.</i>	
	Is there a lack of bright light coming through the window into the person's eyes?	
	Are light bulbs shaded from view so the person cannot see them directly?	
	Are clear glass light fittings avoided?	
	Is there a light fitting directly above the table?	
Heating & ventilation	Is the air in the room fresh and not stuffy?	
	Can the temperature be adjusted locally?	
SERVICES & SYSTEMS		
Electrics	Are sufficient electric outlets provided?	
	Are switches and socket outlets within reach of where they are needed?	
	Total potential <i>place</i> barriers to activities seated at a table/desk (writing, drawing, jigsaws, board games)	

3 - WORK, HOBBY & PHYSICAL

3.3 Computing

The place

*Does the place support this activity? Answer questions only if they are relevant.
Mark with a tick for YES, cross for NO*

√ X

SPACE PROVISION

- Is there an accessible space with a chair (or two) at a table or desk?
- Is there a chair & desk or table on which the person can use a tabletop computer?
- Is there a chair in which the person can comfortably use a laptop computer?
- Can the monitor be placed at a suitable distance from the person's eyes (not too close or too far away)?

PERSONALISATION & PRIVACY

- Is there a view into the distance to relax the eyes?
- Is there a view to green space to relax and inspire the mind?
- Is the work space quiet enough for concentration?
- Is there an absence of distractions and noise?
- Is there a door that can be closed for privacy?
- Is a personal conversation possible in the work space?

- Is there a computer terminal in a work or desk space:*
- ... that can be personalised by the individual using it?
 - ... where personal items can be left in place?
 - ... where the computer can be left on and returned to later?
 - ... with a drawer or shelf for computer-related items?

ACCESSIBILITY & MOBILITY

- Can a person in a wheelchair use the computer?
- Are chairs at a comfortable height to view the monitor screen?
- Is the top of the screen at eye-level height for people seated?
- If it is a touch screen, is the screen close enough for the person to touch it?
- Is there an accessible space with a chair (or two) at a counter, table or desk?

BUILDING INTERIOR

- | | | |
|-----------|---|--|
| Fixtures | Do windows have blinds/curtains to control light and reflections on screen? | |
| Furniture | Is there a comfortable, height-adjustable chair with back support? | |
| | Is there a footrest available? | |
| Storage | Is there sufficient space to store printing supplies, disks and manuals? | |

COMFORT, SUPPORT FOR THE SENSES

- Vision Is there adequate light for computing?

	Is the background behind the screen slightly less bright than the screen?	
Glare	<i>Glare is bright uncomfortable light reaching the eyes, usually from sun reflecting off a shiny surface or from looking directly at a light bulb.</i>	
	Is there a lack of bright light coming through the window into the person's eyes?	
	Are light bulbs shaded from view so the person cannot see them directly?	
	Are clear glass light fixtures avoided?	
	Is the monitor placed perpendicular to the windows?	
	If not, is it positioned as well as possible to avoid daylight reflections?	
	Is the monitor screen placed so the person is not looking straight towards a window?	
	Is the monitor screen placed so the person does not need to have their back towards a window?	
	Does task lighting come from overhead and one side rather than from in front of the person?	
Heating & ventilation	Is the air in the room fresh and not stuffy?	
	Can the temperature be adjusted locally?	
SERVICES & SYSTEMS		
Electrics	Are electric outlets provided, sufficient and within reach of where they are needed?	
	Are switches and socket outlets within reach?	
	Are cables in a safe and secure position i.e. to avoid tripping	
EQUIPMENT		
User needs	Are there headphones available?	
	Is it touch-screen technology?	
	Is a printer available?	
	Is there sufficient space to store printing supplies, disks and manuals?	
Accessibility	If a keyboard is used, can it be positioned comfortably for the person?	
	If a mouse is used, does it work easily?	
	Is the monitor slightly tilted, not vertical?	
Vision	Is the image stable and flicker free?	
	Can the image be specifically adjusted to the visual needs of the person?	
	Is the on-screen image well-defined and easy to read?	
	Is the size of the text adjustable?	
	Are the brightness and contrast adjustable?	
	Is the monitor at right-angles to the windows?	
	If not, is it positioned to avoid daylight reflections?	
Technical	Are there simple instructions of what to do if it stops working properly	

support	(troubleshooting guide)?	
	Is there an agreement in place for warranty, repair or replacement of the computer?	
Safety & security	Is the computer secured against removal from the room?	
	Is there some means to ensure the person's privacy of images and audio?	
	Is there an automatically updated firewall?	
Total potential <i>place</i> barriers to computing		

3 - WORK, HOBBY & PHYSICAL**3.4 Dance, exercise, physical activity, Tai Chi****The place**

*Does the place support this activity? Answer questions only if they are relevant.
Mark with a tick for YES, cross for NO*

✓ X

SPACE PROVISION

Is there a space for strenuous physical body movement?

Is the space uncluttered with furnishings and furniture?

Is there a specific place to store personal items, clothing and shoes if necessary during the physical activity?

Is there space for a music making device (piano, keyboard, CD player)?

Is there storage for materials or supplies?

Dance:

Is the ceiling high enough so people can jump and reach upward?

Is there enough floor space for two people to waltz or fox trot?

Is there enough space for 6 people to join hands and do a circle dance?

Exercise:

Is there enough floor space for one person to do sit-ups and push-ups?

Is there enough floor space for one person to exercise standing in place?

Is there room to permanently position equipment such as a treadmill or exercise bicycle?

Is there enough floor space for a group of people to do sit-ups and push-ups?

Is there enough floor space for a group of people to exercise standing in place?

Is there room for more than one treadmill or exercise bicycle?

Is there space for people to sit in a circle for movement or ball throwing exercises?

Tai chi:

Is there adequate, clear and level space for a person to go through the movements?

Is there adequate, clear and level space for a group of people to go through the movements?

PERSONALISATION & PRIVACY

Is there a view to outdoors?

Is there an absence of distractions and noise?

Is the space pleasant and conducive to concentrating?

Is the space private enough for the people to feel uninhibited?

BUILDING INTERIOR

Finishes Is the floor suitable for dancing - not carpet or concrete, but preferably wood?

Is the floor structurally suitable and shock absorbent (preferably wood)?

	Is there an exercise mat or a cushioned floor surface?	
	Is the floor clean and uncluttered?	
	Is the floor surface non-slip?	
	COMFORT, SUPPORT FOR THE SENSES	
	Acoustics	
<i>Acoustic isolation</i>	Will people on the lower floor or nearby rooms not be disturbed by the noise?	
	Can music be played without disturbing those in nearby rooms or down stairs?	
	Heating & ventilation	
	Is the air in the room fresh and not stuffy?	
	Can the temperature be adjusted locally?	
	Total potential <i>place</i> barriers to dance, exercise, physical activity, Tai Chi	

3 - WORK, HOBBY & PHYSICAL

3.5 Creative activity (art, modelling, sculpting)

The place

*Does the place support this activity? Answer questions only if they are relevant.
Mark with a tick for YES, cross for NO*

√ X

SPACE PROVISION

- Is there space for a person to sit or stand while painting?
- Is there access to water and a sink and counter for cleaning up?
- Is there space for the necessary equipment, materials and supplies?
- Is there space for a person to sit at a table and sculpt?
- Is there table or counter space near a sink that can be used?
- Is there space for equipment and materials?
- Is there space for works in process?
- Is there a shelf on the wall above the table, workbench or counter?
- Is there a high or low workbench the person can stand or sit in front of?
- Is there enough counter space to work with pieces of wood and tools?
- Is there enough space to store wood and projects in progress?
- Is there enough room to layout, cut and assemble projects?

PERSONALISATION & PRIVACY

- Is there an outdoor view to relax the focus of the eyes?
- Is there a view to a garden or inspirational area?
- Is the room peaceful and conducive to concentrating on work or art?
- Are there meaningful or inspiring items in the space, like other art?
- Can a person work undisturbed if desired?
- Is there a door that can be closed for privacy?
- Can the space be personalised by the individual using it?
- Are there personal or meaningful items in the work area?
- Can personal items be left in the space and returned to later?
- Can a project be left in process and returned to later?
- Can unfinished art be left in the space and returned to later?
- Is there space to display finished artwork?

ACCESSIBILITY & MOBILITY

- Is there unimpeded access into and out of the space?
- Is the space easy for them to reach, not far out of their way?
- Is there enough space in the room to manoeuvre mobility devices?
- Can a person in a wheelchair use the computer?

COGNITIVE SUPPORT

- Is it clear that the space is intended for creative activity?
- Is there a lack of conflicting information about the room function in the furnishings and contents?

BUILDING INTERIOR

- Finishes Can the flooring and walls be easily mopped or cleaned?

	Can the artwork be displayed on the walls if desired?	
Fixtures	Is there a shelf at a comfortable height for supplies?	
	Is there a sink and countertop for mixing and cleaning?	
Furniture	Is there an easel or table for painting on?	
	Is the table suitable for painting on and easily cleaned?	
	Is the chair appropriately matched to the table?	
	Is there a potter's wheel?	
	Is there a table on which to model?	
	Is the table suitable for sculpting on and easily cleaned?	
Supplies	Are there paints, brushes, papers or canvases?	
	Are there clay modelling tools or woodworking tools?	
	Is there sufficient space to display tools within easy reach during use?	
	Is there sufficient space to use tools safely and effectively?	
	Are there tools for cleaning up (brush, bin, dustpan, turpentine)?	
	Is there a vacuum cleaner for sawdust removal?	
	Is there an anvil on the workbench?	
Storage	Is there space to store canvases, paper, paints, brushes and easels?	
	Is there space to store materials?	
	Is there space to store works in process?	
	Is there space to store tools?	
	Is there space to store wood?	
	Is there space to store clay?	
	Is there hanging storage on the wall above the workbench?	
	Is hanging storage not too high?	
COMFORT, SUPPORT FOR THE SENSES		
Vision	Is there ample sunlight reaching the space where they are sitting and working?	
	If not, is it bright enough for the person to see what they are doing?	
	Is there task lighting?	
	Is there overhead lighting in the room as well as task lighting?	
	Does task lighting come from overhead and one side, rather than from in front?	
Glare	<i>Glare is bright uncomfortable light reaching the eyes, usually from sun reflecting off a shiny surface or from looking directly at a light bulb.</i>	
	Is there a lack of bright light coming through the window into the person's eyes?	
	Are light bulbs shaded from view so the person cannot see them directly?	
	Are clear glass light fixtures avoided?	
Acoustics	Is there an absence of distracting noise?	

<i>Acoustic isolation</i>	Does sawing not disturb nearby rooms and houses?	
	Does hammering not disturb nearby rooms and houses?	
	Is there acoustical privacy between the art studio and adjacent rooms?	
Heating & ventilation	Is the air in the room fresh and not stuffy?	
	Can the temperature be adjusted locally?	
	Is there sufficient ventilation for the paints that will be used?	
	If the workshop is unventilated, is there an exhaust fan?	
SERVICES & SYSTEMS		
Electrics	Are electric outlets provided, sufficient and within reach of where they are needed?	
	Are there outlets on the workbench and around the room?	
Hot & cold water	Is there hot and cold water available?	
	Are there facilities for washing hands?	
	Are there facilities for washing brushes?	
	Are there facilities for washing tables and benches?	
SAFETY & SECURITY		
	If using oil paints, can dangerous substances like turpentine be safely stored?	
	Can tools be locked away when not in use?	
	Has a risk assessment been done for this activity?	
	Total potential <i>place</i> barriers to creative activity (art, modelling, sculpting)	

3 - WORK, HOBBY & PHYSICAL**3.6 Creative activity (music)****The place**

*Does the place support this activity? Answer questions only if they are relevant.
Mark with a tick for YES, cross for NO*

√ X

SPACE PROVISION		
	Is there a comfortable space available to make music?	
	Is there enough space for a chair and a music stand?	
	Is there enough space to play the instrument of their choice?	
	Is there space for a keyboard or piano?	
	Is there sufficient room to be seated at a keyboard?	
	Is there space to sit and write near a keyboard?	
PERSONALISATION & PRIVACY		
	Is there a music space with a view to outdoors?	
	Is there a music space that is peaceful and conducive to concentrating?	
	Is there a music space where a person can play undisturbed?	
	Is there a door that can be kept closed for privacy?	
	Does the space appear to be owned by the person using it?	
	Can instruments & music be left in the space and returned to later?	
ACCESSIBILITY & MOBILITY		
	Is there good physical access to the music space for this person?	
BUILDING INTERIOR		
Finishes	Do floors and walls allow sound to reverberate?	
	Does the space contain some absorbent materials (curtains, carpets, etc.)?	
Furniture	Is there a stool or chair of the right height, style and size for the musician?	
	Is there a comfortable table and chair upon which to write?	
	Is the chair appropriately matched to the table in height, nearness to table, etc?	
	Is there a place for writing paper and pencils/pens?	
Supplies	Is there an instrument to play in the room?	
	Is there a keyboard or piano in the room?	
	Is there recording equipment?	
Storage	Is there storage space for the instruments, music stands, sheet music, lighting & other equipment?	
	Is there storage for music, paper, writing utensils & notebooks?	
	Is there storage for CDs, tapes, recording devices?	
COMFORT, SUPPORT FOR THE SENSES		
Vision	Is the practice space bright and sunny?	

	Is the light sufficient to read music and see the instrument?	
	Is there task lighting as well as overhead lighting?	
	Can the task lighting be positioned to come from over the musician's shoulder onto the music?	
	Can a stand light be provided (light that clips onto the top of the music stand)?	
<i>Glare</i>	<i>Glare is bright uncomfortable light reaching the eyes, usually from sun reflecting off a shiny surface or from looking directly at a light bulb.</i>	
	Is there a lack of glare from shiny or reflective surfaces?	
	Is there a lack of glare from bare bulbs or clear glass light fixtures?	
	Is there a lack of bright light coming through the window into the person's eyes?	
	Are light bulbs shaded from view so the person cannot see them directly?	
	Are clear glass light fixtures avoided?	
Acoustics		
<i>Sound quality</i>	Is the room acoustically live (sound is not flat and dead but resonates)?	
	Is the room acoustically balanced (you can hear both high and low frequencies - there are both hard & soft surfaces)?	
	Is the ceiling high or pitched or are the walls not parallel (in other words is the room not like a box or a bowling alley)?	
<i>Acoustic isolation</i>	Is there acoustical privacy from adjacent rooms (walls not so thin you can hear conversation and noises through them)?	
Heating & ventilation		
	Is the air in the room fresh and not stuffy?	
	Can the temperature be adjusted locally?	
	Is the room a comfortable temperature and humidity for people and instruments?	
SERVICES & SYSTEMS		
Electrics	Are electric outlets provided, sufficient and within reach of where they are needed (for instance for stand lights or where composing takes place)?	
	Are switches and socket outlets within reach?	
Total potential place barriers to creative activity (music)		

3 - WORK, HOBBY & PHYSICAL

3.7 Housekeeping (cleaning, dusting, laundry)

The place

<i>Does the place support this activity? Answer questions only if they are relevant. Mark with a tick for YES, cross for NO</i>		√ X
SPACE PROVISION		
<i>Cleaning:</i>		
	Are there floor surfaces that regularly need to be cleaned?	
	Is there enough room to sweep, mop and Hoover safely?	
	Is there furniture that can be dusted?	
	Are there items that can be polished?	
<i>Ironing:</i>		
	Is there space to set up an iron and ironing board near an electric outlet?	
	Is there sufficient space to use an iron safely and effectively?	
	Are there hangers and a rail to hang up clothes?	
	Is there a place the iron can be left safely to cool down?	
<i>Washing up:</i>		
	Are there eating spaces that regularly create dirty dishes?	
	Is there a sink for washing dishes?	
	Is there a draining board and/or a rack for dishes?	
	Are there drawers & cupboards for cutlery and tableware?	
	Are cupboards within reach of the person?	
	Are cupboards unlocked?	
	Is there a space where damp tea towels can be hung to dry?	
PERSONALISATION & PRIVACY		
	Is there a view to outdoors from the kitchen sink?	
	Is there a bright and cheerful space for ironing?	
	Is there cleaning equipment and supplies the person can access whenever they want?	
	Does the person have their own equipment, supplies and storage?	
	Are there spaces the person needs to care for?	
BUILDING INTERIOR		
Finishes	Are walls and floors easily cleaned?	
Furniture	Can furniture and items be moved during Hoovering, dusting and sweeping?	
Supplies	Are there gloves if necessary?	
<i>Cleaning:</i>		
	Is there a bucket, broom, dustpan and mop for use?	
	Is there a vacuum cleaner available to use?	

	Is there a rag, a sponge and a duster for use?	
	Are polishes and cleaning materials available?	
	<i>Ironing:</i>	
	Is there an iron and an ironing board at a comfortable height?	
	Is there spray starch and water for the iron?	
	<i>Washing up:</i>	
	Are there dirty dishes, washing up liquid, dish cloth or sponge and a tea towel?	
Storage	Is there sufficient storage space for cleaning equipment & supplies?	
	Is there lockable storage space for hazardous cleaning materials?	
	Is there sufficient nearby storage space for an iron and ironing board?	
	Is there sufficient space to store spray starch and ionised water?	
	Is there storage space for tea towels and washing up liquid?	
COMFORT, SUPPORT FOR THE SENSES		
Vision	Is the room bright enough to see what needs to be cleaned?	
	Is the kitchen sink area brightly lit?	
	Is there lighting under the wall-mounted cabinets to illuminate the countertop?	
Acoustics	Can music be played during housework?	
Heating & ventilation	Is there sufficient ventilation for the cleaning supplies being used?	
	Can the temperature be adjusted locally?	
SERVICES & SYSTEMS		
Electrics	Are electric outlets provided, sufficient and within reach of where they are needed?	
	Are there electric outlets within reach for Hoovering?	
	Is there an electric outlet convenient for ironing?	
	Is the ironing cord not a tripping hazard?	
Hot & cold water	Is there a mop sink that can be used for disposal of water and rinsing?	
SAFETY & SECURITY		
	Has a risk assessment been done for this activity?	
	Total potential <i>place</i> barriers to housekeeping (cleaning, dusting, laundry)	

3 - WORK, HOBBY & PHYSICAL**3.8 Cooking and baking****The place**

*Does the place support this activity? Answer questions only if they are relevant.
Mark with a tick for YES, cross for NO*

√ X

SPACE PROVISION		
	Is there a kitchen or kitchenette that can be used by the person and their family for cooking?	
	Is there a table with chairs in view of a kitchen counter top?	
	Is there sufficient access & space for this person at the table?	
	Is there a sink, cooker, fridge and cupboards?	
PERSONALISATION & PRIVACY		
	Is there a view to outdoors from the cooking space?	
	Is there a bright and comfortable cooking space conducive to conversation?	
	Is there a cooking space lit with natural light?	
	Can the kitchen door be closed for privacy if desired?	
	Is it possible to have a private conversation while cooking without being overheard by those in adjacent rooms?	
	Is the space organised and stocked according to the tastes and needs of the individual?	
	Are there personal items they recognise and identify with?	
	Can cooking & baking items be left in the space and returned to later?	
ACCESSIBILITY & MOBILITY		
	Can kitchen units and fittings be reached without bending or stretching (fixed between 600mm-1200mm above ground level)?	
BUILDING INTERIOR		
Finishes	Can walls and floors be wiped or mopped clean afterwards?	
Fixtures	Are kitchen appliances (oven, fridge) in working order and available for use?	
	Is there a refrigerator with room in it that is available for people to use?	
	Is there a working sink?	
	Is there counter space?	
	Is the counter at a comfortable height for the person to use?	
Furniture	Is there a table and at least two chairs in the kitchen?	
Supplies	Are oven gloves, pots, pans, baking sheets, etc. available to use?	
	Are there small appliances such as toaster, mixer & electric kettle available to use?	
	Are kitchen utensils available for use?	
	Is cutlery available for use?	
	Is crockery available for use?	
	Is glassware available for use?	

	Are aprons available for use?	
	Is there a waste bin?	
Storage	Is there a place where cookbooks are kept?	
	Is there a well-stocked cupboard with tinned and dry goods?	
	Is there sufficient storage/hanging areas for pots, pans, utensils, etc.?	
COMFORT, SUPPORT FOR THE SENSES		
Vision	Is there lighting under the wall-mounted cabinets to illuminate the countertop?	
	Is the sink area well-lit?	
	Is there a light over the table or counter top where food preparation will occur?	
	Is there a light over the hob/oven stove area?	
Heating & ventilation	Is there an extraction fan over the hob/oven area?	
	Can the temperature be adjusted locally?	
SERVICES & SYSTEMS		
Electrics	Are electric outlets provided, sufficient and within reach of where they are needed?	
	Are switches and socket outlets within reach?	
Hot & cold water	Is hot and cold water available at the sink?	
	Is drinking water available?	
SAFETY & SECURITY		
	Has a risk assessment been done for this activity?	
Total potential <i>place</i> barriers to cooking and baking		