

## Frenchay Activities Index

In the last three months how often have you undertaken:

|  |                                      |                                |
|--|--------------------------------------|--------------------------------|
|  |                                      | 0 = never                      |
|  | Preparing main meals                 | 1 = less than once a week      |
|  | Washing up                           | 2 = 1-2 times a week           |
|  |                                      | 3 = Most days                  |
|  | Washing clothes                      |                                |
|  | Light housework                      |                                |
|  | Heavy housework                      | 0 = Never                      |
|  | Local shopping                       | 1 = 1-2 times in three months  |
|  | Social outings                       | 2 = 3-12 times in three months |
|  | Walking outside more than 15 minutes | 4 = at least weekly            |
|  | Actively pursuing hobby              |                                |
|  | Driving a care/going on a bus        |                                |

In the last six months how often have you undertaken:

|  |                                     |                                  |
|--|-------------------------------------|----------------------------------|
|  |                                     | 0 = Never                        |
|  | Travel outings / car rides          | 1 = 1-2 times in six months      |
|  |                                     | 2 = 3-12 times in six months     |
|  |                                     | 4 = at least fortnightly         |
|  |                                     | 0 = never                        |
|  | Gardening                           | 1 = light                        |
|  | Household / car maintenance (D-I-Y) | 2 = moderate                     |
|  |                                     | 3 = all necessary                |
|  |                                     | 0 = none                         |
|  | Reading books                       | 1 = one in six months            |
|  |                                     | 2 = less than one each fortnight |
|  |                                     | 3 = more than one a fortnight    |
|  |                                     | 0 = none                         |
|  | Gainful work                        | 1 = up to 10 hours/week          |
|  |                                     | 2 = 10-30 hours/week             |
|  |                                     | 3 = over 30 hours/week           |
|  | <b>TOTAL</b>                        |                                  |

Comment:

A reasonably widely used measure that focuses on extended activities of daily living. Although devised initially for older people after stroke, it seems to be useful in other conditions and at other ages, probably because the activities asked about are not age-specific and are equally likely to be affected by almost any disease. A minor variation, the Adelaide Activities Index also exists.

The Frenchay Activities Index has been used in many studies. It can be used by post [Carter et al, 19??]. It has had its factor structure analysed on several occasions [Bond et al, 1992]. The clinical utility of the factors is unclear but they do help understand the scale which appears to measure indoor domestic activities, outdoor domestic activities and outdoor social activities.

## **Appendix – Revised guidelines for using the Frenchay Activities Index**

The aim is to record activities which require some initiative from the patient. It is important to concentrate

upon the patient's actual frequency of activity over the recent past, not distant past performance nor potential performance. One activity can only score on one item.

### **Specific items**

- 1) Needs to play a substantial part in the organization, preparation and cooking of main meal. Not just making snacks or reheating prepared food.
- 2) Must do all or share equally, e.g. washing or wiping and putting away. Not just rinsing an occasional item.
- 3) Organisation of washing and drying clothes, whether in washing machine, or by hand or at launderette. Sharing task equally, e.g. loading, unloading, hanging, folding.
- 4) Dusting, polishing, ironing, tidying small objects or bedclothes. Anything heavier is included in item 5.
- 5) All heavier housework including changing beds, cleaning floors, fires and windows, vacuuming, moving chairs, etc.
- 6) Playing a substantial role in organizing and buying groceries, whether small or large amounts. Must go to the shop and not just push a trolley. Can include collection of pension or going to the Post Office.
- 7) Going out to clubs, church activities, cinema, theatre, drinking, to dinner with friends, etc. May be transported there, provided patient takes an active part once arrived. Includes social activities at home, initiated by the patient, e.g. visits from family or friends not where main purpose is to provide care.
- 8) Sustained walking for at least 15 minutes (allowed short stops for breath). About one mile. Can include walking to do shopping, provided walks far enough.
- 9) Must require some 'active' participation and thought, e.g. propagating or caring for houseplants, knitting, painting, games, sports (not just watching sport on television). Can be mental activities, e.g. reading specialist magazines, doing the stocks and shares or window shopping for pleasure.
- 10) Must drive a car (not just be a passenger), or get to a bus/coach and travel on it independently.
- 11) Coach or rail trips or car rides to some place for pleasure. Not for a routine 'social outing' (i.e. shopping, going to local friends). Must involve some organization and decision-making by the patient. Excludes trips organized passively by institutions unless patient exercises choice on whether to go. The common factor is travel for pleasure. Holidays within the six months are divided into days per month e.g. a 7-day holiday equals 1 or 2 days per month.
- 12) Gardening outside:
  - light occasional weeding or sweeping paths
  - moderate regular weeding, raking, pruning, etc.
  - heavy all necessary work including heavy digging.
- 13) Household maintenance:
  - light repairing small items, replacing lamp lightbulb or plug
  - moderate spring cleaning, hanging a picture, routine car maintenance
  - heavy painting/decorating, most necessary household/car maintenance.
- 14) Must be full-length books, not periodicals, magazines or newspapers. Can be talking books.
- 15) Work for which the patient is paid, not voluntary work. The time worked should be averaged out over six months. For example, one month working for 18 hours/week over the six-month period would be scored as 'up to 10 hours/week'.