

ACTIVITIES AND PARTICIPATION

Definitions: *Activity is the execution of a task or action by an individual.*
Participation is involvement in a life situation.
Activity limitations are difficulties an individual may have in executing activities.
Participation restrictions are problems an individual may experience in involvement in life situations.

Qualifiers

The domains for the Activities and Participation component are given in a single list that covers the full range of life areas (from basic learning and watching to composite areas such as social tasks). This component can be used to denote activities (a) or participation (p) or both.

The two qualifiers for the Activities and Participation component are the *performance* qualifier and the *capacity* qualifier. The performance qualifier describes what an individual does in his or her current environment. Because the current environment brings in a societal context, performance as recorded by this qualifier can also be understood as "involvement in a life situation" or "the lived experience" of people in the actual context in which they live. This context includes the environmental factors – all aspects of the physical, social and attitudinal world, which can be coded using the Environmental Factors component.

The capacity qualifier describes an individual's ability to execute a task or an action. This qualifier identifies the highest probable level of functioning that a person may reach in a given domain at a given moment. Capacity is measured in a uniform or standard environment, and thus reflects the environmentally adjusted ability of the individual. The Environmental Factors component can be used to describe the features of this uniform or standard environment.

Both capacity and performance qualifiers can be used both with and without assistive devices or personal assistance, and in accordance with the following scale:

xxx.0	NO difficulty	(none, absent, negligible,...)	0-4 %
xxx.1	MILD difficulty	(slight, low,...)	5-24 %
xxx.2	MODERATE difficulty	(medium, fair,...)	25-49 %
xxx.3	SEVERE difficulty	(high, extreme, ...)	50-95 %
xxx.4	COMPLETE difficulty	(total,...)	96-100 %
xxx.8	not specified		
xxx.9	not applicable		

Broad ranges of percentages are provided for those cases in which calibrated assessment instruments or other standards are available to quantify the performance problem or capacity limitation. For example, when no performance problem or a complete performance problem is coded, this scaling has a margin of error of up to 5%. A moderate performance problem is defined as up to half of the scale of a total performance problem. The percentages are to be calibrated in different domains with reference to population standards as percentiles. For this quantification to be used in a uniform manner, assessment procedures need to be developed through research.

For a further explanation of coding convention in ICF, refer to Annex 2.

Chapter 1

Learning and applying knowledge

This chapter is about learning, applying the knowledge that is learned, thinking, solving problems, and making decisions.

Purposeful sensory experiences (d110-d129)

- d 110** Watching
Using the sense of seeing intentionally to experience visual stimuli, such as watching a sporting event or children playing.
- d 115** Listening
Using the sense of hearing intentionally to experience auditory stimuli, such as listening to a radio, music or a lecture.
- d 120** Other purposeful sensing
Using the body's other basic senses intentionally to experience stimuli, such as touching and feeling textures, tasting sweets or smelling flowers.
- d 129** Purposeful sensory experiences, other specified and unspecified

Basic learning (d130-d159)

- d 130** Copying
Imitating or mimicking as a basic component of learning, such as copying a gesture, a sound or the letters of an alphabet.
- d 135** Rehearsing
Repeating a sequence of events or symbols as a basic component of learning, such as counting by tens or practising the recitation of a poem.
- d 140** Learning to read
Developing the competence to read written material (including Braille) with fluency and accuracy, such as recognizing characters and alphabets, sounding out words with correct pronunciation, and understanding words and phrases.

- d 145** Learning to write
Developing the competence to produce symbols that represent sounds, words or phrases in order to convey meaning (including Braille writing), such as spelling effectively and using correct grammar.
- d 150** Learning to calculate
Developing the competence to manipulate numbers and perform simple and complex mathematical operations, such as using mathematical signs for addition and subtraction and applying the correct mathematical operation to a problem.
- d 155** Acquiring skills
Developing basic and complex competencies in integrated sets of actions or tasks so as to initiate and follow through with the acquisition of a skill, such as manipulating tools or playing games like chess.
Inclusions: acquiring basic and complex skills
- d 1550 Acquiring basic skills
Learning elementary, purposeful actions, such as learning to manipulate eating utensils, a pencil or a simple tool.
- d 1551 Acquiring complex skills
Learning integrated sets of actions so as to follow rules, and to sequence and coordinate one's movements, such as learning to play games like football or to use a building tool.
- d 1558 Acquiring skills, other specified
- d 1559 Acquiring skills, unspecified
- d 159** Basic learning, other specified and unspecified

Applying knowledge (d160-d179)

- d 160** Focusing attention
Intentionally focusing on specific stimuli, such as by filtering out distracting noises.

d 163 Thinking

Formulating and manipulating ideas, concepts, and images, whether goal-oriented or not, either alone or with others, such as creating fiction, proving a theorem, playing with ideas, brainstorming, meditating, pondering, speculating, or reflecting.

Exclusions: solving problems (d175); making decisions (d177)

d 166 Reading

Performing activities involved in the comprehension and interpretation of written language (e.g. books, instructions or newspapers in text or Braille), for the purpose of obtaining general knowledge or specific information.

Exclusion: learning to read (d140)

d 170 Writing

Using or producing symbols or language to convey information, such as producing a written record of events or ideas or drafting a letter.

Exclusion: learning to write (d145)

d 172 Calculating

Performing computations by applying mathematical principles to solve problems that are described in words and producing or displaying the results, such as computing the sum of three numbers or finding the result of dividing one number by another.

Exclusion: learning to calculate (d150)

d 175 Solving problems

Finding solutions to questions or situations by identifying and analysing issues, developing options and solutions, evaluating potential effects of solutions, and executing a chosen solution, such as in resolving a dispute between two people.

Inclusions: solving simple and complex problems

Exclusions: thinking (d163); making decisions (d177)

d 1750 Solving simple problems

Finding solutions to a simple problem involving a single issue or question, by identifying and analysing the issue, developing solutions, evaluating the potential effects of the solutions and executing a chosen solution.

d 1751 Solving complex problems
Finding solutions to a complex problem involving multiple and interrelated issues, or several related problems, by identifying and analysing the issue, developing solutions, evaluating the potential effects of the solutions and executing a chosen solution.

d 1758 Solving problems, other specified

d 1759 Solving problems, unspecified

d 177 Making decisions
Making a choice among options, implementing the choice, and evaluating the effects of the choice, such as selecting and purchasing a specific item, or deciding to undertake and undertaking one task from among several tasks that need to be done.

Exclusions: thinking (d163); solving problems (d175)

d 179 Applying knowledge, other specified and unspecified

d 198 Learning and applying knowledge, other specified

d 199 Learning and applying knowledge, unspecified

Chapter 2

General tasks and demands

This chapter is about general aspects of carrying out single or multiple tasks, organizing routines and handling stress. These items can be used in conjunction with more specific tasks or actions to identify the underlying features of the execution of tasks under different circumstances.

d 210 Undertaking a single task

Carrying out simple or complex and coordinated actions related to the mental and physical components of a single task, such as initiating a task, organizing time, space and materials for a task, pacing task performance, and carrying out, completing, and sustaining a task.

Inclusions: undertaking a simple or complex task; undertaking a single task independently or in a group

Exclusions: acquiring skills (d155); solving problems (d175); making decisions (d177); undertaking multiple tasks (d220)

d 2100 Undertaking a simple task

Preparing, initiating and arranging the time and space required for a simple task; executing a simple task with a single major component, such as reading a book, writing a letter, or making one's bed.

d 2101 Undertaking a complex task

Preparing, initiating and arranging the time and space for a single complex task; executing a complex task with more than one component, which may be carried out in sequence or simultaneously, such as arranging the furniture in one's home or completing an assignment for school.

d 2102 Undertaking a single task independently

Preparing, initiating and arranging the time and space for a simple or complex task; managing and executing a task on one's own and without the assistance of others.

d 2103 Undertaking a single task in a group

Preparing, initiating and arranging the time and space for a single task, simple or complex; managing and executing a task with people who are involved in some or all steps of the task.

d 2108 Undertaking single tasks, other specified

d 2109 Undertaking single tasks, unspecified

d 220**Undertaking multiple tasks**

Carrying out simple or complex and coordinated actions as components of multiple, integrated and complex tasks in sequence or simultaneously.

Inclusions: undertaking multiple tasks; completing multiple tasks; undertaking multiple tasks independently and in a group

Exclusions: acquiring skills (d155); solving problems (d175); making decisions (d177); undertaking a single task (d210)

d 2200 Carrying out multiple tasks

Preparing, initiating and arranging the time and space needed for several tasks, and managing and executing several tasks, together or sequentially.

d 2201 Completing multiple tasks

Completing several tasks, together or sequentially.

d 2202 Undertaking multiple tasks independently

Preparing, initiating and arranging the time and space for multiple tasks, and managing and executing several tasks together or sequentially, on one's own and without the assistance of others.

d 2203 Undertaking multiple tasks in a group

Preparing, initiating and arranging the time and space for multiple tasks, and managing and executing several tasks together or sequentially with others who are involved in some or all steps of the multiple tasks.

d 2208 Undertaking multiple tasks, other specified**d 2209 Undertaking multiple tasks, unspecified****d 230****Carrying out daily routine**

Carrying out simple or complex and coordinated actions in order to plan, manage and complete the requirements of day-to-day procedures or duties, such as budgeting time and making plans for separate activities throughout the day.

Inclusions: managing and completing the daily routine; managing one's own activity level

Exclusion: undertaking multiple tasks (d220)

- d 2301 Managing daily routine
Carrying out simple or complex and coordinated actions in order to plan and manage the requirements of day-to-day procedures or duties.
- d 2302 Completing the daily routine
Carrying out simple or complex and coordinated actions in order to complete the requirements of day-to-day procedures or duties.
- d 2303 Managing one's own activity level
Carrying out actions and behaviours to arrange the requirements in energy and time day-to-day procedures or duties.
- d 2308 Carrying out daily routine, other specified
- d 2309 Carrying out daily routine, unspecified

d 240 Handling stress and other psychological demands
Carrying out simple or complex and coordinated actions to manage and control the psychological demands required to carry out tasks demanding significant responsibilities and involving stress, distraction, or crises, such as driving a vehicle during heavy traffic or taking care of many children.

Inclusions: handling responsibilities; handling stress and crisis

- d 2400 Handling responsibilities
Carrying out simple or complex and coordinated actions to manage the duties of task performance and to assess the requirements of these duties.
- d 2401 Handling stress
Carrying out simple or complex and coordinated actions to cope with pressure, emergencies or stress associated with task performance.
- d 2402 Handling crisis
Carrying out simple or complex and coordinated actions to cope with decisive turning points in a situation or times of acute danger or difficulty.
- d 2408 Handling stress and other psychological demands, other specified

d 2409 Handling stress and other psychological demands, unspecified

d 298 General tasks and demands, other specified

d 299 General tasks and demands, unspecified

Chapter 3

Communication

This chapter is about general and specific features of communicating by language, signs and symbols, including receiving and producing messages, carrying on conversations, and using communication devices and techniques.

Communicating - receiving (d310-d329)

d 310 Communicating with - receiving - spoken messages
Comprehending literal and implied meanings of messages in spoken language, such as understanding that a statement asserts a fact or is an idiomatic expression.

d 315 Communicating with - receiving - nonverbal messages
Comprehending the literal and implied meanings of messages conveyed by gestures, symbols and drawings, such as realizing that a child is tired when she rubs her eyes or that a warning bell means that there is a fire.

Inclusions: communicating with - receiving - body gestures, general signs and symbols, drawings and photographs

d 3150 Communicating with - receiving - body gestures
Comprehending the meaning conveyed by facial expressions, hand movements or signs, body postures, and other forms of body language.

d 3151 Communicating with - receiving - general signs and symbols
Comprehending the meaning represented by public signs and symbols, such as traffic signs, warning symbols, musical or scientific notations, and icons.

d 3152 Communicating with - receiving - drawings and photographs
Comprehending the meaning represented by drawings (e.g. line drawings, graphic designs, paintings, three-dimensional representations), graphs, charts and photographs, such as understanding that an upward line on a height chart indicates that a child is growing.

d 3158 Communicating with - receiving - nonverbal messages, other specified

d 3159 Communicating with - receiving - nonverbal messages, unspecified

- d 320** Communicating with - receiving - formal sign language messages
Receiving and comprehending messages in formal sign language with literal and implied meaning.
- d 325** Communicating with - receiving - written messages
Comprehending the literal and implied meanings of messages that are conveyed through written language (including Braille), such as following political events in the daily newspaper or understanding the intent of religious scripture.
- d 329** Communicating - receiving, other specified and unspecified

Communicating - producing (d330-d349)

- d 330** Speaking
Producing words, phrases and longer passages in spoken messages with literal and implied meaning, such as expressing a fact or telling a story in oral language.

- d 335** Producing nonverbal messages
Using gestures, symbols and drawings to convey messages, such as shaking one's head to indicate disagreement or drawing a picture or diagram to convey a fact or complex idea.

Inclusions: producing body gestures, signs, symbols, drawings and photographs

- d 3350 Producing body language
Conveying meaning by movements of the body, such as facial gestures (e.g. smiling, frowning, wincing), arm and hand movements, and postures (e.g. such as embracing to indicate affection).
- d 3351 Producing signs and symbols
Conveying meaning by using signs and symbols (e.g. icons, Bliss board, scientific symbols) and symbolic notation systems, such as using musical notation to convey a melody.
- d 3352 Producing drawings and photographs
Conveying meaning by drawing, painting, sketching, and making diagrams, pictures or photographs, such as drawing a map to give someone directions to a location.
- d 3358 Producing nonverbal messages, other specified

d 3359 Producing nonverbal messages, unspecified

d 340 Producing messages in formal sign language
Conveying, with formal sign language, literal and implied meaning.

d 345 Writing messages
Producing the literal and implied meanings of messages that are conveyed through written language, such as writing a letter to a friend.

d 349 Communication - producing, other specified and unspecified

Conversation and use of communication devices and techniques (d350-d369)

d 350 Conversation
Starting, sustaining and ending an interchange of thoughts and ideas, carried out by means of spoken, written, sign or other forms of language, with one or more people one knows or who are strangers, in formal or casual settings.

Inclusions: starting, sustaining and ending a conversation; conversing with one or many people

d 3500 Starting a conversation
Beginning a dialogue or interchange, such as by introducing oneself, expressing customary greetings, and introducing a topic or asking questions.

d 3501 Sustaining a conversation
Continuing and shaping a dialogue or interchange by adding ideas, introducing a new topic or retrieving a topic that has been previously mentioned, as well as by taking turns in speaking or signing.

d 3502 Ending a conversation
Finishing a dialogue or interchange with customary termination statements or expressions and by bringing closure to the topic under discussion.

d 3503 Conversing with one person
Initiating, maintaining, shaping and terminating a dialogue or interchange with one person, such as in discussing the weather with a friend.

d 3504 Conversing with many people
Initiating, maintaining, shaping and terminating a dialogue or interchange with more than one individual, such as in starting and participating in a group interchange.

d 3508 Conversation, other specified

d 3509 Conversation, unspecified

d 355 Discussion

Starting, sustaining and ending an examination of a matter, with arguments for or against, or debate carried out by means of spoken, written, sign or other forms of language, with one or more people one knows or who are strangers, in formal or casual settings.

Inclusion: discussion with one person or many people

d 3550 Discussion with one person
Initiating, maintaining, shaping or terminating an argument or debate with one person.

d 3551 Discussion with many people
Initiating, maintaining, shaping or terminating an argument or debate with more than one individual.

d 3558 Discussion, other specified

d 3559 Discussion, unspecified

d 360 Using communication devices and techniques

Using devices, techniques and other means for the purposes of communicating, such as calling a friend on the telephone.

Inclusions: using telecommunication devices, using writing machines and communication techniques

d 3600 Using telecommunication devices
Using telephones and other machines, such as facsimile or telex machines, as a means of communication.

d 3601 Using writing machines
Using machines for writing, such as typewriters, computers and Braille writers, as a means of communication.

- d 3602 Using communication techniques
Performing actions and tasks involved in techniques for communicating, such as reading lips.
- d 3608 Using communication devices and techniques, other specified
- d 3609 Using communication devices and techniques, unspecified
- d 369** Conversation and use of communication devices and techniques, other specified and unspecified
- d 398** Communication, other specified
- d 399** Communication, unspecified

Chapter 4

Mobility

This chapter is about moving by changing body position or location or by transferring from one place to another, by carrying, moving or manipulating objects, by walking, running or climbing, and by using various forms of transportation.

Changing and maintaining body position (d410-d429)

d 410 Changing basic body position

Getting into and out of a body position and moving from one location to another, such as getting up out of a chair to lie down on a bed, and getting into and out of positions of kneeling or squatting.

Inclusion: changing body position from lying down, from squatting or kneeling, from sitting or standing, bending and shifting the body's centre of gravity

Exclusion: transferring oneself (d420)

d 4100 Lying down

Getting into and out of a lying down position or changing body position from horizontal to any other position, such as standing up or sitting down.

Inclusion: getting into a prostrate position

d 4101 Squatting

Getting into and out of the seated or crouched posture on one's haunches with knees closely drawn up or sitting on one's heels, such as may be necessary in toilets that are at floor level, or changing body position from squatting to any other position, such as standing up.

d 4102 Kneeling

Getting into and out of a position where the body is supported by the knees with legs bent, such as during prayers, or changing body position from kneeling to any other position, such as standing up.

- d 4103 **Sitting**
Getting into and out of a seated position and changing body position from sitting down to any other position, such as standing up or lying down.
Inclusions: getting into a sitting position with bent legs or cross-legged; getting into a sitting position with feet supported or unsupported
- d 4104 **Standing**
Getting into and out of a standing position or changing body position from standing to any other position, such as lying down or sitting down.
- d 4105 **Bending**
Tilting the back downwards or to the side, at the torso, such as in bowing or reaching down for an object.
- d 4106 **Shifting the body's centre of gravity**
Adjusting or moving the weight of the body from one position to another while sitting, standing or lying, such as moving from one foot to another while standing.
Exclusions: transferring oneself (d420); walking (d450)
- d 4108 **Changing basic body position, other specified**
- d 4109 **Changing basic body position, unspecified**
- d 415** **Maintaining a body position**
Staying in the same body position as required, such as remaining seated or remaining standing for work or school.
Inclusions: maintaining a lying, squatting, kneeling, sitting and standing position
- d 4150 **Maintaining a lying position**
Staying in a lying position for some time as required, such as remaining in a prone position in a bed.
Inclusions: staying in a prone (face down or prostrate), supine (face upwards) or side-lying position
- d 4151 **Maintaining a squatting position**
Staying in a squatting position for some time as required, such as when sitting on the floor without a seat.

d 4152 Maintaining a kneeling position
Staying in a kneeling position where the body is supported by the knees with legs bent for some time as required, such as during prayers in church.

d 4153 Maintaining a sitting position
Staying in a seated position, on a seat or the floor, for some time as required, such as when sitting at a desk or table.

Inclusions: staying in a sitting position with straight legs or cross-legged, with feet supported or unsupported

d 4154 Maintaining a standing position
Staying in a standing position for some time as required, such as when standing in a queue.

Inclusions: staying in a standing position on a slope, on slippery or hard surfaces

d 4158 Maintaining a body position, other specified

d 4159 Maintaining a body position, unspecified

d 420 Transferring oneself

Moving from one surface to another, such as sliding along a bench or moving from a bed to a chair, without changing body position.

Inclusions: transferring oneself while sitting or lying

Exclusion: changing basic body position (d410)

d 4200 Transferring oneself while sitting
Moving from a sitting position on one seat to another seat on the same or a different level, such as moving from a chair to a bed.

Inclusions: moving from a chair to another seat, such as a toilet seat; moving from a wheelchair to a car seat

Exclusion: changing basic body position (d410)

d 4201 Transferring oneself while lying
Moving from one lying position to another on the same or a different level, such as moving from one bed to another.

Exclusion: changing basic body position (d410)

d 4208 Transferring oneself, other specified

d 4209 Transferring oneself, unspecified

- d 429** Changing and maintaining body position, other specified and unspecified

Carrying, moving and handling objects (d430-d449)

- d 430** Lifting and carrying objects
Raising up an object or taking something from one place to another, such as when lifting a cup or carrying a child from one room to another.

Inclusions: lifting, carrying in the hands or arms, or on shoulders, hip, back or head; putting down

- d 4300 Lifting
Raising up an object in order to move it from a lower to a higher level, such as when lifting a glass from the table.
- d 4301 Carrying in the hands
Taking or transporting an object from one place to another using the hands, such as when carrying a drinking glass or a suitcase.
- d 4302 Carrying in the arms
Taking or transporting an object from one place to another using the arms and hands, such as when carrying a child.
- d 4303 Carrying on shoulders, hip and back
Taking or transporting an object from one place to another using the shoulders, hip or back, or some combination of these, such as when carrying a large parcel.
- d 4304 Carrying on the head
Taking or transporting an object from one place to another using the head, such when as carrying a container of water on the head.
- d 4305 Putting down objects
Using hands, arms or other parts of the body to place an object down on a surface or place, such as when lowering a container of water to the ground.
- d 4308 Lifting and carrying, other specified
- d 4309 Lifting and carrying, unspecified

d 435 Moving objects with lower extremities

Performing coordinated actions aimed at moving an object by using the legs and feet, such as kicking a ball or pushing pedals on a bicycle.

Inclusions: pushing with lower extremities; kicking

d 4350 Pushing with lower extremities

Using the legs and feet to exert a force on an object to move it away, such as pushing a chair away with a foot.

d 4351 Kicking

Using the legs and feet to propel something away, such as kicking a ball.

d 4358 Moving objects with lower extremities, other specified

d 4359 Moving objects with lower extremities, unspecified

d 440 Fine hand use

Performing the coordinated actions of handling objects, picking up, manipulating and releasing them using one's hand, fingers and thumb, such as required to lift coins off a table or turn a dial or knob.

Inclusions: picking up, grasping, manipulating and releasing

Exclusion: lifting and carrying objects (d430)

d 4400 Picking up

Lifting or taking up a small object with hands and fingers, such as when picking up a pencil.

d 4401 Grasping

Using one or both hands to seize and hold something, such as when grasping a tool or a door knob.

d 4402 Manipulating

Using fingers and hands to exert control over, direct or guide something, such as when handling coins or other small objects.

d 4403 Releasing

Using fingers and hands to let go or set free something so that it falls or changes position, such as when dropping an item of clothing.

d 4408 Fine hand use, other specified

d 4409 Fine hand use, unspecified

d 445 Hand and arm use

Performing the coordinated actions required to move objects or to manipulate them by using hands and arms, such as when turning door handles or throwing or catching an object.

Inclusions: pulling or pushing objects; reaching; turning or twisting the hands or arms; throwing; catching

Exclusion: fine hand use (d440)

d 4450 Pulling

Using fingers, hands and arms to bring an object towards oneself, or to move it from place to place, such as when pulling a door closed.

d 4451 Pushing

Using fingers, hands and arms to move something from oneself, or to move it from place to place, such as when pushing an animal away.

d 4452 Reaching

Using the hands and arms to extend outwards and touch and grasp something, such as when reaching across a table or desk for a book.

d 4453 Turning or twisting the hands or arms

Using fingers, hands and arms to rotate, turn or bend an object, such as is required to use tools or utensils.

d 4454 Throwing

Using fingers, hands and arms to lift something and propel it with some force through the air, such as when tossing a ball.

d 4455 Catching

Using fingers, hands and arms to grasp a moving object in order to bring it to a stop and hold it, such as when catching a ball.

d 4458 Hand and arm use, other specified

d 4459 Hand and arm use, unspecified

d 449 Carrying, moving and handling objects, other specified and unspecified

Walking and moving (d450-d469)

d 450 Walking

Moving along a surface on foot, step by step, so that one foot is always on the ground, such as when strolling, sauntering, walking forwards, backwards, or sideways.

Inclusions: walking short or long distances; walking on different surfaces; walking around obstacles

Exclusions: transferring oneself (d420); moving around (d455)

d 4500 Walking short distances

Walking for less than a kilometre, such as walking around rooms or hallways, within a building or for short distances outside.

d 4501 Walking long distances

Walking for more than a kilometre, such as across a village or town, between villages or across open areas.

d 4502 Walking on different surfaces

Walking on sloping, uneven, or moving surfaces, such as on grass, gravel or ice and snow, or walking aboard a ship, train or other vehicle.

d 4503 Walking around obstacles

Walking in ways required to avoid moving and immobile objects, people, animals, and vehicles, such as walking around a marketplace or shop, around or through traffic or other crowded areas.

d 4508 Walking, other specified

d 4509 Walking, unspecified

d 455 Moving around

Moving the whole body from one place to another by means other than walking, such as climbing over a rock or running down a street, skipping, scampering, jumping, somersaulting or running around obstacles.

Inclusions: crawling, climbing, running, jogging, jumping, and swimming

Exclusions: transferring oneself (d420); walking (d450)

d 4550 Crawling

Moving the whole body in a prone position from one place to another on hands, or hands and arms, and knees.

d 4551 Climbing

Moving the whole body upwards or downwards, over surfaces or objects, such as climbing steps, rocks, ladders or stairs, curbs or other objects.

d 4552 Running

Moving with quick steps so that both feet may be simultaneously off the ground.

d 4553 Jumping

Moving up off the ground by bending and extending the legs, such as jumping on one foot, hopping, skipping and jumping or diving into water.

d 4554 Swimming

Propelling the whole body through water by means of limb and body movements without taking support from the ground underneath.

d 4558 Moving around, other specified**d 4559** Moving around, unspecified**d 460** Moving around in different locations

Walking and moving around in various places and situations, such as walking between rooms in a house, within a building, or down the street of a town.

Inclusions: moving around within the home, crawling or climbing within the home; walking or moving within buildings other than the home, and outside the home and other buildings

- d 4600 Moving around within the home
Walking and moving around in one's home, within a room, between rooms, and around the whole residence or living area.

Inclusions: moving from floor to floor, on an attached balcony, courtyard, porch or garden

- d 4601 Moving around within buildings other than home
Walking and moving around within buildings other than one's residence, such as moving around other people's homes, other private buildings, community and private or public buildings and enclosed areas.

Inclusions: moving throughout all parts of buildings and enclosed areas, between floors, inside, outside and around buildings, both public and private

- d 4602 Moving around outside the home and other buildings
Walking and moving around close to or far from one's home and other buildings, without the use of transportation, public or private, such as walking for short or long distances around a town or village.

Inclusions: walking or moving down streets in the neighbourhood, town, village or city; moving between cities and further distances, without using transportation

- d 4608 Moving around in different locations, other specified

- d 4609 Moving around in different locations, unspecified

- d 465** Moving around using equipment
Moving the whole body from place to place, on any surface or space, by using specific devices designed to facilitate moving or create other ways of moving around, such as with skates, skis, or scuba equipment, or moving down the street in a wheelchair or a walker.

Exclusions: transferring oneself (d420); walking (d450); moving around (d455); using transportation (d470); driving (d475)

- d 469** Walking and moving, other specified and unspecified

Moving around using transportation (d470-d489)

d 470 Using transportation

Using transportation to move around as a passenger, such as being driven in a car or on a bus, rickshaw, jitney, animal-powered vehicle, or private or public taxi, bus, train, tram, subway, boat or aircraft.

Inclusions: using human-powered transportation; using private motorized or public transportation

Exclusions: moving around using equipment (d465); driving (d475)

d 4700 Using human-powered vehicles

Being transported as a passenger by a mode of transportation powered by one or more people, such as riding in a rickshaw or rowboat.

d 4701 Using private motorized transportation

Being transported as a passenger by private motorized vehicle over land, sea or air, such as by a taxi or privately owned aircraft or boat.

d 4702 Using public motorized transportation

Being transported as a passenger by a motorized vehicle over land, sea or air designed for public transportation, such as being a passenger on a bus, train, subway or aircraft.

d 4708 Using transportation, other specified**d 4709** Using transportation, unspecified**d 475** Driving

Being in control of and moving a vehicle or the animal that draws it, travelling under one's own direction or having at one's disposal any form of transportation, such as a car, bicycle, boat or animal-powered vehicle.

Inclusions: driving human-powered transportation, motorized vehicles, animal-powered vehicles

Exclusions: moving around using equipment (d465); using transportation (d470)

d 4750 Driving human-powered transportation

Driving a human-powered vehicle, such as a bicycle, tricycle, or rowboat.

d 4751 Driving motorized vehicles

Driving a vehicle with a motor, such as an automobile, motorcycle, motorboat or aircraft.

d 4752 Driving animal-powered vehicles
Driving a vehicle powered by an animal, such as a horse-drawn cart or carriage.

d 4758 Driving, other specified

d 4759 Driving, unspecified

d 480 Riding animals for transportation
travelling on the back of an animal, such as a horse, ox, camel or elephant

Exclusions: driving (d475); recreation and leisure (d920)

d 489 Moving around using transportation, other specified and unspecified

d 498 Mobility, other specified

d 499 Mobility, unspecified

Chapter 5

Self-care

This chapter is about caring for oneself, washing and drying oneself, caring for one's body and body parts, dressing, eating and drinking, and looking after one's health.

d 510 Washing oneself

Washing and drying one's whole body, or body parts, using water and appropriate cleaning and drying materials or methods, such as bathing, showering, washing hands and feet, face and hair, and drying with a towel.

Inclusions: washing body parts, the whole body; and drying oneself

Exclusions: caring for body parts (d520); toileting (d530)

d 5100 Washing body parts

Applying water, soap and other substances to body parts, such as hands, face, feet, hair or nails, in order to clean them.

d 5101 Washing whole body

Applying water, soap and other substances to the whole body in order to clean oneself, such as taking a bath or shower.

d 5102 Drying oneself

Using a towel or other means for drying some part or parts of one's body, or the whole body, such as after washing.

d 5108 Washing oneself, other specified

d 5109 Washing oneself, unspecified

d 520 Caring for body parts

Looking after those parts of the body, such as skin, face, teeth, scalp, nails and genitals, that require more than washing and drying.

Inclusions: caring for skin, teeth, hair, finger and toe nails

Exclusions: washing oneself (d510); toileting (d530)

d 5200 Caring for skin

Looking after the texture and hydration of one's skin, such as by removing calluses or corns and using moisturizing lotions or cosmetics.

- d 5201 Caring for teeth
Looking after dental hygiene, such as by brushing teeth, flossing, and taking care of a dental prosthesis or orthosis.
- d 5202 Caring for hair
Looking after the hair on the head and face, such as by combing, styling, shaving, or trimming.
- d 5203 Caring for fingernails
Cleaning, trimming or polishing the nails of the fingers.
- d 5204 Caring for toenails
Cleaning, trimming or polishing the nails of the toes.
- d 5208 Caring for body parts, other specified
- d 5209 Caring for body parts, unspecified

d 530**Toileting**

Planning and carrying out the elimination of human waste (menstruation, urination and defecation), and cleaning oneself afterwards.

Inclusions: regulating urination, defecation and menstrual care

Exclusions: washing oneself (d510); caring for body parts (d520)

- d 5300 Regulating urination
Coordinating and managing urination, such as by indicating need, getting into the proper position, choosing and getting to an appropriate place for urination, manipulating clothing before and after urination, and cleaning oneself after urination.
- d 5301 Regulating defecation
Coordinating and managing defecation such as by indicating need, getting into the proper position, choosing and getting to an appropriate place for defecation, manipulating clothing before and after defecation, and cleaning oneself after defecation.
- d 5302 Menstrual care
Coordinating, planning and caring for menstruation, such as by anticipating menstruation and using sanitary towels and napkins.
- d 5308 Toileting, other specified

d 5309 Toileting, unspecified

d 540 Dressing

Carrying out the coordinated actions and tasks of putting on and taking off clothes and footwear in sequence and in keeping with climatic and social conditions, such as by putting on, adjusting and removing shirts, skirts, blouses, pants, undergarments, saris, kimono, tights, hats, gloves, coats, shoes, boots, sandals and slippers.

Inclusions: putting on or taking off clothes and footwear and choosing appropriate clothing

d 5400 Putting on clothes

Carrying out the coordinated tasks of putting clothes on various parts of the body, such as putting clothes on over the head, over the arms and shoulders, and on the lower and upper halves of the body; putting on gloves and headgear.

d 5401 Taking off clothes

Carrying out the coordinated tasks of taking clothes off various parts of the body, such as pulling clothes off and over the head, off the arms and shoulders, and off the lower and upper halves of the body; taking off gloves and headgear.

d 5402 Putting on footwear

Carrying out the coordinated tasks of putting on socks, stockings and footwear.

d 5403 Taking off footwear

Carrying out the coordinated tasks of taking off socks, stockings and footwear.

d 5404 Choosing appropriate clothing

Following implicit or explicit dress codes and conventions of one's society or culture and dressing in keeping with climatic conditions.

d 5408 Dressing, other specified

d 5409 Dressing, unspecified

d 550 Eating

Carrying out the coordinated tasks and actions of eating food that has been served, bringing it to the mouth and consuming it in culturally acceptable ways, cutting or breaking food into pieces, opening bottles and cans, using eating implements, having meals, feasting or dining.

Exclusion: drinking (d560)

d 560 Drinking

Taking hold of a drink, bringing it to the mouth, and consuming the drink in culturally acceptable ways, mixing, stirring and pouring liquids for drinking, opening bottles and cans, drinking through a straw or drinking running water such as from a tap or a spring; feeding from the breast.

Exclusion: eating (d550)

d 570 Looking after one's health

Ensuring physical comfort, health and physical and mental well-being, such as by maintaining a balanced diet, and an appropriate level of physical activity, keeping warm or cool, avoiding harms to health, following safe sex practices, including using condoms, getting immunizations and regular physical examinations.

Inclusions: ensuring one's physical comfort; managing diet and fitness; maintaining one's health

d 5700 Ensuring one's physical comfort

Caring for oneself by being aware that one needs to ensure, and ensuring, that one's body is in a comfortable position, that one is not feeling too hot or cold, and that one has adequate lighting.

d 5701 Managing diet and fitness

Caring for oneself by being aware of the need and by selecting and consuming nutritious foods and maintaining physical fitness.

d 5702 Maintaining one's health

Caring for oneself by being aware of the need and doing what is required to look after one's health, both to respond to risks to health and to prevent ill-health, such as by seeking professional assistance; following medical and other health advice; and avoiding risks to health such as physical injury, communicable diseases, drug-taking and sexually transmitted diseases.

d 5708 Looking after one's health, other specified

d 5709 Looking after one's health, unspecified

d 598 Self-care, other specified

d 599 Self-care, unspecified

Chapter 6

Domestic life

This chapter is about carrying out domestic and everyday actions and tasks. Areas of domestic life include acquiring a place to live, food, clothing and other necessities, household cleaning and repairing, caring for personal and other household objects, and assisting others.

Acquisition of necessities (d610-d629)

d 610 Acquiring a place to live
Buying, renting, furnishing and arranging a house, apartment or other dwelling.

Inclusions: buying or renting a place to live and furnishing a place to live

Exclusions: acquisition of goods and services (d620); caring for household objects (d650)

d 6100 Buying a place to live
Acquiring ownership of a house, apartment or other dwelling.

d 6101 Renting a place to live
Acquiring the use of a house, apartment or other dwelling belonging to another in exchange for payment.

d 6102 Furnishing a place to live
Equipping and arranging a living space with furniture, fixtures and other fittings and decorating rooms.

d 6108 Acquiring a place to live, other specified

d 6109 Acquiring a place to live, unspecified

d 620 Acquisition of goods and services
Selecting, procuring and transporting all goods and services required for daily living, such as selecting, procuring, transporting and storing food, drink, clothing, cleaning materials, fuel, household items, utensils, cooking ware, domestic appliance and tools; procuring utilities and other household services.

Inclusions: shopping and gathering daily necessities

Exclusion: acquiring a place to live (d610)

- d 6200 Shopping
Obtaining, in exchange for money, goods and services required for daily living (including instructing and supervising an intermediary to do the shopping), such as selecting food, drink, cleaning materials, household items or clothing in a shop or market; comparing quality and price of the items required, negotiating and paying for selected goods or services, and transporting goods.
- d 6201 Gathering daily necessities
Obtaining, without exchange of money, goods and services required for daily living (including instructing and supervising an intermediate to gather daily necessities), such as by harvesting vegetables and fruits and getting water and fuel.
- d 6208 Acquisition of goods and services, other specified
- d 6209 Acquisition of goods and services, unspecified
- d 629** Acquisition of necessities, other specified and unspecified

Household tasks (d630-d649)

- d 630** Preparing meals
Planning, organizing, cooking and serving simple and complex meals for oneself and others, such as by making a menu, selecting edible food and drink, getting together ingredients for preparing meals, cooking with heat and preparing cold foods and drinks, and serving the food.
Inclusions: preparing simple and complex meals
Exclusions: eating (d550); drinking (d560); acquisition of goods and services (d620); doing housework (d640); caring for household objects (d650); caring for others (d660)
- d 6300 Preparing simple meals
Organizing, cooking and serving meals with a small number of ingredients that require easy methods of preparation and serving, such as making a snack or small meal, and transforming food ingredients by cutting and stirring, boiling and heating food such as rice or potatoes.

- d 6301 Preparing complex meals
Planning, organizing, cooking and serving meals with a large number of ingredients that require complex methods of preparation and serving, such as planning a meal with several dishes, and transforming food ingredients by combined actions of peeling, slicing, mixing, kneading, stirring, presenting and serving food in a manner appropriate to the occasion and culture.

Exclusion: using household appliances (d6403)

- d 6308 Preparing meals, other specified

- d 6309 Preparing meals, unspecified

d 640 Doing housework

Managing a household by cleaning the house, washing clothes, using household appliances, storing food and disposing of garbage, such as by sweeping, mopping, washing counters, walls and other surfaces; collecting and disposing of household garbage; tidying rooms, closets and drawers; collecting, washing, drying, folding and ironing clothes; cleaning footwear; using brooms, brushes and vacuum cleaners; using washing machines, driers and irons.

Inclusions: washing and drying clothes and garments; cleaning cooking area and utensils; cleaning living area; using household appliances, storing daily necessities and disposing of garbage

Exclusions: acquiring a place to live (d610); acquisition of goods and services (d620); preparing meals (d630); caring for household objects (d650); caring for others (d660)

- d 6400 Washing and drying clothes and garments
Washing clothes and garments by hand and hanging them out to dry in the air.

- d 6401 Cleaning cooking area and utensils
Cleaning up after cooking, such as by washing dishes, pans, pots and cooking utensils, and cleaning tables and floors around cooking and eating area.

- d 6402 Cleaning living area
Cleaning the living areas of the household, such as by tidying and dusting, sweeping, swabbing, mopping floors, cleaning windows and walls, cleaning bathrooms and toilets, cleaning household furnishings.

- d 6403 Using household appliances
Using all kinds of household appliances, such as washing machines, driers, irons, vacuum cleaners and dishwashers.
- d 6404 Storing daily necessities
Storing food, drinks, clothes and other household goods required for daily living; preparing food for conservation by canning, salting or refrigerating, keeping food fresh and out of the reach of animals.
- d 6405 Disposing of garbage
Disposing of household garbage such as by collecting trash and rubbish around the house, preparing garbage for disposal, using garbage disposal appliances; burning garbage.
- d 6408 Doing housework, other specified
- d 6409 Doing housework, unspecified
- d 649** Household tasks, other specified and unspecified

Caring for household objects and assisting others (d650-d669)

- d 650** Caring for household objects
Maintaining and repairing household and other personal objects, including house and contents, clothes, vehicles and assistive devices, and caring for plants and animals, such as painting or wallpapering rooms, fixing furniture, repairing plumbing, ensuring the proper working order of vehicles, watering plants, grooming and feeding pets and domestic animals.

Inclusions: making and repairing clothes; maintaining dwelling, furnishings and domestic appliances; maintaining vehicles; maintaining assistive devices; taking care of plants (indoor and outdoor) and animals

Exclusions: acquiring a place to live (d610); acquisition of goods and services (d620); doing housework (d640); caring for others (d660); remunerative employment (d850)

- d 6500 Making and repairing clothes
Making and repairing clothes, such as by sewing, producing or mending clothes; reattaching buttons and fasteners; ironing clothes, fixing and polishing footwear.
Exclusion: using household appliances (d6403)

- d 6501 Maintaining dwelling and furnishings
Repairing and taking care of dwelling, its exterior, interior and contents, such as by painting, repairing fixtures and furniture, and using required tools for repair work.
- d 6502 Maintaining domestic appliances
Repairing and taking care of all domestic appliances for cooking, cleaning and repairing, such as by oiling and repairing tools and maintaining the washing machine.
- d 6503 Maintaining vehicles
Repairing and taking care of motorized and non-motorized vehicles for personal use, including bicycles, carts, automobiles and boats.
- d 6504 Maintaining assistive devices
Repairing and taking care of assistive devices, such as prostheses, orthoses and specialized tools and aids for housekeeping and personal care; maintaining and repairing aids for personal mobility such as canes, walkers, wheelchairs and scooters; and maintaining communication and recreational aids.
- d 6505 Taking care of plants, indoors and outdoors
Taking care of plants inside and outside the house, such as by planting, watering and fertilizing plants; gardening and growing foods for personal use.
- d 6506 Taking care of animals
Taking care of domestic animals and pets, such as by feeding, cleaning, grooming and exercising pets; watching over the health of animals or pets; planning for the care of animals or pets in one's absence.
- d 6508 Caring for household objects, specified
- d 6509 Caring for household objects, unspecified

d 660**Assisting others**

Assisting household members and others with their learning, communicating, self-care, movement, within the house or outside; being concerned about the well-being of household members and others.

Inclusions: assisting others with self-care, movement, communication, interpersonal relations, nutrition and health maintenance

Exclusion: remunerative employment (d850)

d 6600 Assisting others with self-care

Assisting household members and others in performing self-care, including helping others with eating, bathing and dressing; taking care of children or members of the household who are sick or have difficulties with basic self-care; helping others with their toileting.

d 6601 Assisting others in movement

Assisting household members and others in movements and in moving outside the home, such as in the neighbourhood or city, to or from school, place of employment or other destination.

d 6602 Assisting others in communication

Assisting household members and others with their communication, such as by helping with speaking, writing or reading.

d 6603 Assisting others in interpersonal relations

Assisting household members and others with their interpersonal interactions, such as by helping them to initiate, maintain or terminate relationships.

d 6604 Assisting others in nutrition

Assisting household members and others with their nutrition, such as by helping them to prepare and eat meals.

d 6605 Assisting others in health maintenance

Assisting household members and others with formal and informal health care, such as by ensuring that a child gets regular medical check-ups, or that an elderly relative takes required medication.

d 6608 Assisting others, other specified**d 6609 Assisting others, unspecified**

- d 669** Caring for household objects and assisting others, other specified and unspecified
- d 698** Domestic life, other specified
- d 699** Domestic life, unspecified

Chapter 7

Interpersonal interactions and relationships

This chapter is about carrying out the actions and tasks required for basic and complex interactions with people (strangers, friends, relatives, family members and lovers) in a contextually and socially appropriate manner.

General interpersonal interactions (d710-d729)

d 710 Basic interpersonal interactions

Interacting with people in a contextually and socially appropriate manner, such as by showing consideration and esteem when appropriate, or responding to the feelings of others.

Inclusions: showing respect, warmth, appreciation, and tolerance in relationships; responding to criticism and social cues in relationships; and using appropriate physical contact in relationships

d 7100 Respect and warmth in relationships

Showing and responding to consideration and esteem, in a contextually and socially appropriate manner.

d 7101 Appreciation in relationships

Showing and responding to satisfaction and gratitude, in a contextually and socially appropriate manner.

d 7102 Tolerance in relationships

Showing and responding to understanding and acceptance of behaviour, in a contextually and socially appropriate manner.

d 7103 Criticism in relationships

Providing and responding to implicit and explicit differences of opinion or disagreement, in a contextually and socially appropriate manner.

d 7104 Social cues in relationships

Giving and reacting appropriately to signs and hints that occur in social interactions.

d 7105 Physical contact in relationships

Making and responding to bodily contact with others, in a contextually and socially appropriate manner.

d 7108 Basic interpersonal interactions, other specified

d 7109 Basic interpersonal interactions, unspecified

d 720 Complex interpersonal interactions

Maintaining and managing interactions with other people, in a contextually and socially appropriate manner, such as by regulating emotions and impulses, controlling verbal and physical aggression, acting independently in social interactions, and acting in accordance with social rules and conventions.

Inclusions: forming and terminating relationships; regulating behaviours within interactions; interacting according to social rules; and maintaining social space

d 7200 Forming relationships

Beginning and maintaining interactions with others for a short or long period of time, in a contextually and socially appropriate manner, such as by introducing oneself, finding and establishing friendships and professional relationships, starting a relationship that may become permanent, romantic or intimate.

d 7201 Terminating relationships

Bringing interactions to a close in a contextually and socially appropriate manner, such as by ending temporary relationships at the end of a visit, ending long-term relationships with friends when moving to a new town or ending relationships with work colleagues, professional colleagues and service providers, and ending romantic or intimate relationships.

d 7202 Regulating behaviours within interactions

Regulating emotions and impulses, verbal aggression and physical aggression in interactions with others, in a contextually and socially appropriate manner.

d 7203 Interacting according to social rules

Acting independently in social interactions and complying with social conventions governing one's role, position or other social status in interactions with others.

d 7204 Maintaining social space

Being aware of and maintaining a distance between oneself and others that is contextually, socially and culturally appropriate.

d 7208 Complex interpersonal interactions, other specified

d 7209 Complex interpersonal interactions, unspecified

d 729 General interpersonal interactions, other specified and unspecified

Particular interpersonal relationships (d730-d779)

d 730 Relating with strangers

Engaging in temporary contacts and links with strangers for specific purposes, such as when asking for directions or making a purchase.

d 740 Formal relationships

Creating and maintaining specific relationships in formal settings, such as with employers, professionals or service providers.

Inclusions: relating with persons in authority, with subordinates and with equals

d 7400 Relating with persons in authority

Creating and maintaining formal relations with people in positions of power or of a higher rank or prestige relative to one's own social position, such as an employer.

d 7401 Relating with subordinates

Creating and maintaining formal relations with people in positions of lower rank or prestige relative to one's own social position, such as an employee or servant.

d 7402 Relating with equals

Creating and maintaining formal relations with people in the same position of authority, rank or prestige relative to one's own social position.

d 7408 Formal relationships, other specified

d 7409 Formal relationships, other unspecified

d 750 Informal social relationships

Entering into relationships with others, such as casual relationships with people living in the same community or residence, or with co-workers, students, playmates or people with similar backgrounds or professions.

Inclusions: informal relationships with friends, neighbours, acquaintances, co-inhabitants and peers

- d 7500 Informal relationships with friends
Creating and maintaining friendship relationships that are characterized by mutual esteem and common interests.
- d 7501 Informal relationships with neighbours
Creating and maintaining informal relationships with people who live in nearby dwellings or living areas.
- d 7502 Informal relationships with acquaintances
Creating and maintaining informal relationships with people whom one knows but who are not close friends.
- d 7503 Informal relationships with co-inhabitants
Creating and maintaining informal relationships with people who are co-inhabitants of a house or other dwelling, privately or publicly run, for any purpose.
- d 7504 Informal relationships with peers
Creating and maintaining informal relationships with people who share the same age, interest or other common feature.
- d 7508 Informal social relationships, other specified
- d 7509 Informal social relationships, unspecified

d 760**Family relationships**

Creating and maintaining kinship relationships, such as with members of the nuclear family, extended family, foster and adopted family and step-relationships, more distant relationships such as second cousins, or legal guardians.

Inclusions: parent-child and child-parent relationships, sibling and extended family relationships

- d 7600 Parent-child relationships
Becoming and being a parent, both natural and adoptive, such as by having a child and relating to it as a parent or creating and maintaining a parental relationship with an adoptive child, and providing physical, intellectual and emotional nurture to one's natural or adoptive child.
- d 7601 Child-parent relationships
Creating and maintaining relationships with one's parent, such as a young child obeying his or her parents or an adult child taking care of his or her elderly parents.

- d 7602 Sibling relationships
Creating and maintaining a brotherly or sisterly relationship with a person who shares one or both parents by birth, adoption or marriage.
- d 7603 Extended family relationships
Creating and maintaining a family relationship with members of one's extended family, such as with cousins, aunts and uncles and grandparents.
- d 7608 Family relationships, other specified
- d 7609 Family relationships, unspecified

d 770 Intimate relationships
Creating and maintaining close or romantic relationships between individuals, such as husband and wife, lovers or sexual partners.

Inclusions: romantic, spousal and sexual relationships

- d 7700 Romantic relationships
Creating and maintaining a relationship based on emotional and physical attraction, potentially leading to long-term intimate relationships.
- d 7701 Spousal relationships
Creating and maintaining an intimate relationship of a legal nature with another person, such as in a legal marriage, including becoming and being a legally married wife or husband or an unmarried spouse.
- d 7702 Sexual relationships
Creating and maintaining a relationship of a sexual nature, with a spouse or other partner.
- d 7708 Intimate relationships, other specified
- d 7709 Intimate relationships, unspecified

d 779 Particular interpersonal relationships, other specified and unspecified

d 798 Interpersonal interactions and relationships, other specified

d 799 Interpersonal interactions and relationships, unspecified

Chapter 8

Major life areas

This chapter is about carrying out the tasks and actions required to engage in education, work and employment and to conduct economic transactions.

Education (d810-d839)

d 810 Informal education

Learning at home or in some other non-institutional setting, such as learning crafts and other skills from parents or family members, or home schooling.

d 815 Preschool education

Learning at an initial level of organized instruction, designed primarily to introduce a child to the school-type environment and prepare it for compulsory education, such as by acquiring skills in a day-care or similar setting as preparation for advancement to school.

d 820 School education

Gaining admission to school, Education, engaging in all school-related responsibilities and privileges, and learning the course material, subjects and other curriculum requirements in a primary or secondary education programme, including attending school regularly, working cooperatively with other students, taking direction from teachers, organizing, studying and completing assigned tasks and projects, and advancing to other stages of education.

d 825 Vocational training

Engaging in all activities of a vocational programme and learning the curriculum material in preparation for employment in a trade, job or profession.

d 830 Higher education

Engaging in the activities of advanced educational programmes in universities, colleges and professional schools and learning all aspects of the curriculum required for degrees, diplomas, certificates and other accreditations, such as completing a university bachelor's or master's course of study, medical school or other professional school.

d 839 Education, other specified and unspecified

Work and employment (d840-d859)

- d 840** Apprenticeship (work preparation)
Engaging in programmes related to preparation for employment, such as performing the tasks required of an apprenticeship, internship, articling and in-service training.

Exclusion: vocational training (d825)

- d 845** Acquiring, keeping and terminating a job
Seeking, finding and choosing employment, being hired and accepting employment, maintaining and advancing through a job, trade, occupation or profession, and leaving a job in an appropriate manner.

Inclusions: seeking employment; preparing a resume or curriculum vitae; contacting employers and preparing interviews; maintaining a job; monitoring one's own work performance; giving notice; and terminating a job

- d 8450 Seeking employment
Locating and choosing a job, in a trade, profession or other form of employment, and performing the required tasks to get hired, such as showing up at the place of employment or participating in a job interview.

- d 8451 Maintaining a job
Performing job-related tasks to keep an occupation, trade, profession or other form of employment, and obtaining promotion and other advancements in employment.

- d 8452 Terminating a job
Leaving or quitting a job in the appropriate manner.

- d 8458 Acquiring, keeping and terminating a job, other specified

- d 8459 Acquiring, keeping and terminating a job, unspecified

- d 850** Remunerative employment
Engaging in all aspects of work, as an occupation, trade, profession or other form of employment, for payment, as an employee, full or part time, or self-employed, such as seeking employment and getting a job, doing the required tasks of the job, attending work on time as required, supervising other workers or being supervised, and performing required tasks alone or in groups.

Inclusions: self-employment, part-time and full-time employment

d 8500 Self-employment

Engaging in remunerative work sought or generated by the individual, or contracted from others without a formal employment relationship, such as migratory agricultural work, working as a free-lance writer or consultant, short-term contract work, working as an artist or crafts person, owning and running a shop or other business.

Exclusions: part-time and full-time employment (d8501, d8502)

d 8501 Part-time employment

Engaging in all aspects of work for payment on a part-time basis, as an employee, such as seeking employment and getting a job, doing the tasks required of the job, attending work on time as required, supervising other workers or being supervised, and performing required tasks alone or in groups.

d 8502 Full-time employment

Engaging in all aspects of work for payment on a full-time basis, as an employee, such as seeking employment and getting a job, doing the required tasks of the job, attending work on time as required, supervising other workers or being supervised, and performing required tasks alone or in groups.

d 8508 Remunerative employment, other specified**d 8509 Remunerative employment, unspecified****d 855 Non-remunerative employment**

Engaging in all aspects of work in which pay is not provided, full-time or part-time, including organized work activities, doing the required tasks of the job, attending work on time as required, supervising other workers or being supervised, and performing required tasks alone or in groups, such as volunteer work, charity work, working for a community or religious group without remuneration, working around the home without remuneration.

Exclusion: Chapter 6 Domestic Life

d 859 Work and employment, other specified and unspecified***Economic life (d860-d879)***

d 860 Basic economic transactions
Engaging in any form of simple economic transaction, such as using money to purchase food or bartering, exchanging goods or services; or saving money.

d 865 Complex economic transactions
Engaging in any form of complex economic transaction that involves the exchange of capital or property, and the creation of profit or economic value, such as buying a business, factory, or equipment, maintaining a bank account, or trading in commodities.

d 870 Economic self-sufficiency
Having command over economic resources, from private or public sources, in order to ensure economic security for present and future needs.

Inclusions: personal economic resources and public economic entitlements

d 8700 Personal economic resources
Having command over personal or private economic resources, in order to ensure economic security for present and future needs.

d 8701 Public economic entitlements
Having command over public economic resources, in order to ensure economic security for present and future needs.

d 8708 Economic self-sufficiency, other specified

d 8709 Economic self-sufficiency, unspecified

d 879 Economic life, other specified and unspecified

d 898 Major life areas, other specified

d 899 Major life areas, unspecified

Chapter 9

Community, social and civic life

This chapter is about the actions and tasks required to engage in organized social life outside the family, in community, social and civic areas of life.

d 910 Community life

Engaging in all aspects of community social life, such as engaging in charitable organizations, service clubs or professional social organizations.

Inclusions: informal and formal associations; ceremonies

Exclusions: non-remunerative employment (d855); recreation and leisure (d920); religion and spirituality (d930); political life and citizenship (d950)

d 9100 Informal associations

Engaging in social or community associations organized by people with common interests, such as local social clubs or ethnic groups.

d 9101 Formal associations

Engaging in professional or other exclusive social groups, such as associations of lawyers, physicians or academics.

d 9102 Ceremonies

Engaging in non-religious rites or social ceremonies, such as marriages, funerals or initiation ceremonies.

d 9108 Community life, other specified

d 9109 Community life, unspecified

d 920 Recreation and leisure

Engaging in any form of play, recreational or leisure activity, such as informal or organized play and sports, programmes of physical fitness, relaxation, amusement or diversion, going to art galleries, museums, cinemas or theatres; engaging in crafts or hobbies, reading for enjoyment, playing musical instruments; sightseeing, tourism and travelling for pleasure.

Inclusions: play, sports, arts and culture, crafts, hobbies and socializing

Exclusions: riding animals for transportation (d480); remunerative and non-remunerative work (d850 and d855); religion and spirituality (d930); political life and citizenship (d950)

d 9200 Play

Engaging in games with rules or unstructured or unorganized games and spontaneous recreation, such as playing chess or cards or children's play.

d 9201 Sports

Engaging in competitive and informal or formally organized games or athletic events, performed alone or in a group, such as bowling, gymnastics or soccer.

d 9202 Arts and culture

Engaging in, or appreciating, fine arts or cultural events, such as going to the theatre, cinema, museum or art gallery, or acting in a play, reading for enjoyment or playing a musical instrument.

d 9203 Crafts

Engaging in handicrafts, such as pottery or knitting.

d 9204 Hobbies

Engaging in pastimes such as collecting stamps, coins or antiques.

d 9205 Socializing

Engaging in informal or casual gatherings with others, such as visiting friends or relatives or meeting informally in public places.

d 9208 Recreation and leisure, other specified**d 9209** Recreation and leisure, unspecified

d 930 Religion and spirituality

Engaging in religious or spiritual activities, organizations and practices for self-fulfilment, finding meaning, religious or spiritual value and establishing connection with a divine power, such as is involved in attending a church, temple, mosque or synagogue, praying or chanting for a religious purpose, and spiritual contemplation.

Inclusions: organized religion and spirituality

d 9300 Organized religion

Engaging in organized religious ceremonies, activities and events.

d 9301 Spirituality

Engaging in spiritual activities or events, outside an organized religion.

d 9308 Religion and spirituality, other specified**d 9309** Religion and spirituality, unspecified**d 940** Human rights

Enjoying all nationally and internationally recognized rights that are accorded to people by virtue of their humanity alone, such as human rights as recognized by the United Nations Universal Declaration of Human Rights (1948) and the United Nations Standard Rules for the Equalization of Opportunities for Persons with Disabilities (1993); the right to self-determination or autonomy; and the right to control over one's destiny.

Exclusion: political life and citizenship (d950)

d 950 Political life and citizenship

Engaging in the social, political and governmental life of a citizen, having legal status as a citizen and enjoying the rights, protections, privileges and duties associated with that role, such as the right to vote and run for political office, to form political associations; enjoying the rights and freedoms associated with citizenship (e.g. the rights of freedom of speech, association, religion, protection against unreasonable search and seizure, the right to counsel, to a trial and other legal rights and protection against discrimination); having legal standing as a citizen.

Exclusion: human rights (d940)

d 998 Community, social and civic life, other specified

d 999 Community, social and civic life, unspecified