

## Âkozîkân tibâdjindizo eji-gashkitôdj Pebâ-ayindidj

**Tôdamowinan ashidj Kashkitôwin: *Eko ningogîziwagak nidâ-iji-dibâbânidiz ondje endôdamân:***

- nimino-gashkitô kidji-ega wekwâshinân**  
*Normal with no limitations*
- kâwin gwech kidji-mino-gashkitôyâmbân, anisha tash nigashkito wedâdj kidji-ayindiyân tôdamowinan**  
*Not my normal self, but able to be up and about with fairly normal activities*
- kâwin nîsidâ nidinamandjiwosî nîbina kegon, anishâ tash nibâganing konima kaye tesabiwâganing nidab nônd âbitâ kîjig**  
*Not feeling up to most things, but in bed or chair less than half the day*
- nigashkitô pangî tôdamowin, nibâganing konima kaye tesabiwâganing nidab kinwej kîjigak**  
*Able to do little activity and spend most of the day in bed or chair*
- nibâganing nidab, kâwin gwech nibizigwîsî ninibâganing**  
*Pretty much bedridden, rarely out of bed*

Patient's Name \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_

Completed by (check one):

- Patient
- Family caregiver
- Health care professional caregiver
- Caregiver-assisted