

Sample diary

Please try to complete this sample diary over the next 7 to 14 days, thinking about the reasons why you cannot do a particular activity or task.

This is for self-assessment purposes only – this is not a claim form.

Example: Dressing and undressing

1. Do you need help to do this activity?
2. What help do you need?
3. How long does this activity normally take?
4. Does this cause you pain or discomfort?

We have included this activity in the top row of the diary as an example.

Task	Day(s) of the week I have difficulties with these tasks	Difficulties I had and what help I needed	How long it took	How many times in the day I needed help
<p>EXAMPLE</p> <p>Dressing and undressing</p>	<p>EXAMPLE</p> <p>30/07/2025</p>	<p>EXAMPLE</p> <p>I needed help as I cannot do up the buttons on my shirts and trousers, or manipulate the zips. I have to sit down due to dizziness while dressing and undressing.</p>	<p>EXAMPLE</p> <p>It takes me 20 minutes every time I get dressed.</p>	<p>EXAMPLE</p> <p>I needed help twice today as my fingers could not do up or undo my clothes. This is due to the peripheral neuropathy I have been left with after chemotherapy treatment.</p>

This sample ADP diary has been developed by Macmillan’s Welfare Rights Team, Support Line.
 Reviewed: August 2025. Next review: January 2027.

Task	Day(s) of the week I have difficulties with these tasks	Difficulties I had and what help I needed	How long it took	How many times in the day I needed help
Preparing food				
Taking nutrition				
Managing therapy				
Washing and bathing				
Managing toilet needs / incontinence				
Dressing and undressing				

Task	Day(s) of the week I have difficulties with these tasks	Difficulties I had and what help I needed	How long it took	How many times in the day I needed help
Communicating verbally				
Reading and understanding signs, symbols and words				
Engaging with other people face to face				
Making budgeting decisions				
Planning and following a journey				
Moving around				