

Appendix 1. The Cochin scale

Answers to the questions

- 0 = yes, without difficulty
- 1 = yes, with a little difficulty
- 2 = yes, with some difficulty
- 3 = yes, with much difficulty
- 4 = nearly impossible to do
- 5 = impossible to do

In the kitchen

- 1. Can you hold a bowl?
- 2. Can you grasp a full bottle and raise it?
- 3. Can you hold a plate full of food?
- 4. Can you pour liquid from a bottle into a glass?
- 5. Can you unscrew the lid from a jar that has been opened before?
- 6. Can you cut meat with a knife?
- 7. Can you prick things well with a fork?
- 8. Can you peel fruit?

Dressing

- 9. Can you button your shirt?
- 10. Can you open and close a zip?

Hygiene

- 11. Can you squeeze a new tube of toothpaste?
- 12. Can you hold a toothbrush efficiently?

At the office

- 13. Can you write a short sentence with an ordinary pen?
- 14. Can you write a letter with an ordinary pen?

Other

- 15. Can you turn a round door knob?
- 16. Can you cut a piece of paper with scissors?
- 17. Can you pick up coins from a table top?
- 18. Can you turn a key in a lock?