

Table 1 The Functioning Assessment Short Test for Older adults (FAST-O)

		To what extent is the patient experiencing difficulties in the following aspects?			
		No difficulty	Mild difficulty	Moderate difficulty	Severe difficulty
	Autonomy				
1	Taking responsibility for a household	0	1	2	3
2	Living on your own	0	1	2	3
3	Doing the shopping	0	1	2	3
4	Taking care of yourself (physical aspects, hygiene)	0	1	2	3
	Societal functioning				
5	Maintaining meaningful daily activities	0	1	2	3
6	Accomplishing tasks as quickly as necessary	0	1	2	3
7	Working (in a paid or voluntary job), including taking care of grandchildren and informal care	0	1	2	3
8	Income (occupational earnings or income from retirement)	0	1	2	3
9	Managing the expected work load or other tasks	0	1	2	3
	Cognitive functioning				
10	Ability to concentrate on a book, film	0	1	2	3
11	Ability to make mental calculations	0	1	2	3
12	Ability to solve a problem adequately	0	1	2	3
13	Ability to remember newly-learned names	0	1	2	3
14	Ability to learn new information	0	1	2	3
	Financial issues				
15	Managing your own money	0	1	2	3
16	Spending money in a balanced way	0	1	2	3
	Interpersonal relationships				
17	Maintaining a friendship or friendships	0	1	2	3
18	Participating in social activities	0	1	2	3
19	Having good relationships with people close to you	0	1	2	3
20	Living together with your family	0	1	2	3
21	Having satisfactory sexual relationships	0	1	2	3
22	Being able to defend your interests	0	1	2	3
	Leisure time				
23	Doing exercise or participating in sport	0	1	2	3
24	Having hobbies or personal interests	0	1	2	3