

**** This document is intended to give page by page guidance on how the Leisure skills Questionnaire should be administered. Administrators should read thoroughly before beginning. ****

Overview:

This questionnaire is designed to give insight into how participants currently spend their free time, whether this is decided by them or by others, and to discover new activities that participants may be interested in trying.

- The first section is the quality-of-life questionnaire which gives background into how participants feel about their current situation.
- The second section is designed to give us an understanding as to whether participants currently do each activity, how often they can do it, how satisfied they are with doing it, as well as the importance they place on doing it.
- Finally, after reviewing the ideas and choices on how they would like to spend their free time (noting the similarities and differences) a plan can be made for introducing them to the new activities and teaching them the skills to enable autonomy.

This process must be as simple as possible and giving maximum access to participants and/or their families/carers.

Leisure Skills Questionnaire

Participant's Name: _____

Date: _____

Age: _____



Verification of answer symbol understanding

The following questions are about how you experience life in your free time when you are at home/after work or school for instance. This questionnaire will help us better understand if you are satisfied with what you do during your **free time** and introduce you to new activities that you might like to try. Show me the symbol that best describes what is true for you there is no wrong answer. Let's do some practice before I start to read you the questions. Please Choose one of the following symbols to answer the questions:

Trial Questions	Do not agree ❌	Not sure ?	Agree ✓
Is your name.....?			
Are you a baby?			
Are you 75 years old?			

Now let's go to the questionnaire about your life when you don't have other responsibilities.

These questions are to verify that the participant understands how to answer using the symbols and/or words to give their answers. If the participant is unable to fully understand or respond to a question, the administrator ticks the "not sure" option. Consider all types of responses, verbal & non-verbal.

Quality of life Questions (adapted from The Brunnsvikviken Brief Quality of life scale (BBQ))	Totally Disagree ❌	Not sure ?	Totally Agree ✓
I am satisfied with my leisure time: I have the opportunity to do what I want in order to relax and enjoy myself.			
* What do you do in your free time? I am satisfied with opportunities to be creative: to get to use my imagination in my everyday life, in a hobby, in my job, or in my studies.			
* What is your hobby? I am satisfied with my learning: I have the opportunity and desire to learn new, exciting things and skills that interest me.			
* What are you learning now? I am satisfied with friends and friendship: I have friends that I associate with and who support me (as many friends as I want and need).			
* What are your friends names? Friends and friendship are important for my quality of life			
* Do you have friends at the day centre/at home?			

The administrator could occasionally ask participants the questions with the * sign, if he/she feels that the beneficiary hasn't fully understood the question (it's not necessary to note their response to the star *sign questions).

If the participant is unable to fully understand or respond to the question the administrator ticks the "not sure" option.

Consider all types of responses, verbal & non-verbal.



Administrator's comments

Please add any notes or feedback here. Any tips for what worked or didn't work will help us improve the questionnaire.

Please include any relevant feedback from participants as well as how you explained the questions to them.



Verification of answer symbol understanding

This questionnaire will help us better understand what you would like to do during your **free time** and introduce you to new activities that you might like to try.

Show me the symbol that best describes what is true for you there is no wrong answer. Let's do some practice before I start to read you the questions. Please choose symbols to answer the questions:

EXAMPLE QUESTION:	PERFORMANCE RATING How often are you able to do this activity now?			IMPORTANCE RATING How important is it/would it be for to you to do this activity?			SATISFACTION RATING Are you satisfied with the way you do this activity/How much would you like to try this activity?		
	Not at all	Occasionally	More than once a week	Not important at all	Some importance	Important	Not satisfied at all	Slightly satisfied	Completely Satisfied
Going to the cinema				★	☆	☆☆			

Now let's go to the questionnaire about your life when you don't have other responsibilities.

This question is to verify that the participant understands the use of the different symbols to give their answers. If the participant is unable to fully understand or respond to the questions, the administrator leaves the box(es) blank. Consider all types of responses, verbal & non-verbal.

ACTIVITIES		PERFORMANCE RATING How often are you able to do this activity now?			IMPORTANCE RATING How important is it/would it be for to you to do this activity?			SATISFACTION RATING How satisfied are you with the way you do this activity/How much would you like to try this activity?		
A. Active Recreation participating in sports		Not at all	Occasionally	More than once a week	Not important at all	Some importance	Important	Not satisfied at all	Slightly satisfied	Completely Satisfied
Outdoor Examples here: Slide 17					★	☆	☆☆			
Individual Examples here: Slide 18										
Racket sports Examples here: Slide 19										
Team sports Examples here: Slide 20										

Before asking participants for their responses, please make sure they understand what each activity is, so that they can answer truthfully. First ask them if they know what the activity is and be ready to explain it to them and give examples whether verbally or visually. For this page you can show the other activity illustrations as prompts (using the link) as the rating is for the whole category, not just for the individual sports illustrated on this page.

and satisfaction ratings. i.e: If your participant has never tried golf, you ask them how important it would be for them to try and how interested they are in trying.

If the participant answers 'Not at all' in the performance rating, please use the second questions in the importance

ACTIVITIES		PERFORMANCE RATING How often are you able to do this activity now?			IMPORTANCE RATING How important is it/would it be for to you to do this activity?			SATISFACTION RATING How satisfied are you with the way you do this activity/How much would you like to try this activity?		
A. Active Recreation Doing creative arts		Not at all	Occasionally	More than once a week	Not important at all	Some importance	Important	Not satisfied at all	Slightly satisfied	Completely Satisfied
Theatre					★	☆	☆☆			
Dancing										
Singing										
Playing a musical instrument	Waiting for new drawing									

The questions on this page are about participation in these activities – not as audience members.

If the participant answers 'Not at all' in the performance rating, please use the second questions in the importance and satisfaction ratings. i.e: If your participant has never been to the theatre, you ask them how important it would be for them to go and how interested they are in going.

ACTIVITIES		PERFORMANCE RATING How often are you able to do this activity now?			IMPORTANCE RATING How important is it/would it be for to you to do this activity?			SATISFACTION RATING How satisfied are you with the way you do this activity/How much would you like to try this activity?		
A. Active Recreation Going to the beach		Not at all 	Occasionally 	More than once a week 	Not important at all ★	Some importance 	Important 	Not satisfied at all 	Slightly satisfied 	Completely Satisfied
Swimming										
Scuba Diving										
Sailing										

The questions on this page are about active participation in these activities, not only watching them.

If the participant answers 'Not at all' in the performance rating, please use the second questions in the importance and satisfaction ratings. i.e: If your participant has never been swimming, you ask them how important it would be for them to try and how interested they are in trying.

ACTIVITIES		PERFORMANCE RATING How often are you able to do this activity now?			IMPORTANCE RATING How important is it/would it be for to you to do this activity?			SATISFACTION RATING How satisfied are you with the way you do this activity/How much would you like to try this activity?		
A. Active Recreation		Not at all 	Occasionally 	More than once a week 	Not important at all ★	Some importance 	Important 	Not satisfied at all 	Slightly satisfied 	Completely Satisfied
Attending Sports Events										
Going to the movies, theatre										
Visiting museums or libraries										
Travelling										

If the participant answers 'Not at all' in the performance rating, please use the second questions in the importance and satisfaction ratings. i.e: If your participant has never attended a sports event, you ask them how important it would be for them to go and how interested they are in going.

ACTIVITIES		PERFORMANCE RATING How often are you able to do this activity now?			IMPORTANCE RATING How important is it/would it be for to you to do this activity?			SATISFACTION RATING How satisfied are you with the way you do this activity/How much would you like to try this activity?		
A. Active Recreation		Not at all 	Occasionally 	More than once a week 	Not important at all ★	Some importance 	Important 	Not satisfied at all 	Slightly satisfied 	Completely Satisfied
Driving, Sightseeing										
Going to parks, playgrounds										
Caring for a pet										

If the participant answers 'Not at all' in the performance rating, please use the second questions in the importance and satisfaction ratings. i.e: If your participant has never been sightseeing, you ask them how important it would be for them to go and how interested they are in going.

ACTIVITIES		PERFORMANCE RATING How often are you able to do this activity now?			IMPORTANCE RATING How important is it/would it be for to you to do this activity?			SATISFACTION RATING How satisfied are you with the way you do this activity/How much would you like to try this activity?		
B. Socialising		Not at all 	Occasionally 	More than once a week 	Not important at all ★	Some importance 	Important 	Not satisfied at all 	Slightly satisfied 	Completely Satisfied
Visiting friends / family										
Talking on the phone										
Using the internet & social media										

If the participant answers 'Not at all' in the performance rating, please use the second questions in the importance and satisfaction ratings. i.e: If your participant doesn't visit friends and family, you ask them how important it would be for them to do this and how interested they are in doing it.

ACTIVITIES		PERFORMANCE RATING How often are you able to do this activity now?			IMPORTANCE RATING How important is it/would it be for to you to do this activity?			SATISFACTION RATING How satisfied are you with the way you do this activity/How much would you like to try this activity?		
B. Social activities		Not at all	Occasionally	More than once a week	Not important at all	Some importance	Important	Not satisfied at all	Slightly satisfied	Completely Satisfied
					★	☆	☆☆			
Attending parties										
Hosting parties										
Writing letters										

If the participant answers 'Not at all' in the performance rating, please use the second questions in the importance and satisfaction ratings. i.e: If your participant has never attended a party, you ask them how important it would be for them to go to a party and how interested they are in doing so.

ACTIVITIES		PERFORMANCE RATING How often are you able to do this activity now?			IMPORTANCE RATING How important is it/would it be for to you to do this activity?			SATISFACTION RATING How satisfied are you with the way you do this activity/How much would you like to try this activity?		
B. Social activities		Not at all	Occasionally	More than once a week	Not important at all	Some importance	Important	Not satisfied at all	Slightly satisfied	Completely Satisfied
					★	☆	☆☆			
Attending group functions										
Bowling										
Electronic games										
Listening to music										

If the participant answers 'Not at all' in the performance rating, please use the second questions in the importance and satisfaction ratings. i.e: If your participant has never attended a group function, you ask them how important it would be for them to go to a function and how interested they are in going.

ACTIVITIES		PERFORMANCE RATING How often are you able to do this activity now?			IMPORTANCE RATING How important is it/would it be for to you to do this activity?			SATISFACTION RATING How satisfied are you with the way you do this activity/How much would you like to try this activity?		
C. Quiet Recreation		Not at all	Occasionally	More than once a week	Not important at all	Some importance	Important	Not satisfied at all	Slightly satisfied	Completely Satisfied
					★	☆	☆☆			
Watching television										
Reading books, newspapers, magazines										
Knitting, sewing, crocheting										
Working on hobbies, collections										

If the participant answers 'Not at all' in the performance rating, please use the second questions in the importance and satisfaction ratings. i.e: If your participant has never read a book, you ask them how important it would be for them to read a book and how interested they are in doing so.

ACTIVITIES		PERFORMANCE RATING How often are you able to do this activity now?			IMPORTANCE RATING How important is it/would it be for to you to do this activity?			SATISFACTION RATING How satisfied are you with the way you do this activity/How much would you like to try this activity?		
C. Quiet Recreation		Not at all	Occasionally	More than once a week	Not important at all	Some importance	Important	Not satisfied at all	Slightly satisfied	Completely Satisfied
					★	☆	☆☆			
Creative arts, media										
Playing cards, board games										
Self-care										
Cooking										

If the participant answers 'Not at all' in the performance rating, please use the second questions in the importance and satisfaction ratings. i.e: If your participant has never tried cooking, you ask them how important it would be for them to be able to cook for themselves and how interested they are in trying.

Administrator's comments

Please add any notes, feedback or other activities mentioned here. Your feedback will help us to improve the questionnaire for the future.



It would be helpful if you could include here anything you found out about participants' current activities that you didn't know before – for example, a participant who enjoys many leisure activities (especially if they are not included in this questionnaire) or a participant who doesn't do anything in their free time but watch television. Please note any links between their current level of free time activities and any behavioural issues.

Thank you for your participation!



If you feel you need any further clarification, please contact one of the project partners through our dedicated project website: <https://leisureskillsproject.eu/>

If you would like to find out more about this project or contact any of the partners involved in its creation, please go to our website at <https://leisureskillsproject.eu/>

These last four pages are illustrated examples of different types of sports within the four categories we are collecting data on. They are to be used only as prompts to help participants understand the categorisation for questions one, two, three and four. Participants may already take part in, or know about, other sports activities. When answering the questions about sports activities on page 6, they can be about ANY outdoor, individual, racket or team sports activity.

These particular sports have been chosen as they are sporting events that people with mental disabilities can compete in at the special Olympics.

Examples of outdoor sports: To be used as a prompt when answering the 'outdoor sports' question

ACTIVE RECREATION: PARTICIPATING IN OUTDOOR SPORTS	
	Alpine Skiing
	Cycling
	Equestrian Sports
	Golf

Examples of types racket sports: Can be used as a prompt when answering the 'racket sports' question

ACTIVE RECREATION: RACKET SPORTS	
	Badminton
	Table Tennis
	Tennis
	Squash

Examples of individual sports: To be used as a prompt when answering the 'Individual' question

ACTIVE RECREATION: INDIVIDUAL	
	Aquatics
	Athletics (Track and Field)
	Gymnastics
	Judo

Examples of team sports: To be used as a prompt when answering the 'team sports' question

ACTIVE RECREATION: TEAM SPORTS	
	Basketball
	Football (soccer)
	Handball
	Volleyball