Measure of the Quality of the Environment

Version 2.0



Developped by

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Introduction

The Measure of the Quality of the Environment MQE scale aims at evaluating the environment's influence on the accomplishment of a person's daily activities in relation to his/her abilities and limits.

While taking into account your abilities and personal limits (your disabilities), we ask you to estimate the influence that your environment generally exerts upon your daily life (accomplishment of your activities and various tasks within your environment).

To do this, we have drawn up a list of situations or factors within your environment that may:

- ③ facilitate the accomplishment of your life activities,
- exert no influence on your life activities,
- 🙁 obstruct the accomplishment of your life activities.

Definitions

Obstacles

Environmental factors or situations that **hinder** the accomplishment of a daily activity or task.

Types of obstacles

Major obstacle (-3)

A major obstacle completely prevents accomplishment of the activity.

Example: A stairway that prevents access to a higher floor is a major obstacle for a person with difficulties walking.

Medium obstacle (-2)

A medium obstacle largely hinders accomplishment of the life activity.

Example: A complicated instruction that hinders a person with intellectual disabilities when following a recipe required for preparing his/her-meal, is a medium obstacle.

Minor obstacle (-1)

5

A minor obstacle mildly hinders accomplishment of a life activity or slightly increases its level of difficulty.

Example: Negative attitudes among the people interacting with a child with a visual disability that distrub his/her functioning at home or at school are minor obstacles.

Definitions (cont.)

Facilitators

Environmental situations or factors that assist the accomplishment of a daily activity or task.

Types of facilitators

Major facilitator (3)

A major facilitator fully compensates for the impairments or disabilities, and allows full accomplishment of the life activity without constraint or difficulty.

Example: A wheelchair and a ramp that are necessary for a person who is unable to walk to enter a room are major facilitators.

Medium facilitator (2)

A medium facilitator partially compensates for the impairments or disabilities, and allows partial accomplishment of the life activity or accomplishment with difficulty.

Example: A simple illustration or a simplified instruction that makes following a cooking recipe easier for a person with intellectual disabilities is a medium facilitator.

Minor facilitator (1)

A minor facilitator compensates a little for the impairments or disabilities, and allows partial accomplishment of the life activity or slightly decreases its difficulty.

Example: For a person with a behaviour disability, an encouraging attitude of a colleague that helps the accomplishment of a work task, is a minor facilitator.

Definitions (cont.)

No influence (0)

Environmental situations or factors that have no effect on the accomplishment of a daily acitivity or task.

- **Examples:** Winter climatic conditions generally do not influence the exiting of a building for a person with an auditory disability.
 - A person who does not use the health services available in his/her community.
 - A person who never goes to the movies or to the theatre by choice.

I do not know

The effect of the environmental situation or factor on the life of a person is unknown

- Examples: A person who does not know how law enforcement influences his/her daily life.
 - A person who does not know how financial institution services influence his/her daily life.

Does not apply

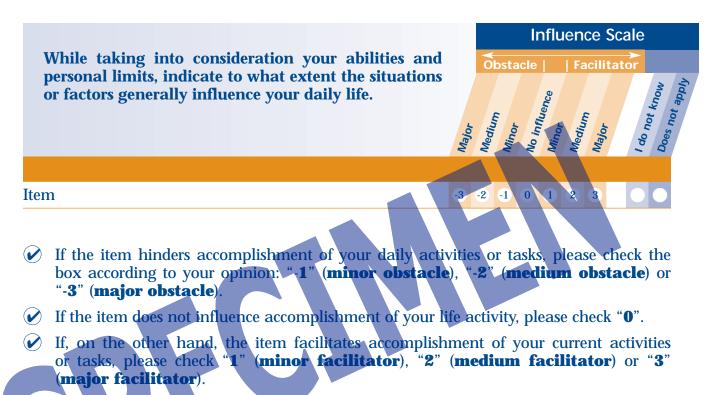
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Environmental situations or factors that don't exist within the person's environment.

- Examples: Questions concerning the spouse or children of a person without spouse or children.
 - Questions concerning education for a person who is not studying.
 - Public transportation services that are not available in a person's community.

Instructions

Following each item, you will find a rating scale that ranges from **obstacle (-3)** to **facilitator (3)**, as well as the boxes "**I do not know**" and "**Does not apply**".



If the item does not correspond to your situation or is not present in your environment, check "Does not apply".

If you do not know if the item affects your life, check "I do not know".

Note: Certain situations or certain factors, such as law enforcement, may influence your life in a general manner. However, others, such as home assistance services, may have a daily influence on your life.

Examples

While taking into consideration your abilities and personal limits, indicate to what extent the situations or factors generally influence your daily life.

1. Educational services in your community (elementary, junior and senior high, adult education, professional training, etc.)

- Winter climatic conditions (snow, ice, cold, etc.) 2.
- 3. Public transportation services in your community (schedule, stops, frequency, route, etc.)
- 4. Law enforcement
- 5. Your work hours

Example 1: If you have access to sign language services at all times in your community's school so that you may take courses, check "3" (major facilitator) for this item. **Example 2:** If you cannot go out during the winter because your wheelchair gets stuck in the snow, check "-3" (major obstacle) for this item.

- **Example 3:** If you use your municipality's regular bus service without difficulty or constraint, check "**0**" (**no influence**) for this item.
- **Example 4:** If you do not know how much law enforcement influences you, check "I do not know".
- Example 5: If you are not working, check "Does not apply" to items mentioning "your job", even if you are able to work.

Influence Scale

Medium

Major

V

3

V

V

2 3

1 2 3

0

-2 -1 0 1 2 3

Obstacle

Major Medium Minor

No influence

Minor

l do not know Does not apply

Identification of the Person

1 Name:
JJMMAAAA2 Date of birth://
3 Gender:
4 Date of evaluation: / / /
5 How the questionnaire was completed:
Self-administered Interview
 The respondent is: The person A significant other A professional (name and discipline)

Questionnaire

	While taking into consideration your abilities and											
	personal limits, indicate to what extent the situations or factors generally influence your daily life.	Maio							_	Does not know		
So	cial network (support from people around you)					-						
1.	Your family situation (living alone, with a spouse, or with children)	-3	-2	-1	0	1	2	3				
2.	Support from members of your family or close friends who take the place of family (presence, physical assistance, household assistance, encouragement)	-3	-2	-1	0	1	2	3				
3.	Support from your friends	-3	-2	-1	0	1	2	3				
ŀ.	Support from your neighbours	-3	-2	-1	0	1	2	3				
5.	Support from your colleagues at work, school, or place of principal occupation	-3	-2	-1	0	1	2	3				
At	titudes of the people around you (way of acting)										
3.	The attitudes of your family or close friends who take the place of family toward you	-3	-2	-1	0	1	2	3				
	The attitudes of your friends toward you	-3	-2	-1	0	1	2	3				
3.	The attitudes of your colleagues at work, school or place of principal occupation toward you	-3	-2	-1	0	1	2	3				
).	The attitudes of your superiors (professors, supervisors, employers) toward you	-3	-2	-1	0	1	2	3				
0.	The attitudes of your neighbours toward you	-3	-2	-1	0	1	2	3				
1.	The attitudes of your service providers (public services agents, salespeople, cashiers, etc.) toward you	-3	-2	-1	0	1	2	3				
2.	The attitudes of strangers toward you (people that you pass on the street)	-3	-2	-1	0	1	2	3				
l 3 .	The attitudes of people toward you when they are in a group (a class, a crowd, interest group, etc.)	-3	-2	-1	0	1	2	3				
4.	The religious beliefs of the people in your community (faith, spirituality, etc.)	-3	-2	-1	0	1	2	3				

			Influence Scale										
	While taking into consideration your abilities and personal limits, indicate to what extent the situations		Ó	bsta	acle	I	Fa	acili	tato	/			
	or factors generally influence your daily life.	L.	Mediu		No ine.	or or	Mediu	line ro		I do not .	Does not apply		
		Major	Meo	Minor	No j	Minor	Meg	Major		1 do	Doe		
La	bour market					<							
15.	Counselling and employment seeking services	-3	-2	-1	0	1	2	3					
16 .	Current availability of jobs in your community	-3	-2	-1	0	1	2	3					
17.	Hiring criteria and selection tests	-3	-2	-1	0	1	2	3					
lf y	you are not currently employed, check here and go to the	e ne	ext	sec	tior	ı. C							
18.	Your workplace (physical set-up of your place of work)	-3	-2	-1	0	1	2	3					
19.	The requirements of your work tasks (obligations, performance, qualities needed, etc.)	-3	-2	-1	0	1	2	3					
20.	Your work hours	-3	-2	-1	0	1	2	3			0		
21.	Union structures	-3	-2	-1	0	1	2	3					
22.	Employee services	-3	-2	-1	0	1	2	3			0		
in	come (availability, financial programs and servic	es)											
23.	Your personal income (or your family's if you do not have your own income)	-3	-2	-1	0	1	2	3			•		
24.	Public disability insurance programs (road accident, work, and health insurance, disability pension, etc.)	-3	-2	-1	0	1	2	3					
25.	Private disability or health insurance programs (health insurance, travel insurance)	-3	-2	-1	0	1	2	3					
26 .	Other private insurance programs (house, car, life, etc.)	-3	-2	-1	0	1	2	3					
27.	Financial compensation programs (subsidized rent, disability compensation, direct payments, etc.)	-3	-2	-1	0	1	2	3					
28.	Socio-economic services (fiscal programs, family allocations, unemployment insurance)	-3	-2	-1	0	1	2	3					
29.	Financial institution services (loans, investments, financial transactions, bank machines, etc.)	-3	-2	-1	0	1	2	3					

			Influence Scale										
	While taking into consideration your abilities and personal limits, indicate to what extent the situations		0	bsta	acle	Γ	Fa						
	or factors generally influence your daily life.	Major	Mediu	Minor	No iner	Minor	Mediu	Major	1 22	Does not know	Kidde		
Co	ommercial services					<							
30.	The availability of businesses in your community (grocery store, restaurants, hardware store, department stores, shopping malls, etc.)	-3	-2	-1	0	1	2	3	C				
31.	The services offered by the businesses in your community	-3	-2	-1	0	1	2	3					
Ju	dicial services												
32.	Judicial services (courts, attorneys, notaries, judicial advice, etc.)	-3	-2	-1	0	1	2	3	0				
So	cio-sanitary services												
33.	External attendant services other than those provided by your family and close friends (escort, interpreter, etc.)	-3	-2	-1	0	1	2	3	C				
34.	Home care services other than those provided by your family and close friends	-3	-2	-1	0	1	2	3	C				
35.	Health services in your community (hospital, medical clinic, dentist, etc.)	-3	-2	-1	0	1	2	3	C				
36.	Physical and social rehabilitation services in your community	-3	-2	-1	0	1	2	3	•				
37.	Vocational work services within your community	-3	-2	-1	0	1	2	3	C				
38.	Social integration support services (social work, residential resources, etc.)	-3	-2	-1	0	1	2	3	0				
39.	Day care services (including home day care) and in-school child care	-3	-2	-1	0	1	2	3	0				
40.	Other child care services (providing time to rest and helping out)	-3	-2	-1	0	1	2	3	C				

			Influence Scale											
	While taking into consideration your abilities and personal limits, indicate to what extent the situations		0	bsta	acle	I	Fa	acili	► tator					
	or factors generally influence your daily life.	Major	Mediu	Minor	No ine	Minor	Mediu	Major		Does _ how	Aldde tou s			
	lucational services													
	you are not currently studying, check here and go to the	nex	ct se	ecti	on									
41.	Educational services in your community (elementary, junior and senior high school, college, university, adult education, professional training, etc.)	-3	-2	-1	0	1	2	3						
42.	Access to student loans and scholarships	-3	-2	-1	0	1	2	3						
43.	Other educational services in your community (extra-curricular, cafeteria, student services, etc.)	-3	-2	-1	0	1	2	3						
44.	School transportation services	-3	-2	-1	0	1	2	3						
Ρι	Iblic infrastructure services													
45.	Public transportation services in your community (schedule, stops, frequency, route, etc.)	-3	-2	-1	0	1	2	3						
46.	Adapted transportation services (schedule, stops, frequency, route, etc.)	-3	-2	-1	0	1	2	3						
47.	Long distance transportation services (train, bus, plane)	-3	-2	-1	0	1	2	3						
48.	Telephone communication services in your environment (telephone, fax, Internet)	-3	-2	-1	0	1	2	3						
49 .	Radio media services	-3	-2	-1	0	1	2	3						
50 .	Television media services	-3	-2	-1	0	1	2	3						
51.	Public services (fire, police, ambulance, civil protection)	-3	-2	-1	0	1	2	3						
52.	Municipal services (road maintenance, snow removal, garbage pick-up, etc.)	-3	-2	-1	0	1	2	3						
Co	ommunity organisation services													
53.	Cultural services in your community (cinema, theatre, library, etc.)	-3	-2	-1	0	1	2	3						
54.	Religious organisation services in your community	-3	-2	-1	0	1	2	3						

			Influence Scale										
	While taking into consideration your abilities and personal limits, indicate to what extent the situations			bst	acle	1	F	acili	tator				
	or factors generally influence your daily life.	Major	Mediu	Minor	No ine	Minor	Medin	Major	l do not .	Does not apply			
Co	ommunity organisation services (cont.)					<							
55.	Athletic and recreational organisation services in your community (sports, chess, travel, outdoor recreation, collector clubs, etc.)	-3	-2	-1	0	1	2	3		•			
56.	Community organisation services in your community (Self-help groups, Seniors Club, Lions clubs, Scouts.)	-3	-2	-1	0	1	2	3		•			
Pł	hysical accessibility												
57.	Physical accessibility of your residence	-3	-2	-1	0	1	2	3					
58.	Availability of accomodations that respond to your needs	-3	-2	-1	0	1	2	3	•	•			
59.	Physical accessibility of public buildings in your community (government, hospitals, etc.)	-3	-2	-1	0	1	2	3		•			
60.	Physical accessibility of businesses in your community	-3	-2	-1	0	1	2	3	0				
61.	Physical accessibility of your work or study setting	-3	-2	-1	0	1	2	3	0	•			
62.	Physical accissibility of cultural, athletic or recreational centres	-3	-2	-1	0	1	2	3	•	•			
63.	Physical accessibility of the residences of your realtives and friends	-3	-2	-1	0	1	2	3	•	•			
La	nd, roads and distances												
64 .	Traffic density in your community	-3	-2	-1	0	1	2	3	0				
65 .	Road accessibility in your community (summer)	-3	-2	-1	0	1	2	3	0	•			
66 .	Sidewalk accessibility in your community (summer)	-3	-2	-1	0	1	2	3	0	•			
67.	Intersection accessibility in your community (summer)	-3	-2	-1	0	1	2	3	0	•			
68 .	Road accessibility in your community (winter)	-3	-2	-1	0	1	2	3		•			
69 .	Sidewalk accessibility in your community (winter)	-3	-2	-1	0	1	2	3					
70.	Intersection accessibility in your community (winter)	-3	-2	-1	0	1	2	3	0	•			
71.	Unevenness of terrain (hills, slopes)	-3	-2	-1	0	1	2	3		\bullet			

			Influence Scale									
	While taking into consideration your abilities and personal limits, indicate to what extent the situations				acle	I	F a	acilitat				
	or factors generally influence your daily life.	Maine	Mediu	Minor	No ine.	Minor	Medium	Major	l do not know	oes not apply		
La	ind, roads and distances (cont.)											
72.	The nature of the terrain's surface (grass, gravel, sand)	-3	-2	-1	0	1	2	3				
73.	Location of your residence (according to distance from services)	-3	-2	-1	0	1	2	3				
Na	atural elements			1								
74.	Winter climatic conditions (snow, ice, cold, etc.)	-3	-2	-1	0	1	2	3				
75.	Summer climatic conditions (heat, humidity, rain, etc.)	-3	-2	-1	0	1	2	3				
76.	Light intensity	-3	-2	-1	0	1	2	3				
77.	Darkness	-3	-2	-1	0	1	2	3				
78.	Noise	-3	-2	-1	0	1	2	3				
79.	Air quality in your community	-3	-2	-1	0	1	2	3				
80.	The time you require to carry out a task (ex. the time needed to get dressed, do an exam, get to work, etc.)	-3	-2	-1	0	1	2	3	•			
81.	Fauna (pets, wild animals, etc.)	-3	-2	-1	0	1	2	3				
82.	Flora (plants, trees, etc.)	-3	-2	-1	0	1	2	3				
O	bjects											
83.	Little objects (ustensils, pencils, etc.)	-3	-2	-1	0	1	2	3				
84.	Large objects (large boxes and toys, etc.)	-3	-2	-1	0	1	2	3				
85.	The weight of objects	-3	-2	-1	0	1	2	3				
86.	Equipment in your work or study setting (office accessories, work tools, etc.)	-3	-2	-1	0	1	2	3				
87.	Furniture	-3	-2	-1	0	1	2	3				
88.	Small electric appliances (toaster, blender, etc.)	-3	-2	-1	0	1	2	3				
89.	Large electric appliances (oven, refrigerator, etc.)	-3	-2	-1	0	1	2	3				
90.	Telephones	-3	-2	-1	0	1	2	3				

	Influence S									Scale					
While taking into consideration your abilities and personal limits, indicate to what extent the situations		0	bsta	acle	1	Fa	acilit	≻ tator							
or factors generally influence your daily life.	Major	Mediu	Minor	No ine.	Minor	Mediu	Major		Does not know	fidde ton					
Objects (cont.)															
91. Fax machines	-3	-2	-1	0	1	2	3	0							
92. Televisions and radios	-3	-2	-1	0	1	2	3	C							
93. Computers	-3	-2	-1	0	1	2	3	C							
94. Automobiles (car, truck, van, etc.)	-3	-2	-1	0	1	2	3								
Technology															
95. Directions for use related to technology (recipes, manufacturer notices, warnings, instructions, etc.)	-3	-2	-1	0	1	2	3								
96. Services related to access to technology or maintenance (including plumbers, electricians, mechanics, repairmen, etc.)	-3	-2	-1	0	1	2	3								
Technical aids															
97. Availability of technical aids (wheelchairs, orthosis, writing assistance, guide-dogs, etc.)	-3	-2	-1	0	1	2	3	C							
98. Use of technical aids	-3	-2	-1	0	1	2	3	C							
99. Technical aid maintenance services	-3	-2	-1	0	1	2	3	C							
Political systems															
100. Equal opportunity programs (access to education, labour market, etc.)	-3	-2	-1	0	1	2	3								
101. Actions of advocacy organisations.	-3	-2	-1	0	1	2	3	C							
102. Modes of participation at public assemblies (debates, union meetings, general assemblies, parent meetings, etc.)	-3	-2	-1	0	1	2	3	C							
103. Participation opportunities in decision making (elections, administrative council, nomination to a position, etc.)	-3	-2	-1	0	1	2	3	C							
104. Government policy orientations	-3	-2	-1	0	1	2	3								
105. Responsibilities and coherence of diverse governmental levels	-3	-2	-1	0	1	2	3	C							

While taking into consideration your abilities and personal limits, indicate to what extent the situations or factors generally influence your daily life.

Influence Scale

Medium

Major

3

3

3

2

Does not apply

Obstacle | Facilitator I do not know

No influence

Vlinor

Minor

-1 0

0

0

Major Medium

-3 -2

Social rules

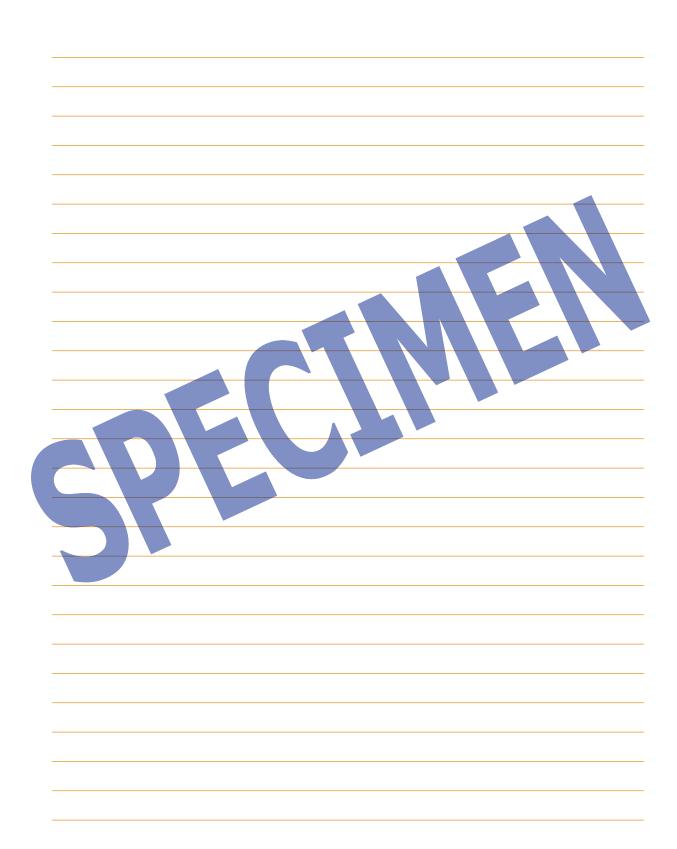
106. Rules (at school, swimming pool, public places, etc.)

107. Conventions (eligibility criteria, collective agreement, etc.)

108. Law enforcement (smoking laws, parking laws, etc.)

109. Administrative procedures (bureaucracy, forms, etc.)

Comments



Summary of Results

