<u>Common Functional Limitations Checklist</u>

Designed to facilitate discussion and identification of limitations following a medical diagnosis

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Adapted from the Disability Handbook, Department of Rehabilitation Education & Research

University of Arkansas

*Two Thousand **Twelve** Edition*

Explanation of References

The vast majority of this work has been adapted from the Disability Handbook, Two Thousand Twelve Edition (2012) by Jason D. Andrew and M. Jean Andrew. This edition did not include a robust definition of functional limitations for Autism, so this author referred to the Center for Disease Control (CDC) to create the Common Functional Limitations Checklist for this disability.

Sleep Disorders were not given specific functional limitations in the *Handbook*, resulting in adaptations from the Job Accommodation Network (JAN) for this disability. Likewise, Deafness was combined with Hard of Hearing in the *Handbook* so information for this disability came from JAN.

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Common Functional Limitations Checklist Associated with Affective Disorders: Bipolar Disorder

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Issues with interpersonal skills (cooperation, tact, and empathy)		
Issues with dependability		
Problems with decision-making		
Dealing with frequent change		
Limited stamina (fatigue and lethargy)		
Issues with judgment		
Issues with motivation or initiative		
Issues with follow-through or ability to follow instructions		
Issues with self-confidence/ self-image		
Drowsiness from interrupted sleep patterns or lack of sleep		
Issues with concentration		
Memory problems		
Issues with stability; consistency of behavior		

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Common Functional Limitations Checklist Associated with Affective Disorders: Depression

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Depressed mood; difficulty moderating mood		
Inability to enjoy usual activities		
Psychomotor problems (slowness in speech, thought, and movement)		
Problems with decision making		
Limited stamina (fatigue and lethargy)		
Difficulty with follow-through or following instructions		
Issues with judgment		
Issues with motivation or initiative		
Bodily complaints: headaches, back pain, muscle cramps, nausea, etc.		
Issues with self-confidence/ self-image		
Drowsiness from interrupted sleep patterns or lack of sleep		
Issues with concentration/ loss of interest		
Memory problems		
Issues with stability; consistency of behavior		

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Common Functional Limitations Checklist Associated with Affective Disorders: Mania

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Issues with interpersonal skills (cooperation, tact, and empathy)		
Issues with dependability		
Problems with decision-making		
Issues with judgment		
Difficulty managing money		
Flight of ideas; difficulty organizing thoughts		
Issues with motivation or initiative		
Issues with follow-through or ability to follow instructions		
Drowsiness from interrupted sleep patterns or lack of sleep		
Issues with concentration		
Memory problems		
Issues with stability; consistency of behavior		

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Common Functional Limitations Checklist Associated with Albinism

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Judgment from others over appearance		
Issues with employer and peer acceptance		
Issues with self-concept		
Delay in social skills development		
Do you have photosensitivity? Do you have to take precautions before going outside?		
Does your disability cause you to have problems with: -reading, writing, driving, space/form/ depth perception, field of vision deficit, sensitivity to glare (photophobia)		
Bleeding tendencies- related to Hermansky-Pudlak Syndrome (HPS)		
Breathing conditions- related to HPS		
Bowel conditions		

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Common Functional Limitations Checklist Associated with Alcohol and Other Drug Abuse Disabilities

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Psychological Consequences:		
Post-Traumatic Stress Diagnosis		
Generalized Anxiety Disorders Diagnosis		
Depression Diagnosis		
Feelings of guilt/ grief		
Difficulty with impulse control		
Low frustration tolerance		
Lack a perspective of time		
Social Consequences:		
Difficulty with relationships		
Loss of activities of daily living (ADL) skills		
Having mostly friends who drink or do drugs		
Lacking positive peer supports		
Spiritual Consequences:		
Feelings of hopelessness		
Feelings of despair		
Feeling directionless		
Difficulty coping without drinking or taking drugs		

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Common Functional Limitations Checklist Associated with Allergies

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Inability to work outside		
Difficulty working in wet, humid conditions		
Difficulty working near fumes and dust		
Limited stamina		
Fatigue/weakness		
Pain		
Sleepiness		
Problems with motor coordination		

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Common Functional Limitations Checklist Associated with Amputations

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Upper Extremity:		
Grasping		
Fingering		
Pinching		
Limited bimanual capabilities		
Carrying		
Lifting		
Holding		
Pushing		
Lower Extremity:		
Balancing		
Climbing		
Walking (even and uneven surfaces)		
Stooping		
Pushing		
Pulling		
Carrying large objects		
Lifting heavy or bulky objects		
Upper or Lower Extremity*:*		
Intolerant of environmental conditions (heat, cold, humidity, dirt) with prosthesis wearers		

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Common Functional Limitations Checklist Associated with Arthritis

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Upper Extremities:		
Fine hand movements		
Fingering		
Stiffness in joints; affects dexterity		
Grasping		
Working above the shoulders		
Lack tactile sensation		
Lower Extremities (including back)		
Stooping		
Bending		
Twisting		
Lifting		
Crawling		
Sitting		
Balancing		
Kneeling		
Climbing		
Turning		
Carrying		
Standing		
Either Upper or Lower Extremities:		
Movement affected by extremes of weather/ temperature conditions		
Strenuous activities without taking frequent rest periods		
Trauma/ jarring/ overuse of affected joints		
Pain		
Limited mobility		
Limited range of motion		

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Common Functional Limitations Checklist Associated with Asperger's Syndrome[1]

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Difficulty choosing a topic of conversation		
Engaging in one-sided, long-winded conversations		
The inability to recognize that other people think and feel differently than they do		
The inability to understand nonverbal cues, such as facial expressions, body language, or to understand humor		
Appearing not to understand, empathize with, or be sensitive to others' feelings		
Speaking in a voice that is monotonous, rigid, or unusually fast		
Moving clumsily, with poor coordination		
Displaying unusual nonverbal communication, such as lack of eye contact, few facial expressions, or awkward body postures and gestures		
Showing an intense obsession with one or two specific, narrow subjects, such as baseball statistics, train schedules, or weather		

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[1] Please note that the diagnosis of Asperger's Syndrome has been removed from the Diagnostic and Statistical Manual, Fifth Edition (DSM-V) which will begin widespread use January, 2014. It has grouped with Autism Spectrum Disorders.

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Common Functional Limitations Checklist Associated with Asthma

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Walking		
Climbing		
Lifting		
Limited stamina		
Sensitivity to cold		
Problems managing temperature changes		
Difficulty being in wet, humid conditions		
Problems working near fumes and dust		

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Common Functional Limitations Checklist Associated with Autism[2]

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Limited vocabulary, echolalia		
Understanding language emphasis and tone variations		
Using or understanding non-verbal means of communication e.g. eye contact, facial expressions, body language, gestures		
Difficulty understanding similes, metaphors, humorous, ironic or sarcastic remarks		
Difficulties in planning and organizing activities		
Difficulty with imagination		
Problems understanding personal space		
Trouble understanding the thoughts, feelings, and emotional distress in others and/or talking about own feelings		
Limited or no insight of self		
Indulging in repetitive and stereotypical behaviour		
Unusual eating and sleeping habits		
Maintaining rigid and inflexible routines (e.g. eating the same food every day, watching the same videos)		
Difficult, bizarre or challenging behaviour if routine is changed.		
Repetition of the same comments or question		
Problems with personal care		
Unusual reactions to the way things sound, smell, taste, look, or feel		

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[2] Autism Spectrum Disorders: Signs and symptoms (2013)

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Common Functional Limitations Checklist Associated with Burns

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Intolerance to extreme heat conditions		
Judgment from others over appearance		
Fear of meeting the public		
Avoidance of activities causing trauma/ irritation to injured skin and/or joints		
Limited range-of-motion if joints are affected		
Issues with self-image		
Issues with employer/ peer acceptance		

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Common Functional Limitations Checklist Associated with Cancer

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Limited stamina		
Decreased strength		
Lifting ability		
Climbing ability		
Walking endurance		
Intolerance to temperature changes		
Pain		
Fatigue		
Difficulty breathing		
Nausea		
Diarrhea or constipation		

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Common Functional Limitations Checklist Associated with Cardiovascular Disorders and Peripheral Vascular Disease

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Mobility (walking, running, climbing stairs)		
Standing for prolonged periods (*Has physician contraindicated standing?)		
Lifting, pushing, pulling, reaching, pressing (*are any back problems present?)		
Limited stamina and/or endurance		
Difficulty managing temperature extremes		
Dizziness If yes, under what conditions?		
Intolerance to environmental changes (gases, fumes, air quality, altitude changes)		

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Common Functional Limitations Checklist Associated with Carpal Tunnel Syndrome

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Fingering		
Lifting		
Strength		
Pain		
Grasping		
Dexterity		
Reaching		
Endurance		

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Common Functional Limitations Checklist Associated with Cerebral Palsy

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Physical Limitations:		
Limited stamina		
Pushing, pulling, pressing		
Muscular control, coordination, balance, speed		
Ambulation, standing, stooping, bending, climbing		
Writing, driving		
Bowel and bladder, pulmonary, pain		
A personal care attendant for daily living activities (eating, cooking, dressing, personal hygiene)		
Language and communication:		
Hearing disorders		
Auditory and visual comprehension disorders		
Issues with distractibility		
Speech affected		
Psychosocial limitations can include:		
Cognition (verbal perception, verbal reception, verbal expression, visual perception, visual motor)		
Problems with memory		
Problems with school achievement		
Acquisition retention, interpretation and application of information		
Issues with social isolation		
Problems with dependency and self-centeredness		
Lack of initiation in taking responsibility		
Complications:		
Contractures (joint limitations)		
Bowel and bladder incontinence		
Dental problems		
Osteoporosis		
Degenerative joint disorders due		

to poorly aligned joints		
Scoliosis		
Respiratory infections due to inefficient swallowing and compromised cough complex		
Other Commonly associated problems or disabilities:		
Learning disabilities (visual/auditory processing)		
Intellectual disabilities		
Visual and/or hearing problems		
Problems developing independent living skills		
Seizures		
Fatigue		
Problem-solving deficits		
Lack of support systems		

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Common Functional Limitations Checklist Associated Deafness[3]

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Difficulty communicating face-to-face		
Difficulty understanding verbal instructions		
Communicating with peers in groups, meetings, or trainings		
Speech clarity		
Difficulty responding to sounds in the environment		
Unable to understand the meaning of sounds		
Balance/ motor coordination problems		
Difficulty wearing hearing protection		
Issues with self-image		
Deficits in school achievement		
Problems in conceptualization		
Safely operating or working around vehicles		
Tendency to take things in very concrete ways		
Difficulty communicating by telephone		

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[3] Accommodation and compliance series: Employees with hearing loss (2013)

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Common Functional Limitations Checklist Associated with Delusional (Paranoid) Disorders

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Issues with dependability		
Problems conforming to rules		
Issues with judgment		
Difficulty with logical thinking		
Issues with cooperation		
Problems with tact		

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Common Functional Limitations Checklist Associated with Diabetes Mellitus

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Physical stamina and/or endurance		
Standing		
Walking		
Motor coordination		
Heavy exertion		
Tactile discrimination (being able to feel objects with your fingers)		
Finger dexterity		
Handling		
Grasping		
Manual dexterity		
Tolerance to extremes in temperature		
Tolerance to long hours without rest/food intake		
Tolerance to occupations that pose unusual injury hazards (cuts, burns, skin injuries)		
Problems with concentration		
Visual acuity		

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Common Functional Limitations Checklist Associated with Eating Disorders

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Limited stamina		
Strength		
Cold		
Decisions/judgment (persons experiencing bulimia are frequently associated with impulsive behavior such as alcohol/ drug abuse, stealing/shoplifting, and suicidal behavior)		

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Common Functional Limitations Checklist Associated with Chronic Fatigue Syndrome

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Overwhelming fatigue that completely destroys one's energy and strength		
Cognitive problems, lack of concentration or mental malaise (brain fog)		
Sleep disorder, wakefulness, unable to go back to sleep		
Persistent muscle discomfort and migratory joint pain		
Nagging scratchy and sore throat		
Enlarged lymph nodes in the neck or armpits that are tender and painful		
Mild to severe headaches, nausea		
Depression and anxiety		
Side effects and/or reactions to medications		
Muscle atrophy due to lack of activity		
Social isolation caused by fatigue		
Lifestyle restrictions		

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Common Functional Limitations Checklist Associated with Fibromyalgia

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Constant pain, ranging from a dull ache to severe and debilitating		
Fatigue frequently resulting from insomnia or sleep disturbances such as apnea		
Lack of concentration or mental malaise (brain fog)		
Frequent need to use restroom caused by Irritable Bowel Syndrome		
Recurrent tension-type headaches and migraines that can be accompanied by nausea, vomiting, extreme sensitivity to light and noise		
Depression and mood swings		
Low self-esteem		
Sensitivity to changes in temperature, bright lights, odors, and loud sounds		
Painful period and premenstrual discomfort		
Numbness and tingling in the extremities		
Dizziness		

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Common Functional Limitations Checklist Associated with Hard of Hearing

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Discriminating sounds (i.e. frequencies, decibel levels, speech discrimination)		
Difficulty understanding verbal instructions		
Difficulty communicating with peers or co-workers		
Speech clarity		
Intelligibility/context meaning of sounds		
Balance/ motor coordination		
Issues with self-image		
Deficits in school achievement		
Problems in conceptualization		
Tendency to take things in very concrete ways		
Others misjudging your skills and abilities		

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Common Functional Limitations Checklist Associated with Hemophilia

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Climbing		
Stooping, kneeling, crouching		
Lifting		
Strength		
Unable to work in physically hazardous work settings		
Limited range of motion		
Chronic pain		
Fear of injury that might cause bleeding		

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Common Functional Limitations Checklist Associated with H.I.V. (AIDS)

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Problems with cooperation		
Issues with dependability		
Difficulty making decisions		
Difficulty with frequent change		
Limited stamina		
Issues with strength		
Sensitivity to temperature changes		
Problems with depression		
Feeling fearful		
Feeling isolated		

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Common Functional Limitations Checklist Associated with Intellectual Disabilities

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Learning work skills		
Problems with self-direction		
Problems communicating		
Difficulty talking/ relating to others		
Limited work tolerance		
Mobility		
Self-care issues		
Transportation (the ability to drive a motor vehicle or make use of public transportation)		

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Common Functional Limitations Checklist Associated with Learning Disorders

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Difficulty with organizing work		
Time management problems		
Conceptualization problems		
Decision making problems		
Issues with maturity		
Challenges with reading, writing, and spelling		
Problems with math calculations		
Auditory/ visual memory difficulties		
Problems with form and spatial perception		
Issues with concentration		
Issues with attending to a task		
Visual motor problems		
Issues with abstract thinking		
Problems following instructions		
Problems with self-image		
Issues relating to others		
Impulse control problems		
Unclear/ vague communication style		
Inability to focus on details		
Sequencing problems		
Relational distortions		

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Common Functional Limitations Checklist Associated with Chronic Lower Back Pain

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Sitting		
Standing		
Bending		
Twisting		
Lifting		
Climbing		
Carrying		
Limited stamina		
Pain		
Activities in daily living (severe cases)		
Additional limitations due to side effects of medications		
Unable to drive a vehicle for long periods		

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Common Functional Limitations Checklist Associated with Motor Neuron Diseases (Amyotrophic Lateral Sclerosis (ALS), Progressive Bulbar Palsy, Progressive Spinal Muscular Atrophy, Charcot-Marie-Tooth, etc.)

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Upper extremity mobility		
Strength		
Whole body mobility		
Problems with self-care		
Speech		

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Common Functional Limitations Checklist Associated with Movement Disorders

(Ataxia, Dystonia, Huntington's Disease, Multiple System Atrophy (MSA), Myoclonus, Parkinson's Disease, Progressive Supranuclear Palsy, Restless Leg Syndrome, Tardive Dyskinesia, Tourette Syndrome, Wilson's Disease)

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Physical limitations:		
Shaking (tremors), muscular control and cramping, poor coordination, and/or balance problems		
Abnormal eye movements or eye movements so severe as to functionally cause blindness		
Constipation		
Sleep disorders such as insomnia		
Language and Communication:		
Inability to write legibly		
Weakness or inability to control speech		
Tics that can involve the voice or parts of the body and are seen in Tourette's syndrome		
Psychosocial limitations:		
Intellectual deterioration		
Personality changes		
Confusion		
Hallucinations		
Memory loss		
Fainting		
Dementia		
Complications:		
Permanent physical deformities		
Affects the ability to perform day-to-day activities		
Social misunderstanding of the disorder		
Pain and fatigue		
Muscle aches and pains		
Rigid or stiff muscles		
Other commonly associated problems:		

Depression		
Reactions to certain drugs Anxiety, stress, and tension		
Lack of support systems		

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Common Functional Limitations Checklist Associated with Multiple Sclerosis

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Talking		
Writing		
Walking		
Climbing		
Balancing		
Stooping		
Kneeling		
Crouching		
Lifting		
Twisting		
Reaching		
Fingering		
Motor coordination		
Eye-hand-foot coordination		
Limited stamina		
Strength		
Working in cold conditions		
Working in heat conditions		
Working in conditions where the temperature changes frequently		
Working in wet, humid conditions		
Vehicle operation		

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Common Functional Limitations Checklist Associated with Obesity[4]

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Walking		
Climbing		
Balancing		
Stooping		
Kneeling		
Crouching		
Lifting		
Dressing		
Grooming		
Limited stamina		
Strength		
Stigma		
Other health concerns (high blood pressure, diabetes, etc.)		
Depression		
Low self esteem		
Body dissatisfaction		

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[4] Puhl & Heuer (2010)

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Common Functional Limitations Associated with Pain

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Strength		
Pushing, pulling, pressing		
Climbing		
Standing		
Walking		
Stooping, bending		
Lifting		
Sitting		
Kneeling		
Turning, twisting		
Carrying		
Crawling		
Driving		
Irritability		
Depression		
Personality changes		
Dependence on pain medication		
Cold, sudden changes in temperature		

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Common Functional Limitations Checklist Associated with Personality Disorders

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Problems with cooperation		
Issues with tact		
Problems with dependability		
Judgment challenges		
Problems thinking logically		
Issues with dependency on others		
Problems with impulse control		
Issues with distractibility		
Problems tolerating frustration		
Difficulty respecting people or property		
Issues with proper dress/ attire		
Inflexibility to change		

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Common Functional Limitations Checklist Associated with Post-Polio Syndrome

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Pain in muscles or joints		
Sleep problems		
Breathing difficulties		
Swallowing problems		
Fatigue		
Lifting, reaching, walking, climbing, balancing, stooping, kneeling, crouching, twisting, fingering, motor coordination, eye-hand-foot coordination		
Difficulty with eating, hygiene, dressing, grooming		
Limited stamina and/or strength		

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Common Functional Limitations Checklist Associated with Post-Traumatic Stress Disorder

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Inability to tolerate certain stimuli		

"PTSD can be a response to a wide range of traumatic events that may or may not involve physical injury. Thus it is difficult to generalize about the common functional limitations. The limitations stemming from PTSD (such as the inability to tolerate certain stimuli) will be connected to the traumatic event experienced. Because of the broad range of stimuli that trigger the reactive symptoms of PTSD, there is also a broad range of possible functional limitations due to the PTSD. In addition, the reactive PTSD symptoms causing these limitations may be entirely distinct from the functional limitations caused by a traditional disability that is also present" (Andrew, 2008, p. 102).

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Common Functional Limitations Checklist Associated with Renal-Kidney Disease

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Limited stamina and/or endurance		
Concentration		
Lifting		
Climbing		
Limited capacity for long hours without rest		
Heavy exertion		
Sleeping difficulties		
Alertness		
Exposure to heat for prolonged periods		
Pulling		
Pushing		
Problems with problem solving/ decision making		
Dialysis schedule interruptions		

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Common Functional Limitations Checklist Associated with Respiratory Disorders

(Chronic Obstructive Pulmonary Disease, Chronic Bronchitis, Emphysema, Asthma, Cystic Fibrosis)

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Walking		
Climbing		
Limited stamina and/or strength		
Tolerance to temperature changes/ extremes		
Difficulty being in wet and humid conditions		
Problems being in fumes/dust/mold/gasses		
Pushing/ pulling		
Lifting		

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Common Functional Limitations Checklist Associated with Schizophrenic Disorders

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Problems with interpersonal skills i.e. cooperation and tact		
Issues with self-direction (dependability, decision making, difficulty with frequent change)		
Limited stamina		
Problems understanding instructions (particularly if these involve understanding underlying principles, reasoning, etc.)		
Motor coordination		
Eye-hand-foot coordination		
Form perception		
Spatial perception		
Memory		
Problem solving		
Issues with flexibility and adapting to change		

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Common Functional Limitations Checklist Associated with Seizure Disorder (Epilepsy)

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Climbing		
Balancing		
Motor coordination		
Eye/hand coordination		
Difficulty being in wet and/or humid conditions		
Difficulty being in noisy conditions		
Problems with memory		
Issues with attention span		
Difficulty with speed on activities		
Inability to operate a motor vehicle		
Low self-concept or low feelings of worth		

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Common Functional Limitations Checklist Associated with Sickle Cell Anemia

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Problems with dependability because of periodic episodes of sickle cell crisis		
Issues with frequent change (frequent changes of duties can cause stress which can exacerbate the problem)		
Strength		
Limited stamina		
Difficulty working in cold or heat		
Problems working where there are temperature changes		
Difficulty working in a wet, humid environment		
Pain (abdominal, back, joints)		
Joint stiffness and swelling		

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Common Functional Limitations Checklist Associated with Sleep Disorders[5]

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Daytime sleepiness		
Difficulty maintaining concentration		
Memory deficits		
Problems with attendance		
Decreased stamina		

This information is funded by Rehabilitation Services Administration WI Client Assistance Program grant H16A040054.

[5] Accommodation and compliance series: Employees with sleep disorders (2013)

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Common Functional Limitations Checklist Associated with Spina Bifida

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Ambulation		
Pushing, pulling, pressing		
Climbing, standing, stooping, bending		
Self-care (eating, food preparation, dressing, toileting, rolling over, grooming, hygiene, etc.)		
Wheelchair independence (transfer, propelling wheelchair)		
Control of bowel and/or bladder		
Writing		
Vehicle operation		
Range of motion in extremities		
Muscle control, reflex control		
Motor coordination, eye/hand/foot coordination		
Grasping, handling, hand/finger dexterity		
Kneeling, crawling, crouching		
Lifting, carrying, reaching		
Preoccupation with limitation (adjustment to disability)		
Issues with self-confidence, self-image		

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Common Functional Limitations Checklist Associated with Spinal Cord Injury

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Ambulation		
Limited stamina		
Problems with strength and/ or coordination		
Self-care (eating, food preparation, dressing, toiletry, grooming, hygiene, shifts in body position)		
Control of bowel and/or bladder		
Range of motion in extremities		
Muscle control, reflex control		
Grasping, handling, hand/finger dexterity		
Muscle atrophy		
Pain		
Susceptibility to infections		
Pressure sores		
Preoccupation with limitation (adjustment to disability)		
Problems with self-image, self-confidence		
May have a lack of initiative, inflexibility, irritability		
Feelings of isolation, aggressiveness		
Anger, depression, anxiety, low self-esteem		

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Common Functional Limitations Checklist Associated with Stroke

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Stamina		
Strength		
Mobility		
Mood and/or behavior changes		
Attention, concentration, memory		
Decision-making		
Issues with impulse control		
Issues with complex skills		
Motor control		
Speed		
Behavior		
Problems with social skills		
Personality changes		
Problems with communication skills		

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Common Functional Limitations Checklist Associated with Traumatic Brain Injury

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Balancing, lifting, walking		
Strength, coordination		
Vision, hearing, communication skills		
Pain and headaches		
Problems with memory, organizational and planning ability, concrete thinking		
Issues with attention span/ distractibility		
Writing skills, reading skills, visual-spatial skills		
Problems with lack of initiative, inflexibility, irritability		
Problems with social judgment, maturity		
Problems talking and relating to others		
Feelings of isolation, impulsiveness, aggressiveness		
Problems with anger, depression, anxiety, low self-esteem		
Behavioral problems, suspiciousness		
Low self-care skills, low safety skills		
Problems handling money		
Inability to carry out previously learned tasks		
Slowness		

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Common Functional Limitations Checklist Associated with Visual Impairments

Common Functional Limitations	Yes, No, or Don't Know in My Case	How will items marked YES be addressed?
Reading		
Writing		
Walking		
Driving		
Space perception		
Form perception		
Depth perception		
Color discrimination		
Field of vision deficit		
Night vision deficit		

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