

# Assessment of Life Habits

(LIFE-H for Children 0-4)

For children from birth to 4 years of age  
Information Record Form

**SPECIMEN**

**1** Name \_\_\_\_\_

**2** Date of birth DD / MM / YYYY

**3** Gender  Female  Male

**4** Date of evaluation DD / MM / YYYY

**5** How the questionnaire was completed  
 Self-administered  
 Interview

**6** The respondent is  
 A parent  
 A professional (name and discipline) \_\_\_\_\_

**7** The level of satisfaction is that of  
 The parent  
 The professional

Results Accomplishment Level of Each Life Habits Category			
Life Habits Categories	Number of Applicable Life Habits	Raw Score ( $\Sigma$ of scores)	Weighted Score (see formula)
Nutrition			
Fitness			
Personal Care			
Communication			
Housing			
Mobility			
Responsibilities			
Interpersonal Relationships			
Community Life			
Education			
Recreation			
<b>Total</b>			/10

**SPECIMEN**

Life Habits Accomplishment Scale		
Score	Difficulty Level	Assistance Type
9	No difficulty	No assistance
8	No difficulty	Assistive device (or adaptation)
7	With difficulty	No assistance
6	With difficulty	Assistive device (or adaptation)
5	No difficulty	Additional human assistance
4	No difficulty	Assistive device (or adaptation) and additional human assistance
3	With difficulty	Additional human assistance
2	With difficulty	Assistive device (or adaptation) and additional human assistance
1	Accomplished by a proxy	
0	Not accomplished	
N/A	Not applicable	

**Accomplishment Level Calculation (Weighted Score)**  
 $(\sum \text{ Scores} \times 10) \div (\text{Number of Applicable Life Habits} \times 9)$

# Questionnaire

**Answer the following two questions.  
(Check the appropriate boxes.)**

- 1** For each of the following life habits, indicate
    - A. How the child usually accomplishes it,  
and
    - B. The type of assistance required to accomplish it.
  - 2** For each of the following life habits, indicate your level of satisfaction with the way the child accomplishes it.

\* This refers to human assistance in addition to the assistance a child of the same age usually requires.

N.B. Keep in mind that answers should reflect the child's usual way of carrying out life habits.

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N.B. Keep in mind that answers should reflect the child's usual way of carrying out life habits.

	<b>Question 1</b>		<b>Question 2</b>
	<b>A Level of Accomplishment</b> (Check only 1)	<b>B Type of Assistance</b> (Check 1 or more, as required)	<b>Level of Satisfaction</b> (Check only 1)
	No difficulty		
	With difficulty		
	Accomplished by a proxy		
	Not accomplished		
	Not applicable		
	No assistance		
	Assistive device		
	Adaptation		
	Additional human assistance*		
		Very dissatisfied	
		Dissatisfied	
		More or less satisfied	
		Satisfied	
		Very satisfied	
<b>Personal Care</b>			
<b>Care of the body</b>			
Participating in taking a bath or shower	<input type="radio"/>	<input type="radio"/>	3.1.1 <input type="checkbox"/>
Participating in washing and drying face and hands	<input type="radio"/>	<input type="radio"/>	3.1.2 <input type="checkbox"/>
Participating in attending to other personal hygiene (hair care, tooth brushing, wiping nose with tissue, etc.)	<input type="radio"/>	<input type="radio"/>	3.1.3 <input type="checkbox"/>
<b>Toileting</b>			
Participating in toileting activities (diapers, potty, toilet)	<input type="radio"/>	<input type="radio"/>	3.2.1 <input type="checkbox"/>
<b>Dressing</b>			
Participating in dressing and undressing (indoor clothes/shoes)	<input type="radio"/>	<input type="radio"/>	3.3.1 <input type="checkbox"/>
Participating in dressing and undressing (outdoor clothes/shoes)	<input type="radio"/>	<input type="radio"/>	3.3.2 <input type="checkbox"/>
<b>Health care</b>			
Participating in personal health care and following treatment instructions	<input type="radio"/>	<input type="radio"/>	3.4.1 <input type="checkbox"/>
Using services provided by a medical clinic, hospital, rehabilitation centre	<input type="radio"/>	<input type="radio"/>	3.4.2 <input type="checkbox"/>
<b>Communication</b>			
<b>Oral and body language</b>			
Expressing needs to a familiar adult	<input type="radio"/>	<input type="radio"/>	4.1.1 <input type="checkbox"/>
Receiving and understanding oral instructions or information from a familiar adult	<input type="radio"/>	<input type="radio"/>	4.1.2 <input type="checkbox"/>
Receiving and understanding oral instructions or information in a small group of children	<input type="radio"/>	<input type="radio"/>	4.1.3 <input type="checkbox"/>
Participating in a conversation with a familiar adult	<input type="radio"/>	<input type="radio"/>	4.1.4 <input type="checkbox"/>

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N.B. Keep in mind that answers should reflect the child's usual way of carrying out life habits.

	Question 1							Question 2								
	A Level of Accomplishment (Check only 1)	B Type of Assistance (Check 1 or more, as required)	No difficulty	With difficulty	Accomplished by a proxy	Not accomplished	Not applicable	No assistance	Assistive device	Adaptation	Additional human assistance*	Very dissatisfied	Dissatisfied	More or less satisfied	Satisfied	Very satisfied
Participating in a conversation with a child or small group of children	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4.1.5 <input type="checkbox"/>
Participating in a conversation with an unfamiliar adult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4.1.6 <input type="checkbox"/>
<b>Written communication</b>	<b>RECOMMENDED</b>															
Receiving and understanding written information (pictures, pictographs, signs, words)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4.2.1 <input type="checkbox"/>
<b>Telecommunication</b>	<b>RECOMMENDED</b>															
Participating in using a telephone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4.3.1 <input type="checkbox"/>
Participating in using a television, radio, computer, video or sound system	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4.3.2 <input type="checkbox"/>
<b>Housing</b>	<b>RECOMMENDED</b>															
<b>Housekeeping</b>	<b>RECOMMENDED</b>															
Participating in organizing personal items and carrying out other simple tasks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	5.2.1 <input type="checkbox"/>
<b>Using furniture and other home equipment</b>	<b>RECOMMENDED</b>															
Entering and exiting the home	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	5.3.1 <input type="checkbox"/>
Moving around on one floor of the home, including using furniture	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	5.3.2 <input type="checkbox"/>
Moving from one floor to another in the home	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	5.3.3 <input type="checkbox"/>
Moving around outside the home (backyard, grounds) in all seasons	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	5.3.4 <input type="checkbox"/>
Using equipment outside the home (pool, play equipment, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	5.3.5 <input type="checkbox"/>
<b>Mobility</b>	<b>RECOMMENDED</b>															
<b>Short-distance movement</b>	<b>RECOMMENDED</b>															
Moving around in the neighbourhood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	6.1.1 <input type="checkbox"/>
Moving around on the street and sidewalk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	6.1.2 <input type="checkbox"/>
<b>Transportation</b>	<b>RECOMMENDED</b>															
Being a passenger in a vehicle (auto, bus, taxi)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	6.2.1 <input type="checkbox"/>

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<b>A</b> Level of Accomplishment (Check only 1)		<b>B</b> Type of Assistance (Check 1 or more, as required)		Level of Satisfaction (Check only 1)	
<i>No difficulty</i>				<i>Very dissatisfied</i>	
<i>With difficulty</i>				<i>Dissatisfied</i>	
<i>Accomplished by a proxy</i>				<i>More or less satisfied</i>	
<i>Not accomplished</i>				<i>Satisfied</i>	
<i>Not applicable</i>				<i>Very satisfied</i>	
<i>No assistance</i>					
<i>Assistive device</i>					
<i>Adaptation</i>					
<i>Additional human assistance*</i>					

### Responsibilities

#### Civic responsibilities

Respecting rules of conduct, regulations, safety rules, his/her own property and that of others

Taking charge of him/herself, standing up for his/her rights, expressing his/her wishes and needs

#### Family responsibilities

Accepting help from parents and siblings

Participating in taking care of pets

Accompanying parents on shopping trips

7.2.1

7.2.2

7.3.1

7.3.2

7.3.3

### Interpersonal Relationships

#### Close relationships

Maintaining loving relationships with immediate family

8.1.1

Maintaining loving relationships with other relatives (grandparents, cousins, etc.)

8.1.2

Creating and maintaining social ties with friends

8.1.3

Participating in activities related to sexual awakening (questions, exploring the body, etc.)

8.1.4

#### Social relationships

Participating in social activities with family or extended family

8.2.1

### Community Life

#### Spiritual life and religious practices

Participating in religious activities

9.2.1

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## Education

### Preschool education

Getting to, entering, and moving around an early childhood education centre or daycare centre (including the play yard)

Participating in activities at an early childhood education centre or daycare centre

Using the facilities at an early childhood education centre or daycare centre

Participating in special activities organized by an early childhood education centre or daycare centre

10.1.1 □

10.1.2 □

10.1.3 □

10.1.4 □

## Recreation

### Sports and games

Playing individual games indoors or outdoors (rattle, doll play, sandbox, etc.)

Playing group games indoors or outdoors (card games, ball games, etc.)

Practicing individual physical activities or sports indoors or outdoors (swimming, biking, skiing, etc.)

Practicing group physical activities or sports indoors or outdoors (soccer, hockey, etc.)

Participating in outdoor activities (camping, hiking, etc.)

Using local sports and recreation facilities (pool, gym, arena, playground, etc.)

12.1.1 □

12.1.2 □

12.1.3 □

12.1.4 □

12.1.5 □

12.1.6 □

### Arts and culture

Practicing artistic activities (music, arts and crafts, dance, etc.)

Going to a movie, attending a show

Using local recreational facilities (library, etc.)

Participating in trips or tourist activities

12.2.1 □

12.2.2 □

12.2.3 □

12.2.4 □

# Comments

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**Use the following lines for general comments or remarks related specifically to one or more of the following topics regarding the child:**

- a) The level of accomplishment
- b) The type of assistance required
- c) The level of satisfaction

or for general comments pertaining to any other aspect of this questionnaire.

The page features a large, tilted blue watermark reading "SPECIMEN" in a bold, sans-serif font. This watermark is positioned diagonally across a set of ten horizontal green-lined comment lines, which are intended for the respondent to write their comments on.

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