

Below is a sample list of areas of functional impairment that can be used to prompt discussion about how work-related psychological injuries, conditions and symptoms are impacting the patient's quality of life and ability to function on a daily basis. This discussion can inform treatment goals to facilitate reduction of symptoms and recovery of functional abilities.

Area of life	Do your symptoms impact the below areas of your life (e.g., enjoyment, quality of life, the ability to do things)? Yes / No If yes, how?	Ideas for related goals If we could improve that, what would it look like? Is there anything related to this you'd like to work on? (After, rank order importance)
Personal care: Eating and drinking regularly, showering regularly, dressing daily.		
Social connection: Seeing and getting along with closest friends and family.		
Participation in community activities: Are you engaging in religious or community events.		
Recreational activities: Participation in any hobbies or volunteer positions.		
Household chores: Engagement in usual chores around the home.		

Contact accessibility@wsib.on.ca if you require this communication in an alternative format.

Area of life	Do your symptoms impact the below areas of your life (e.g., enjoyment, quality of life, the ability to do things)? Yes / No If yes, how?	Ideas for related goals If we could improve that, what would it look like? Is there anything related to this you'd like to work on? (After, rank order importance)
<p>Getting out of the house: Running errands, seeing people, or leaving the house for other purposes.</p>		
<p>Tolerance of stress or emotional situations: Ability to tolerate exposure to emotionally stressful circumstances or emotionally distressed individuals.</p>		
<p>Tolerance of confrontation or conflict with others: Ability to tolerate exposure to interpersonally stressful or potentially conflict-ridden interactions.</p>		
<p>Concentration and attention to detail: Ability to focus and sustain continuous concentration and attention to detail.</p>		
<p>Memory: Ability to complete tasks without cues or reminders.</p>		

Area of life	Do your symptoms impact the below areas of your life (e.g., enjoyment, quality of life, the ability to do things)? Yes / No If yes, how?	Ideas for related goals If we could improve that, what would it look like? Is there anything related to this you'd like to work on? (After, rank order importance)
Planning and organizing: Ability to plan and organize tasks.		
Decision-making, judgement and responsibility: Ability to exercise judgement, make decisions and assume responsibility for same.		
Problem-solving: Ability to think problem-solve by thinking calmly, clearly and analytically.		
Multi-tasking: Ability to perform more than one task at a time, and use judgement to determine priorities.		
Time-pressure: Ability to complete tasks by working quickly or under time constraints.		

Area of life	Do your symptoms impact the below areas of your life (e.g., enjoyment, quality of life, the ability to do things)? Yes / No If yes, how?	Ideas for related goals If we could improve that, what would it look like? Is there anything related to this you'd like to work on? (After, rank order importance)
<p>Tolerance to distracting stimuli: Ability to complete tasks with some degree of distracting stimuli, vs the need for a quiet, non-distracting environment.</p>		
<p>Pacing, persistence and stamina: Ability to sustain continuous performance over a period of time without highly frequent breaks.</p>		
<p>Flexibility and adaptability: Ability to adapt to changing situations, circumstances, or environmental demands.</p>		
<p>Work-specific: Ability to work independently: Ability to tolerate infrequent supervision and work independently for periods of time.</p>		
<p>Work-specific: Ability to work with others: Ability to cooperate with others vs. the need to work alone because of difficulty getting along with others.</p>		

Area of life	Do your symptoms impact the below areas of your life (e.g., enjoyment, quality of life, the ability to do things)? Yes / No If yes, how?	Ideas for related goals If we could improve that, what would it look like? Is there anything related to this you'd like to work on? (After, rank order importance)
<p>Work-specific: Working in isolation: Ability to work effectively without regular in-person contact.</p>		
<p>Work-specific: Supervision of others: Ability to act in a supervisory role and provide work direction to one or more people and oversee work performance.</p>		
<p>Work-specific: Cue reactivity, work specific trauma triggers: Ability to tolerate exposure to cues and situations that could trigger trauma reactions, and self-manage any possible trauma reactions.</p>		
<p>Driving and machinery: Ability to drive and to operate machinery.</p>		
<p>Other:</p>		

Area of life	Do your symptoms impact the below areas of your life (e.g., enjoyment, quality of life, the ability to do things)? Yes / No If yes, how?	Ideas for related goals If we could improve that, what would it look like? Is there anything related to this you'd like to work on? (After, rank order importance)
Other:		
Other:		