

# Chapter 22

## Lifestyle Effects

### INTRODUCTION

This chapter is to be used to assess lifestyle effects of accepted conditions.

#### What is a lifestyle effect?

A lifestyle effect is a disadvantage, resulting from an accepted condition, that limits or prevents the fulfilment of a role that is normal for a veteran of the same age without the accepted condition.

#### Optional methods of assessment

There are three optional methods of assessing lifestyle effects. The veteran may choose which of these methods is to be used for his or her assessment. Except where otherwise indicated, the determining authority is to make its assessment on the basis of the last choice made by the veteran and notified to the determining authority. Where no option has been or can be chosen, the determining authority is to determine a lifestyle rating by following the procedure described under “Option 2” below.

**Option 1** allows a veteran to self-assess the effects of the accepted conditions on his or her lifestyle. The veteran must complete a Lifestyle Rating Self Assessment Form. The form covers the four key components of lifestyle (personal relationships, mobility, recreational and community activities, and employment and domestic activities) and is in accord with Tables 22.1 to 22.5.

The self-assessed rating should not usually be queried although further information may be requested if necessary. It is expected that the self-assessed lifestyle rating would be broadly consistent with the level of impairment. A determining authority may reject a self-assessment of lifestyle rating because it *overestimates*, or *underestimates*, the level of rating that is broadly consistent with the level of impairment from accepted conditions.

If a determining authority rejects a veteran’s self assessment on the ground that it is an underassessment, the determining authority is to substitute its own lifestyle rating for the one chosen by the veteran, provided that the new rating is higher than the original self-assessed rating.

If a determining authority rejects a veteran's self assessment on the ground that it is an overassessment, the veteran is to be given a second opportunity to complete a Lifestyle Questionnaire. If after having been given the opportunity the veteran completes a Lifestyle Questionnaire, the determining authority is to determine a new lifestyle rating by following the procedure described under "Option 3" below. If after having been given the opportunity the veteran does not complete a Lifestyle Questionnaire, the determining authority is to determine a new lifestyle rating by following the procedure described under "Option 2" below.

**Option 2** is to be used if the veteran chooses not to self-assess or to complete a Lifestyle Questionnaire. Under this option the determining authority should generally allocate a lifestyle rating based on the level of medical impairment. This rating is not to be less than the higher of the ratings contained in the "shaded area" of Table 23.1 in Chapter 23 (Conversion To Degree Of Incapacity).

In unusual cases the determining authority may, in the light of information available to it, decide to allocate a rating in excess of the higher of the ratings contained in the "shaded area" of Table 23.1 in Chapter 23 (Conversion To Degree Of Incapacity).

**Option 3** is to be used if the veteran completes a Lifestyle Questionnaire. The determining authority is to use the information in the completed Lifestyle Questionnaire, together with all other relevant information available to it, to allocate ratings in accordance with Tables 22.1 to 22.5. The ratings are to reflect the impact of the impairment from accepted conditions on the four key components of a person's lifestyle (personal relationships, mobility, recreational and community activities, and employment and domestic activities).

### **How are lifestyle effects assessed?**

The effects of impairment on lifestyle are specific to a veteran. and are determined by reference to four components of that veteran's life:

- ◆ personal relationships,
- ◆ mobility,
- ◆ recreational and community activities, and
- ◆ employment and domestic activities.

All are of equal weight.

Pain, suffering, impaired memory or concentration, or interference with sleep or sleeping arrangements, that result from the accepted conditions must be taken into account. The rating that best accommodates the veteran's circumstances is to be selected from the descriptions in Tables 22.1 to 22.5.

The criteria in the Lifestyle Rating Self Assessment Form are the same as the criteria in Tables 22.1 to 22.5. Ratings are based on a progressive scale of 0–7 (with the exception of Table 22.5 in which the scale ranges from 0–5). A zero rating indicates that a veteran's lifestyle is only negligibly affected by the accepted conditions. A

rating of 7 indicates that the effect of the accepted conditions on a veteran's lifestyle is of the utmost severity.

### Calculation of lifestyle rating

Follow the steps below to calculate the lifestyle rating, except in those cases where the veteran has made a self-assessment that has been accepted..

**STEP  
1**

Determine the lifestyle rating from each of Tables 22.1, 22.2, 22.3, 22.4 and 22.5.

**STEP  
2**

Compare the lifestyle ratings obtained from Tables 22.4 and 22.5. Take the higher rating.

**STEP  
3**

Add together the lifestyle ratings from Tables 22.1, 22.2, 22.3 and the lifestyle rating obtained in Step 2.

**STEP  
4**

Divide the number obtained in Step 3 by four. The result of the division is to be rounded to the nearest integer. The fraction of 0.5 is to be rounded up. This is the final lifestyle rating to be used in the assessment.

### **PERSONAL RELATIONSHIPS**

“Personal relationships” refers to the veteran’s ability to take part in and maintain customary social, sexual and interpersonal relationships.

To determine the effect on personal relationships, it is necessary to establish how the physical and psychological effects of accepted conditions affect the veteran’s ability to interact socially with others.

### **NOTES**

**Lifestyle Effects**  
**Table 22.1**



**PERSONAL RELATIONSHIPS**

<b>Ratings</b>	<b>Criteria</b>
NIL	No or negligible effect on personal and social relationships. Relationships are satisfying, with full participation in accustomed social and personal activities.
ONE	Personal and social relationships are fairly satisfying. Intermittent disadvantages may inhibit, but not prevent participation in accustomed range of social and personal activities.
TWO	Mildly affected personal and social relationships. Social contacts and activities are reduced, veteran's participation in the accustomed range of activities is restricted.
THREE	Moderately affected personal and social relationships. Relationships usually confined to family, close friends, colleagues and neighbours. Unable to relate to casual acquaintances.
FOUR	Markedly affected relationships. Most relations are unsatisfying, maintenance of usual relations with relatives, friends, neighbours and colleagues is difficult. Much less time is spent socialising than was the case formerly.
FIVE	Severely affected relationships. Able to relate only to particular, or few people, eg spouse or children. These remaining relationships are strained and of low quality.
SIX	Extreme difficulty in relating to anyone, for example: — difficulties in relating because of psychosis; or — social interaction limited to carer(s) due to confinement; or — ability to communicate is restricted due to stroke or other effect of accepted conditions.
SEVEN	Unable to relate to anyone. All relationships are prevented.

*One rating from this table is to be selected.*

**No age adjustment  
permitted for  
this table**

## **MOBILITY**

The mobility rating measures the effects of the accepted conditions on the veteran's mobility. "Mobility" refers to the veteran's ability to move about effectively in carrying out the ordinary activities of life. It allows for the veteran's ability to use available forms of transport. Lack of public transport is not to be taken into account.

Both physical and psychological impediments to mobility are to be taken into account when applying Table 22.2. Restrictions on mobility due to mental health factors (e.g. agoraphobia, claustrophobia, dementia, anxiety, confusion, etc), or sensory deficit (e.g. hearing loss, or reduced vision) should be rated in the same way as the more obvious restrictions due to physical impairment.

## **NOTES**

**Lifestyle Effects**  
**Table 22.2**



**MOBILITY**

<b>Ratings</b>	<b>Criteria</b>
NIL	No or minimal restrictions of mobility, ie full mobility.
ONE	Intermittent or periodic effects on mobility: <ul style="list-style-type: none"> <li>— mobility affected only when impairment eg migraine, angina, sciatica, or panic attack, is present. Between attacks there are no restrictions;</li> <li>— if there is permanent impairment, eg night blindness, the effect is only sporadically limiting.</li> </ul>
TWO	Mild effects on mobility, eg slowing of pace in some circumstances, or need for a walking stick.
THREE	Moderately reduced mobility: <ul style="list-style-type: none"> <li>— mobility curtained or diminished because of frailty, lack of confidence; or moderate agoraphobia;</li> <li>— travel as a passenger, in private and public transport, possible in most circumstances without undue difficulty ('undue difficulty' not being the need for a break in travel or for special seating arrangements);</li> <li>— dependent on a walking stick or similar device. Independent in leaving home and reaching destination, but has some difficulty.</li> </ul>
FOUR	Markedly reduced mobility: <ul style="list-style-type: none"> <li>— assistance is needed to cope with public or private transport;</li> <li>— there is considerable difficulty in travelling from home to destination;</li> <li>— restricted in the use of at least two forms of public transport.</li> </ul>
FIVE	Major impediments to mobility: <ul style="list-style-type: none"> <li>— dependent upon others, or mechanical devices such as wheelchairs;</li> <li>— unable to use most forms of public transport;</li> <li>— able to drive a car only in a situation of emergency and then only for a short distance.</li> </ul>
SIX	Severe impediments to mobility: <ul style="list-style-type: none"> <li>— restricted to home and immediate vicinity, unless door to door transport and assistance from others are provided;</li> <li>— unable to drive a car in any circumstances whatever.</li> </ul>
SEVEN	Restricted to room or chair: <ul style="list-style-type: none"> <li>— severe agoraphobia permanently confines veteran to home;</li> <li>— dependent upon others, or hoists or similar appliances, for getting in and out of bed.</li> </ul>

*One rating from this table is to be selected.*

**No age adjustment  
permitted for  
this table**

## **RECREATIONAL AND COMMUNITY ACTIVITIES**

This refers to the ability to take part in any activities of the veteran's choosing.

A recreational rating is based on the veteran's normal recreational and community activities and measures the limitation placed by the accepted conditions on the ability to continue those activities. The table takes into account the veteran's need to modify recreational pursuits or to seek alternatives. Community activities include welfare work in a voluntary capacity.

### **NOTES**

Lifestyle Effects  
Table 22.3



### RECREATIONAL AND COMMUNITY ACTIVITIES

Ratings	Criteria
NIL	Able to undertake the full range of usual recreational pursuits and community activities.
ONE	Intermittent interference with recreational pursuits and community activities. Between episodes is able to continue with the range of accustomed recreational pursuits and community activities.
TWO	Mild but constant interference with accustomed recreational pursuits and community activities, but is able to continue with them — even if less frequently — or to enjoy alternatives.
THREE	Unable to continue some accustomed recreational pursuits and community activities, for example: <ul style="list-style-type: none"> <li>— competition sporting activities (golf, tennis, bowls, etc) but is still able to enjoy most other activities (camping out, hobbies, going visiting, watching sport, etc);</li> <li>— unable to perform some community or voluntary activities involving physical activity (eg working bees) but is still able to participate in most other activities including welfare work, fund raising work etc.</li> </ul>
FOUR	Unable to take part in formerly favoured recreational pursuits, leisure and community activities, but less physical activities are possible, for example: <ul style="list-style-type: none"> <li>— restricted to generally non-active interests (eg music, art, stamp or coin collecting, attending clubs, etc); and</li> <li>— unable to participate in accustomed activities (eg camping, going for long walks, fishing, voluntary activities such as meals on wheels).</li> </ul>
FIVE	Greater reduction in the number and kind of recreational activities which can be undertaken; some assistance is needed to undertake those which are still possible, for example: <ul style="list-style-type: none"> <li>— can only visit or go out if taken to and from destination;</li> <li>— finds doing a hobby or relaxing (for example, stamp collecting, art &amp; crafts, playing or listening to music, playing cards, etc.) difficult to enjoy due to pain, suffering, or loss of dexterity.</li> </ul>
SIX	Able to engage in only a very few satisfying recreational activities. Restricted to a few passive activities such as watching TV, listening to radio, reading or receiving visitors.
SEVEN	Unable to take part in any recreational activities.

*One rating from this table is to be selected.*

No age adjustment  
permitted for  
this table

## **DOMESTIC AND EMPLOYMENT ACTIVITIES**

There are two tables for this lifestyle component. A lifestyle rating is to be selected from each table, where applicable, and the higher of the two lifestyle ratings is to be chosen as the lifestyle rating for domestic and employment activities.

### **Domestic Activities**

“Domestic activity” refers to the veteran’s ability to sustain effective routines in a domestic environment. Only the impact of accepted conditions on the ability to engage in domestic activity is to be taken into account: the veteran’s inability to do domestic work for some other reason (for example, choice, habit, inexperience, lack of skill) is not to be taken into account.

## **NOTES**

**Lifestyle Effects**  
**Table 22.4**



### DOMESTIC ACTIVITIES

<b>Ratings</b>	<b>Criteria</b>
NIL	Able to sustain any usual activities.
ONE	Intermittent effects of accepted disablement on usual activity.
TWO	Able to carry out accustomed tasks, but has difficulty with some heavier tasks, for example: <ul style="list-style-type: none"> <li>— has difficulty with heavy gardening activities such as digging, pruning trees etc.</li> </ul>
THREE	Unable to perform heavy activities, but able to carry out lighter household tasks, taking breaks during sustained activity, for example: <ul style="list-style-type: none"> <li>— mowing the lawn;</li> <li>— washing the car;</li> <li>— performing light maintenance or gardening activities if working at own pace, taking breaks as necessary.</li> </ul>
FOUR	Unable to carry out a full range of normal household activities, particularly some moderate tasks which require exertion. Needs assistance with some activities, for example: <ul style="list-style-type: none"> <li>— vacuuming carpets, cleaning floors, or mowing lawns;</li> <li>— home repairs and maintenance, etc.</li> </ul>
FIVE	Limitation of household activity to a small range of light tasks, for example: <ul style="list-style-type: none"> <li>— watering the garden but has difficulty in weeding or pruning;</li> <li>— able to do some light household activities but has difficulty bending to make beds, or in putting out the rubbish bin;</li> <li>— requires assistance with grocery shopping.</li> </ul>
SIX	Able to carry out only very limited domestic activities, usually a restricted range of indoor activities. May require supervision in carrying out such activities, for example: <ul style="list-style-type: none"> <li>— able to do very light tidying, dusting but unable to cook or prepare meals;</li> <li>— has difficulty standing to set table or wash dishes.</li> </ul>
SEVEN	Total dependency upon others for domestic tasks.

*One rating from this table is to be selected.*

**No age adjustment  
permitted for  
this table**


**DOMESTIC AND EMPLOYMENT ACTIVITIES**

**Employment Activities**

“Employment activities” refers to the veteran’s ability to work. An employment rating is based on the effects of the accepted conditions on the ability to work for remuneration. It should take into account any necessary changes or modifications to employment or the workplace.

Ratings from Table 22.5 do not confer on the veteran an earnings related benefit, but are intended to compensate for the adverse effects (other than loss of income) of unemployment, reduced employment, or diminished quality of working life.

There are only six criteria on Table 22.5.

<b>Lifestyle Effects Table 22.5</b>	<b>EMPLOYMENT ACTIVITIES</b>		
	<b>Ratings</b>	<b>Criteria</b>	
	NIL	Able to engage in usual employment.	
	ONE	Able to carry out usual employment that is affected intermittently.	
	TWO	Able to follow accustomed employment but difficulty is experienced in carrying out full range of occupational activities.	
	THREE	Unable to follow accustomed employment without modification to workplace, provision of aids or restructuring of tasks.	
	FOUR	Either unable to work full time in normal occupation, or has had to change occupation or number of hours worked, or both, because of the accepted conditions.	
	FIVE	Unable to work.	
	<i>One rating from this table is to be selected.</i>		
<b>No age adjustment permitted for this table</b>			