Self-Efficacy for Managing Daily Activities

Please respond to each question or statement by marking one box per row.

	CURRENT level of confidence…	I am not at all confident	I am a little confident	I am somewhat confident	I am quite confident	I am very confident
SEMDA001	I can take a bath or shower.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA002	I can eat without help from anyone.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA003	I can take care of my personal hygiene without help from anyone (for example: brush my teeth, comb my hair, shave, apply makeup).....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA004	I can dress myself in the way I want to be dressed (including buttoning clothes and putting on shoes).....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA005	I can get in and out of bed without falling .	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA006	I can get in and out of a chair.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA007	I can get to the bathroom in time.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA008	I can manage my clothes when I need to use the toilet.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA009	I can stand for 5 minutes (for example: waiting in a line, waiting for a bus).....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA010	I can walk around inside my house.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA011	I can walk a block (about 300 feet or 100 meters) on flat ground.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA012	I can exercise at a moderate level for 10 minutes (for example: walking briskly, biking, swimming, aerobics).....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA013	I can exercise at a vigorous level for 10 minutes (for example: running, jogging)....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA014	I can get around in an unfamiliar environment.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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SEMDA015	I can travel to a new destination alone	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA016	I can go outside in challenging weather for me	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA017	I can climb one flight of stairs (with or without rails)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA018	I can go shopping and run errands	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA019	I can perform my daily activities even if someone is rushing me	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA020	I can lift and carry groceries.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA021	I can perform my household chores	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA022	I can drive a car	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA023	I can use public transportation	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA024	I can keep doing my usual activities at work.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA025	I can use a computer (for example: use keyboard, see screen, login)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA026	I can use a telephone to schedule an appointment.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA027	I can engage in hobbies or recreational activities	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA028	I can take care of others (for example: cook for others, help them dress, watch children)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA029	I can maintain my finances (for example: write checks, pay bills).....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA030	I can maintain a regular exercise program	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA031	I can concentrate on something difficult	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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SEMDA032	I can prepare my own meals (for example: plan and cook full meals by myself)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA033	I can take my medications in the right doses and at the right times	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA034	I can find new ways to manage daily activities when the old way doesn't work...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA035	I can recognize risks (for example: handling hot liquids, walking on uneven ground) and take steps to prevent accidents	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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