

### **Reintegration to Normal Living Index**

Adapted from Wood-Dauphinee S and Williams IJ. Reintegration to Normal Living as a Proxy to Quality of Life, J Chron Dis, 40(6): 491-9, 1987; Fig 2. Used with permission from Elsevier Publishing.

There are 11 items in the Reintegration to Normal Living Index. Each of these items is accompanied by a visual analog scale (VAS) anchored by phrases reflecting whether the statement describes the situation of the patient. It allows the patients to determine the extent to which the statement in question applies to their specific situation. Each VAS is scored out of 10 points: 1 = minimal reintegration, 10 = complete reintegration

Scoring:

Both the total score = sum (points all 11 items) and the adjusted score = (total score)/110 \* 100 can be calculated. A minimum adjusted score is 0 and a maximum adjusted score is 100.

Reintegration to Normal Living Index Worksheet:

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Score (0-10):**

- |  |  |
|--|--|
| 1. I move around my living quarters as I feel is necessary. (Wheelchairs, other equipment or resources may be used.)   |  |
| 2. I move around my community as I feel is necessary. (Wheelchairs, other equipment or resources may be used.)   |  |
| 3. I am able to take trips out of town as I feel are necessary. (Wheelchairs, other equipment or resources may be used.) <sup>[SEP]</sup>  |  |
| 4. I am comfortable with how my self-care needs (dressing, feeding, toileting, bathing) are met. (Adaptive equipment, supervision and/or assistance may be used.) <sup>[SEP]</sup>   |  |
| 5. I spend most of my days occupied in a work activity that is necessary or important to me. (Work activity could be paid employment, housework, volunteer work, school, etc. Adaptive equipment, supervision and/or assistance may be used.) <sup>[SEP]</sup>                         |  |
| 6. I am able to participate in recreational activities (hobbies, crafts, sports, reading, television, games, computers, etc.) as I want to. (Adaptive equipment, supervision and/or assistance may be used.) <sup>[SEP]</sup>  |  |
| 7. I participate in social activities with family, friends, and/or business acquaintances as is necessary or desirable to me. (Adaptive equipment, supervision and/or assistance may be used.) <sup>[SEP]</sup>  |  |
| 8. I assume a role in my family which meets my needs and those of other family members. (Family means people with whom you live and/or relatives with whom you don't live but see on a regular basis. Adaptive equipment, supervision and/or assistance may be used.) <sup>[SEP]</sup> |  |
| 9. In general, I am comfortable with my personal relationships.  |  |
| 10. In general, I am comfortable with myself when I am in the company of others.   |  |
| 11. I feel that I can deal with life events as they happen.  |  |

Total Score: \_\_\_\_\_

Adjusted Score: \_\_\_\_\_