

Name: Hosp No: Date Of Birth :

Interest Checklist						
Category	Activity	Degree Of Interest			Do You Currently participate? (yes/no)	
		Strong Interest	Some Interest	No Interest		
1	Health & Fitness	Complimentary Therapies/Healthy living				
		Cycling				
		Exercise/Aerobics/Gym				
		Swimming				
		Yoga				
	<i>Other Health and Fitness</i>					
2	Sports	Basketball/Netball				
		Table Tennis				
		Tennis/Squash/Badminton				
		Pool/Snooker				
		Darts				
		Bowling				
		Golf				
		Football/Rugby/Hockey				
		Cricket				
		Spectator Sports				
		Athletics				
		Martial Arts/Boxing/Fencing				
	<i>Other Sports</i>					
3	Creative	Amateur Dramatics				
		Singing				
		Making music				
		Writing – letters/poems/stories				
		Fashion – incl. Clothes/Hair Care/Cosmetics				
		Photography				
		Painting/Drawing (Art)				
		Model building				
		Woodworking – including Picture Framing, Furniture Restoration				
		Needlework/crafts				
		Pottery				
	<i>Other Creative:</i>					

Category	Activity	Degree Of Interest			Do You Currently participate? (yes/no)
		Strong Interest	Some Interest	No Interest	
4 Productivity – at home	Mending/DIY				
	Gardening – incl. Indoor Plants				
	Cooking/Baking				
	Car Repair				
	Other Productivity at home				
5 Leisure – at home	Computing – games/pc/internet				
	Table games – chess, scrabble etc.				
	Playing cards				
	Puzzles/Crosswords				
	Collecting				
	Television/video				
	Reading				
	Radio				
	Listening to music				
Other leisure at home:					
6 Social:	Going to the pub/bars				
	Eating out				
	Clubs: Social/Nightclubs				
	Inviting/visiting friends/family				
	Voluntary work				
	Church activities				
	Other social:				
7 Outdoor pursuits	Fishing				
	Water sports incl. canoeing/rowing				
	Climbing				
	Walking				
	Gardening				
	Birdwatching/wildlife/ecology				
	Camping				
	Horse riding				
	Pets				
Other outdoor pursuits:					

Category		Activity	Degree Of Interest			Do You Currently participate? (yes/no)
			Strong Interest	Some Interest	No Interest	
8	Out and About/ entertainment	Visits places of interest/day trips				
		Jumble/car boot sales/charity shops				
		Travelling/holidays				
		Dancing				
		Driving				
		Cinema				
		Concerts/theatre				
		Shopping (incl. Markets)				
		Bingo				
		Museums/art galleries				
	Other out and about:					
9	Educational	Antiques				
		Speeches/lectures				
		Courses/adult education				
		History				
		Science				
		Politics/philosophy				
		Foreign languages				
		Reading				
	Other educational:					

Client: Signed: Date:

Occupational Therapist/
Staff Nurse: Signed: Date:

Interest summary

Name:.....Hosp Number:.....Date of Birth:.....

Strong Interests

Summary

	Shortlist	Action Plan
1.		
2.		
3.		

Client: Signed: Date:

Occupational Therapist/
Staff Nurse: Signed: Date: