The EDAQ helps you pinpoint how your health condition affects your everyday activities

... and start looking for the solutions......

Occupational Therapists and Physiotherapists can help you find them.
What is the EDAQ?

The Evaluation of Daily Activity Questionnaire includes over a 100 activities. People with arthritis and musculoskeletal conditions told us these most often caused them problems, pain, tiredness and frustration.

How to use the EDAQ

If you have been given or mailed the EDAQ by a therapist:

- Fill it in at home. It usually takes 20-30 minutes. Take time to think about it. You don’t need to fill it in “in one go.”
- Bring it to your next therapy appointment.
- Your therapist will discuss with you any activities you find a problem…however many or few there are. You can discuss solutions together.

Using the EDAQ yourself

If you want the EDAQ for yourself, you can find it at the website(s) below:

- Take time to think about it as you fill it in.
- If you pinpoint problems…
- Ask to be referred to an occupational therapist by your doctor
- And try searching for solutions on the internet.
- More information on solutions can be found at:
  - www.prohalisonhammond.com
  - (website in development: 2016).

Many people get frustrated doing “simple tasks”:

"At first, I thought.. a lot of this doesn’t apply to me. But it does when you think about it. You live with your illness.. and accept it...The EDAQ helped me see there are solutions then...it’s all relevant. It makes you think about your arthritis.”

"Little things to help can make life so much better...the EDAQ shows those many small things.”