

I can MEASURE

Life skills as related to **mental illness**

In order to be eligible for the NDIS, you need to show you have substantially reduced functional capacity. The **Life Skills Profile**¹, or LSP-16, is a tool used by the NDIA to measure functional capacity.

You will see that the LSP-16 is for a support worker to fill in and the NDIA prefer it to be completed by someone who has done training. Even if your support worker hasn't done the training, it is useful for them fill in.

This tool will help you to better understand how your mental health impacts your day-to-day life, and whether the impact is substantial enough for you to be eligible for the NDIS.

Some of the questions are quite confronting, so it is good to have someone with you when you read back through your support worker's responses.

Other tools that can help include the **WHO Disability Assessment Schedule (WHODAS)**. More details on these tools can be found in Project This should read: Embark's resource **I Can Help People Join the NDIS**.

To answer these questions, your support worker should think about how you have been in the past three months.

1. https://www.amhocn.org/sites/default/files/publication_files/life_skills_profile_-16.pdf

Measuring life skills as related to mental illness

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1. Does this person generally have any difficulty with initiating and responding to conversation?	No difficulty	Slight difficulty	Moderate difficulty	Extreme difficulty
2. Does this person generally withdraw from social contact?	Does not withdraw at all	Withdraws slightly	Withdraws moderately	Withdraws totally or near totally
3. Does this person generally show warmth to others?	Considerable warmth	Moderate warmth	Slight warmth	No warmth at all
4. Is this person generally well groomed (e.g. neatly dressed, hair combed)?	Well groomed	Moderately well groomed	Poorly groomed	Extremely poorly groomed
5. Does this person wear clean clothes generally or ensure that they are cleaned if dirty?	Maintains cleanliness of clothes	Moderate cleanliness of clothes	Poor cleanliness of clothes	Very poor cleanliness of clothes
6. Does this person generally neglect her or his physical health?	No neglect	Slight neglect of physical problems	Moderate neglect of physical problems	Extreme neglect of physical problems
7. Is this person violent to others?	Not at all	Rarely	Occasionally	Often
8. Does this person generally make and/or keep up friendships?	Friendships made or kept up well	Friendships made or kept up with slight difficulty	Friendships made or kept up with considerable difficulty	No friendships made or none kept
9. Does this person generally maintain an adequate diet?	No problem	Slight problem	Moderate problem	Extreme problem
10. Does this person generally look after and take her or his own prescribed medication (or attend for prescribed injections on time) without reminding?	Reliable with medication	Slightly unreliable	Moderately unreliable	Extremely unreliable
11. Is this person willing to take psychiatric medication when prescribed by a doctor?	Always	Usually	Rarely	Never
12. Does this person co-operate with health services (e.g. doctors and/or other health workers)?	Always	Usually	Rarely	Never
13. Does this person generally have problems (e.g. friction, avoidance) living with others in the household?	No obvious problem	Slight problems	Moderate problems	Extreme problems
14. Does this person behave offensively (includes sexual behaviour)?	Not at all	Rarely	Occasionally	Often
15. Does this person behave irresponsibly?	Not at all	Rarely	Occasionally	Often
16. What sort of work is this person generally capable of (even if unemployed, retired or doing unpaid domestic duties)?	Capable of full time work	Capable of part time work	Capable only of sheltered work	Totally incapable of work