

Guide to Determining the Level of Assistance Required for the NT Companion Card Application Form: Section Three

This resource is a guide only, designed to assist individuals, their carers and/or allied health professionals to determine the level of assistance required for mobility, communication, self-care and learning, planning and decision.

SMILEY FACE VERSION

Created by Integrated disAbility Action Inc. 2024

IdA are a proud provider of the NT Companion Card and the peak body for disability advocacy in the Northern Territory.

Mobility

Difficulty with mobility can be due to things such as, but not limited to, amputation, paralysis, cerebral palsy, stroke, multiple sclerosis, muscular dystrophy, arthritis and spinal cord injury.

Using the smiley scales below, please indicate how affected you are by the following symptoms:

Constipation/Incontinence



Muscle atrophy or contractions



Difficulty with movement **without** the assistance of mobility aides and/or carers




Dulling of physical senses






Based on the smiley scales, which smileys do you have the most of?

E.g. I have 1 x 😄 2 x 😊 1 x 😐 1 x 😞 = mostly 😞 (Substantial Assistance Required)


(Minimal Assistance
Required)


(Some Assistance
Required)

  
(Substantial Assistance
Required)

*This is an **indication only** of your level of assistance required.*

Communication

Difficulty with communication can be due to things such as, but not limited to, traumatic brain injury, autism spectrum disorder, auditory processing disorder, stroke, intellectual disability, anxiety disorders, schizophrenia and hearing disorders.

Using the smiley scales below, please indicate how affected you are by the following symptoms:

Difficulty understanding and/or hearing what people are saying



Difficulty communicating your needs




Experience feelings of overstimulation, frustration and/or confusion when trying to communicate






Difficulty comprehending or interpreting nonverbal cues



Based on the smiley scales, which smileys do you have the most of?


(Minimal Assistance
Required)


(Some Assistance
Required)

  
(Substantial Assistance
Required)

*This is an **indication only** of your level of assistance required.*

Self-Care (Activities of Daily Living)

Difficulty with self-care can be due to things such as, but not limited to, traumatic brain injury, autism spectrum disorder, stroke, intellectual disability, anxiety disorders, schizophrenia, amputation, paralysis, cerebral palsy, stroke, multiple sclerosis, muscular dystrophy, arthritis and spinal cord injury.

Using the smiley scales below, please indicate how affected you are by the following symptoms:

Difficulty preparing food, cooking and/or eating



Difficulty maintaining personal hygiene e.g. brushing teeth, showering, toileting



Difficulty getting dressed and/or changing clothes



Difficulty with sleep hygiene, insomnia, sleep deprivation and/or hypersomnia



Difficulty managing medications



Difficulty shopping for necessities e.g. groceries




Difficulty with general housekeeping e.g. washing dishes, laundry and/or dusting






Difficulty with communicating with others e.g. ability to use a telephone, email, internet browsing and/or posting/receiving mail



Based on the smiley scales, which smileys do you have the most of?


(Minimal Assistance
Required)


(Some Assistance
Required)

  
(Substantial Assistance
Required)

*This is an **indication only** of your level of assistance required.*

Learning, planning and decision making

Difficulty with learning, planning and decision making can be due to things such as, but not limited to, traumatic brain injury, autism spectrum disorder, stroke, intellectual disability, anxiety disorders, schizophrenia, downs syndrome and auditory processing disorder.

Using the smiley scales below, please indicate how affected you are by the following symptoms:

Difficulty with decision making



Difficulty considering the consequences of your decisions and/or behaviours



Difficulty exploring alternative decisions and/or behaviours



Difficulty recognising and/or understanding the viewpoint of others



Difficulty managing your time effectively



Difficulty understanding and/or retaining new information




Difficulty following directions or learning routines






Difficulty with organisational skills



Based on the smiley scales, which smileys do you have the most of?


(Minimal Assistance
Required)


(Some Assistance
Required)

  
(Substantial Assistance
Required)

*This is an **indication only** of your level of assistance required.*

End of resource guide.