

Appendix 3: Questions for measuring people's capability

Here we are going to do a capability measure test. There will be about 6 sets of questions.

1. VISION

- Do you use glasses?
- Can you see well enough to read a newspaper headline (with your glasses)?
- Can you see well enough to read a large print book (with your glasses)?
- Can you see well enough to read the ordinary newspaper print (with your glasses)?
- Can you see well enough to read GP's letter or medication instruction (with your glasses)?
- Has your vision affected your access to (get to) COPD care treatment or not?

2. HEARING

- Can you understand loud speech in a quiet room?
- Can you use the telephone without special adaptations for hearing impairment?
- Do you have great difficulty following a conversation if there is background noise – for example, a T.V., radio or children playing?
- Can you see hear your GP or physiotherapists' words clearly?
- Has your hearing affected your access to (get to) COPD care treatment or not?

3. THINKING

- Can you concentrate on a short TV ad without getting distracted?
- Can you concentrate enough to make toast without getting distracted?
- Can you concentrate enough to run a bath without getting distracted?
- Can you think clearly, or do your thoughts tend to be muddled or slow?

THINKING - Memory

- Can you remember your name?
- Can you remember your best friend's name?
- Can you remember names of people in your family or friends whom you see regularly?

THINKING - Literacy

- Can you read and understand individual common words, e.g. cat, house?
- Can you read and understand a sentence, i.e., in a tabloid newspaper?
- Can you read and understand a short newspaper article, i.e., in a tabloid newspaper?

THINKING - Speaking comprehension

- Can you understand individual common words when spoken aloud?
- Can you understand simple sentences when spoken aloud?
- Can you understand short audio news report?

THINKING - speaking

- Can you speak common words clearly enough that others can understand?
- Can you ask a simple question clearly enough that others understand it?
- Can you speak clearly enough that others understand you in typical everyday conversations?
- Do you have any difficulty to answer questions and talk with your GP or physiotherapists?
- Has your thinking and communication affected your access to (get to) COPD care treatment or not?

4. DEXTERITY

- Can you turn a tap or the control knob of a cooker?
- Can you pick up a small object, like a safety pin from a table-top using your fingers
- Can you use a pen or pencil to write without difficulty?

DEXTERITY - Lifting strength

- Can you pick up and hold a mug of coffee or tea by the handle?
- Can you pick up and carry a bottle of wine or a glass bottle of milk without condensation?
- Can you pick up and carry four pints of milk or a 2.5kg bag of potatoes?
- Has your dexterity affected your access to (get to) COPD care treatment or not?

5. REACH AND STRETCH - reach forward and up

- Can you reach forward to shake hands with your friends?
- Can you reach up to put a hat on head?
- Can you reach something just above head for a few seconds?

REACH AND STRETCH - reach down

- Can you reach down to knee level with one arm, supporting yourself with other arm if needed?
- Can you reach down to the floor level with one arm, supporting yourself with the other arm if needed?
- Can you get down to floor level to use dustpan& brush, supporting yourself on the way if needed?
- Has your reach and stretch affected your access to (get to) COPD care treatment or not?

6. MOBILITY

- What is the furthest you can walk on your own without stopping and without severe discomfort?
 - I am able to walk only a few steps.
 - I am able to walk 50m without help and without stopping, with aids if needed.
 - I am able to walk 175m without help and without stopping, with aids if needed.
 - I am able to walk 350m without help and without stopping, with aids if needed.
 - Not sure
- What is the longest stairs you can climb on your own without stopping and without severe discomfort?
 - I am able to climb 12 stairs without help and without using a handrail.
 - I am able to climb 12 stairs without help, using a handrail if necessary.
 - I am able to climb one step without help.
 - I always require assistance.
 - Not sure.
- Which one is more match your Standing and balancing ability?
 - I am able to stand momentarily, without holding on to anything
 - I am able to stand for a minute, without holding on to anything.
 - I am able to stand for 10 minutes, without holding on to anything
 - Not sure.
- Has your mobility affected your access to (get to) COPD care treatment or not?