



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.

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# EDAQ



## The Evaluation of Daily Activity Questionnaire

**Helping you find  
everyday solutions.**



Helping you find everyday solutions.

## 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.

The EDAQ helps you think about:

- How you manage doing your everyday activities
- What activities cause you any difficulty
- ...And how to start finding the solutions.

## 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.

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."*

## 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.profalisonhammond.com](http://www.profalisonhammond.com)
- (website in development: 2016).

*If you want to a copy of the EDAQ/ further information, you can find it at:*

<http://usir.salford.ac.uk/30755/>

and

[www.profalisonhammond.com](http://www.profalisonhammond.com)