

Name:

Date:

### THE MAYERS' LIFE-STYLE QUESTIONNAIRE (1)

Please answer all relevant questions whatever the nature of your problem by putting a ✓ in the appropriate column/box.

#### 1. LOOKING AFTER YOURSELF:

<i>Are you able to:</i>		<b>Independently</b>	<b>With difficulty</b>	<b>Impossible</b>
a	- get in and out of bed			
b	- get up in the morning at an appropriate time			
c	- sleep adequately			
d	- wash			
e	- use the shower / bath			
f	- use the toilet			
g	- dress			
h	- clean your teeth			
i	- wash your hair			
j	- brush / comb your hair			
k	- get in and out of a chair			
l	- shop for food			
m	- prepare and cook food			
n	- use a knife / fork / spoon			
o	- hold a cup / mug / glass			
p	- make yourself a hot drink			
q	- heat your house adequately			
r	- manage your health problems including medication			
s	- wash up after meals			
t	- wash / iron your clothes			

		<b>Independently</b>	<b>With difficulty</b>	<b>Impossible</b>
u	- clean your house to your satisfaction			
v	- do your gardening to your satisfaction (if you have a garden and enjoy gardening)			
w	- have easy access to a phone			
x	- use a telephone			
y	- read what you want / need to read			
z	- write what you want / need to write			

## 2. GETTING AROUND: YOUR OWN HOME

<i>Are you able to:</i>		<b>Independently</b>	<b>With difficulty</b>	<b>Impossible</b>
a	- get around downstairs			
b	- manage stairs			
c	- get around upstairs			
d	- get outside to the front gate			

## 3. GETTING AROUND: FURTHER AFIELD

<i>Are you able to:</i>		<b>Independently</b>	<b>With difficulty</b>	<b>Impossible</b>
a	- walk / use wheelchair outside			
b	- use buses / trains			
c	- use specially adapted buses			
d	- travel as a passenger in a car			
e	- drive a car if you are a car driver			

#### 4. LOOKING AFTER OTHERS:

		Yes	No
a	- if you have responsibility for other people / another person, is there any way in which you need help		
b	- if you have a pet, is there any way in which you need help		

#### 5. BEING WITH OTHERS:

<i>Do you:</i>		Yes	Occasionally	No
a	- enjoy the company of other people			
b	- get lonely			
c	- enjoy your own company			

*Are you able to:*

d	- visit the people you would like to visit			
e	- join in with social activities / interests that you enjoy			

		Yes	No
f	- do people visit you as often as you would like		

#### 6. YOUR BELIEFS AND VALUES:

<i>Do you have:</i>		Yes	No
a	- religious / spiritual beliefs that are important to you		
b	- do you like to be with others who have similar beliefs / values		
c	- are you able to join others with similar beliefs		

**7. BEING IN OR OUT OF WORK / ATTENDING COLLEGE:**

		<b>Yes</b>	<b>No</b>
a	- are you in paid employment		
b	- do you do any voluntary work		
c	- would you like to be in paid employment / doing voluntary work		
d	- if you are a student, are you able to attend college regularly		

  

		<b>Independently</b>	<b>With difficulty</b>	<b>Impossible</b>
e	- if at work / college, are you able to work / study			

**8. ACTIVITIES YOU ENJOY DOING:**

<i>Are you able to do the leisure activities you enjoy doing / want to do: (list up to 5 activities)</i>		<b>Independently</b>	<b>With difficulty</b>	<b>Impossible</b>
a	-			
b	-			
c	-			
d	-			
e	-			

**Having filled in this form, please go back over it and put 'x' against the areas which are of most concern to you.**

## **Guidelines for use of the Mayers' Lifestyle Questionnaire (1)**

The Mayers' Lifestyle Questionnaire (1) is an instrument used to demonstrate a person-centred approach within occupational therapy practice. The wording and sections were decided upon following a full 'Quality of Life' literature review (Mayers, 1995). Evaluative studies using the Lifestyle Questionnaire (1) indicated that it was more suitable / applicable to users with problems caused by physical disability. [The Mayers' Lifestyle Questionnaire (2) has now been developed for users with enduring mental health problems and the Mayers' Lifestyle Questionnaire (3) for older people: update 2018].

The Mayers' Lifestyle Questionnaire (1) gives the user an opportunity to clearly indicate his/her priority needs in relation to his/her quality of life. This is in preparation for discussion with the occupational therapist once the user has completed the self-assessment tool. Time is needed during the this visit for you and the user to discuss the reason for the positioning of the ticks and asterisks. This may take a while but it does ensure that the key problems are identified and dealt with appropriately during intervention. There are indications that this may prevent the necessity for early re-referral.

I am interested to hear your views, and those of your clients, about the use of the contact letter and Mayers' Lifestyle Questionnaire (1), so please do let me know (chrismayers2000@gmail.com). Users may say that not all the questions are relevant to their problem. Do say that the Lifestyle Questionnaire is designed to cover the needs of many users with a great variety of problems ... and everyone is different! The contact letter does say that a user only needs to complete the areas that are relevant to him/her.

There is a copyright notation on the contact letters and Mayers' Lifestyle Questionnaire (1) so please do not change the wording or format. Do feel free to photocopy.

The Mayers' Lifestyle Questionnaire (1) is now also being used by GP practices as the functional assessment tool for people aged 75 years and over and is

recommended by the Department of Health as an assessment for use within the Single Assessment Process.

### **Use of the Mayers' Lifestyle Questionnaire (1) as an outcome measure**

It is suggested that the Mayers Lifestyle Questionnaire (1) be given to the user to complete again, before intervention ceases. A comparison can then be made of the positioning of the ticks before intervention and towards the end of intervention.

#### References

Mayers CA (1995) Defining and Assessing Quality of Life. *British Journal of Occupational Therapy*, 58 (4), 146-150

Mayers CA (1998) An evaluation of the use of the Mayers' Lifestyle Questionnaire. *British Journal of Occupational Therapy*, 61 (9), 393-98

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