

<b>SPIRAL-questions for adults with language related difficulties</b>	<b>ICF-code</b>	<b>ICF- classification of health-related domains</b>
1. Daily routines • How well are you able to carry out daily routines? <i>For instance dressing, personal hygiene, cooking, cleaning.</i>	d230	Carrying out daily routine
2. Ability to relax • Do you have ways of relaxing that work for you?	d240	Handling stress and other psychological demands
3. Conversation between two persons • How well are you able to hold a conversation with a friend?	d3503	Conversing with one person
4. Conversation in a group • Is it easy for you to converse in a group? <i>For instance expressing your own opinion, speaking when it is your turn, listening to others.</i>	d3504	Conversing with many people
5. Methods that support speech • How well are you able to use methods that support speech?	d369	Conversation and use of communication devices and techniques, other specified and unspecified
6. Understanding speech • Is it easy for you to understand speech?	d310 b16700	Communicating with - receiving - spoken messages Reception of spoken language
7. Speaking • How well are you able to speak? Is it easy for you to express yourself in speech?	d330 b16710	Speaking Expression of spoken language
8. Reading • How well are you able to read?	d325 b16701	Communicating with - receiving - written messages Reception of written language
9. Writing • How well are you able to write?	d345 b16711	Writing messages Expression of written language
10. Assistive devices for communication • Do you use assistive devices for communication? How well do you manage to use them?	d3609	Using communication devices and techniques, unspecified
11. Running errands How well do you manage to run your own errands?	d620 d640 d860	Acquisition of goods and services Doing housework Basic economic transactions
12. Moving • How well are you able to move around independently at home or outside the home?	d460	Moving around in different locations
13. Modes of transport • How well are you able to move around outside the home? Are you able to go to the places you want to go?	d470	Using transportation
14. Caring for one's health • Do you take care of your health by following healthy habits?	d570	Looking after one's health
15. Leisure and hobbies • Do you have hobbies that you like? Are you satisfied with the amount of hobbies?	d920	Recreation and leisure
16. Friends	d7500	Informal relationships with friends

• Do you have friends that you see and with whom you can spend your spare time?		
17. Intimate relationships • Are you satisfied with your intimate relationship?	d770	Intimate relationships
18. Eating • Do you eat varied meals? Do you eat regularly?	d5701	Managing diet and fitness
19. Ability to concentrate • Is it easy for you to concentrate?	b140	Attention functions
20. Regulating emotions • How well are you able to regulate your emotions? Do you have effective ways of calming yourself down?	b1521	Regulating emotions
21. State of mind • What is your current state of mind?	b1520 b1522	Appropriateness of emotion Range of emotion
22. Physical exercise and habits • Do you care for your health by exercising regularly?	d598	Self-care, other specified
23. Balance • Are you able to move around and move your body safely without falling?	b240	Sensations associated with hearing and vestibular function
24. Pain • Do you experience physical pain? Please indicate where.	b289	Sensation of pain, other specified and unspecified
<b>• RESOURCES AND SUPPORT</b>		
Healthcare services Family Housing	e5800 e310 e155	Health services Immediate family Design, construction and building products and technology of buildings for private use Tangible assets Social security services
Social security	e1651 e5700	