

**The Orphanet Functioning Thesaurus is derived and adapted from the  
International Classification of Functioning, Disability and Health –  
Children and Youth (ICF-CY, WHO 2007).**

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**Activities and participation**

**Understanding**

- Seeing/watching
- Hearing/listening
- Learning
  - Acquiring language
  - Learning to read
  - Learning to write
  - Learning to calculate
- Applying knowledge
  - Reading
  - Writing
  - Calculating
- Cognitive abilities
  - Focusing attention
  - Memorizing and retrieving
  - Thinking and reasoning
  - Making decisions/Taking initiatives/Finding solutions
  - Orienting oneself
    - Being aware of time
    - Being aware of space

**Communicating with others**

- Receiving messages
  - Receiving spoken messages
  - Receiving messages in sign language
  - Receiving nonverbal messages
  - Receiving written messages
- Producing messages
  - Speaking
  - Producing messages in sign language
  - Producing nonverbal messages
  - Writing messages
- Participating in a conversation
- Using communication devices

**Motor skills**

- Changing body position
  - Standing
  - Sitting
  - Bending
  - Transferring oneself
- Maintaining body position
  - Maintaining a standing position
  - Maintaining head position
- Using objects

- Reaching and catching objects
- Lifting and carrying objects
- Handling objects (fine hand use)
- Walking
  - Walking short distances
  - Walking long distances
- Performing vigorous activities (climbing, running, jumping, swimming,...)

### **Self-care**

- Washing oneself
- Caring for body parts (skin, teeth, nails, hair, genitals)
- Regulating urination
- Regulating defecation
- Dressing / undressing
- Eating
- Drinking
- Managing one's health (diet, medications, prevention, needs, assistance, monitoring)

### **Sleeping/being awake**

- Falling asleep
- Staying asleep
- Getting a good quality sleep
- Staying awake

### **Temperament and behaviour**

- Handling stress, responsibilities, emergencies and ensuring one's safety
- Handling emotions and mood
- Controlling one's own general behaviour
- Controlling one's own eating behavior

### **Moving around**

- Moving around within the home
- Moving around outside the home
- Moving around using transportation
  - Using transportation
  - Driving

### **Interpersonal skills**

- Interacting with other people
- Making/keeping friends
- Maintaining family relationships
- Dealing with strangers
- Engaging in and maintaining intimate relationships
- Engaging in sexual relationships

### **Daily activities**

- Household
  - Shopping
  - Cooking/Preparing meals
  - Doing housework
  - Looking after/helping others
- Education
  - Attending preschool
  - Attending mainstream school

- Attending school in an adapted mainstream/special environment
- Learning a profession (Vocational training/Apprenticeship) in the standard environment
- Learning a profession (Vocational training/Apprenticeship) in an adapted mainstream/special environment
- Accessing higher education
- Work and economic life
  - Engaging in paid work in a standard environment
  - Engaging in paid work in a supported / sheltered environment
  - Seeking employment
  - Performing professional tasks
  - Handling money/Managing one's own budget
  - Carrying out administrative procedures
- Life management
  - Undertaking a simple task
  - Undertaking a complex/multiple task
  - Carrying out daily routines

### **Social life**

- Taking part in community life
- Playing with others
- Socializing
- Practicing sports
- Participating in the arts and cultural activities
- Travelling

### **Environmental factors**

#### **Food**

#### **Climate**

- Temperature
- Humidity

#### **Light**

- Light intensity
- Light quality

#### **Time-related changes**

- Day/night cycles
- Seasonal cycles

#### **Sound**

- Sound intensity
- Sound quality

#### **Vibrations**

#### **Air quality**