

Poverty and Disability Self-Assessment Schedule (PADSAS) 4.0

Your Name: _____

Your Age: _____ Month/Year of this Assessment: _____

During this month of assessment, what was the difficulty of the following?

D1.1 | Understanding and Communicating

D1.1 | Concentrating on doing something for ten minutes?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D1.2 | Remembering to do important things?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D1.3 | Analyzing and finding solutions in day-to-day life?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D1.4 | Learning a new task, for example, learning how to get to a new place?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D1.5 | Generally understanding what people say?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D1.6 | Starting and maintaining a conversation?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D.2 | Getting Around**D2.1 | Standing for long periods, such as 30 minutes?**

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D2.2 | Standing up from sitting down?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D2.3 | Moving around inside your home?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D2.4 | Getting out of your home?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D2.5 | Walking a long distance, such as a kilometer (or equivalent)?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D3 | Self-care**D3.1 | Washing your whole body?**

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D3.2 | Getting dressed?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D3.3 | Eating?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D3.4 | Staying by yourself for a few days?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D4 | Getting along with people**D4.1 | Dealing with people you do not know?**

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D4.2 | Maintaining a friendship?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D4.3 | Getting along with people who are close to you?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D4.4 | Making new friends?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D4.5 | Sexual activities?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D5.1 | Life activities—Household**D5.1.1 | Taking care of your household responsibilities?**

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D5.1.2 | Doing most important household tasks well?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D5.1.3 | Getting all of the household work done that you needed to do?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D5.1.4 | Getting your household work done as quickly as needed?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D5.2 | Life activities—School/Work

* If you work (paid, non-paid, self-employed) or go to school, complete questions for this domain. Otherwise, skip to question D6.1.

D5.2.1 | Your day-to-day work/school?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D5.2.2 | Doing your most important work/school tasks well?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D5.2.3 | Getting all of the work done that you need to do?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D5.2.4 | Getting your work done as quickly as needed?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D6 | Participation in society

D6.1 | How much of a problem did you have in joining in community activities (for example, festivities, religious, or other activities) in the same way as anyone else can?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D6.2 | How much of a problem did you have because of barriers or hindrances around you?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D6.3 | How much of a problem did you have living with dignity because of the attitudes and actions of others?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D6.4 | How much time did you spend on your health condition or its consequences?

Score	1	2	3	4	5
	None	Some	Moderate	A lot	Extreme or cannot do

D6.5 | How much have you been emotionally affected by your overall health?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D6.6 | How much has your health been a drain on the financial resources of you or your family?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D6.7 | How much of a problem did your family have because of your overall health?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

D6.8 | How much of a problem did you have in doing things by yourself for relaxation or pleasure?

Score	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme or cannot do

This next section is meant for you to calculate using math skills the total raw domain (D) scores and average domain scores. You may decide not to answer a question, for example, question D4.5 because that is nobody's concern but your own. Add up each domain's scores for the total raw domain score and write in your total in the "raw total score" box under the corresponding domain. Next, divide the total raw domain score for each domain by the number of questions you answered for that domain. The maximum raw domain score total is provided as is the total number of questions posed for each domain. It should become a priority that if scores on any question are a 2 or greater indicating potential unhealthy stress that could evolve into greater stress to seek and make known to your governing officials the adversity you faced. We must trust governing officials to remedy the poverty immediately. Failure to remedy your poverty could lead to your disability.

Domain	D1	D2	D3	D4	D5.1	D5.2	D6
Maximum total score	30	25	20	25	20	20	40
Your raw total score							
Domain questions posed	6	5	4	5	4	4	8
Domain questions answered							
Average domain score							

Definitions

Poverty: any subsistent lack of well-being in the form of options, freedom, means, or capabilities to better oneself that can be remedied in the immediate future.

Disability: any subsistent lack of well-being in the form of options, freedom, means, or capabilities to better oneself that cannot be remedied for the foreseeable future.

Why are words underlined in the questions posed?

Words are underlined in the questions posed for your own self-assessment of your poverty and potential disability because it is an imperative to know which meaning of the underlined text is being used. Underlined text may have more than one meaning so you need to evaluate using a dictionary which definition fits the question posed to you for your self-assessment and go with the proper meaning for the underlined text that you decide upon using critical thinking. Then, hold fast to your interpretation of the meaning.

—End of self-assessment—

The 9 Dimensions of Wellness

...Cultural wellness...
...Spiritual wellness...
...Emotional wellness...
...Intellectual wellness...
...Interpersonal wellness...
...Environmental wellness...
...Physical wellness...
...Occupational wellness...
...Financial wellness...

!!!Set Goals!!!

...Specific, Measurable, Attainable, Relevant, Time-bound...
...Efficacy! Performance! Awareness! Progress!...

“Let us endeavor to live that when we come to die even the undertaker will be sorry.”

Mark Twain