

Lung Transplant Valued Life Activities (LT-VLA)

How much difficulty have you had performing the following activities?	None	Some	A lot	Unable to do at all	Does not apply to me
14. Taking care of your basic needs, such as bathing, getting dressed or taking care of personal hygiene	☐	☐	☐	☐	☐
15. Preparing meals and cooking	☐	☐	☐	☐	☐
16. Doing light work around the house, such as dusting or laundry	☐	☐	☐	☐	☐
17. Doing heavier housework, such as vacuuming, changing sheets or cleaning floors	☐	☐	☐	☐	☐
18. Walking or getting around INSIDE your home	☐	☐	☐	☐	☐
19. Walking OUTSIDE your home, just to get around to places you go on a regular basis (this does not include walking for exercise)	☐	☐	☐	☐	☐
20. Getting around your community by car or by public transportation	☐	☐	☐	☐	☐
21. Going to social events, parties or celebrations	☐	☐	☐	☐	☐
22. Visiting friends or family members in THEIR homes	☐	☐	☐	☐	☐
23. Having friends or family members visit you in YOUR home	☐	☐	☐	☐	☐
24. Participating in leisure activities IN YOUR HOME, i.e. reading, watching television, or listening to music	☐	☐	☐	☐	☐
25. Participating in leisure activities OUTSIDE your home, such as playing cards or bingo, or going to movies, club meetings, or restaurants	☐	☐	☐	☐	☐
26. Participating in physical recreational activities, such as walking for exercise, playing golf, bicycling, swimming, or water aerobics	☐	☐	☐	☐	☐
27. Traveling out of town	☐	☐	☐	☐	☐
28. Working at a job for pay	☐	☐	☐	☐	☐