

## HAIL Finding Resources Checklist (Phase 1- Identify needs)

Please use the following checklist to identify resources for Pain, Fatigue or Depression.

The template below has three sections. You will need to select at least one option from each section

1. Disability: Please answer 'Yes' or 'No' to all the options that apply to you. Check N/A, if none apply.

Disability	Yes	No
N/A		
Arthritis		
Spinal Cord Injury		
Cerebral Palsy		
Multiple sclerosis		
Amputation		
Joint Replacement		
Spina Bifida		
Muscular Dystrophy		
Parkinson's disease		
Post-Polio Syndrome		
Spinal Muscular Atrophy		
Other (describe)		

2. Conditions: Check all the conditions for which you would like information. Check N/A, if none of the conditions are relevant.

❖❖ *Fatigue*: People with disabilities may sometimes feel very tired or lack energy to get through their normal daily routine. This fact sheet addresses the topic of fatigue and ways to overcome it.

✓✓ *I am interested in this topic: Yes \_\_\_ No \_\_\_ May be \_\_\_*

❖❖ *Pain* is a way of the body telling us that something is amiss and needs attention. When pain persists over a period of time it's called chronic pain. People with disabilities often feel a lot of pain. This fact sheet describes what it means to have pain and various ways of coping with it.

✓✓ *I am interested in this topic: Yes \_\_\_ No \_\_\_ May be \_\_\_*

❖❖ *Depression*: People sometimes feel sad or lonely possibly because of some life event such as losing your job, or your spouse. When the feelings of sadness persists over a long period of time its called chronic depression. This fact sheet deals with the topic of depression, and ways to cope with it.

✓✓ *I am interested in this topic: Yes \_\_\_ No \_\_\_ May be \_\_\_*

I would like more information on the following condition (please rank the following topics from 1 to 3 in order of importance, with 1 being the highest and 3 being the lowest on your priority of needs)

Pain	
Fatigue	
Depression	

3. Health Resources: I would like more information on the following type of resources for my chosen condition (pain, fatigue or depression). Please choose **as many as you like**.  
Check N/A, if health solutions are not applicable to you.

❖❖ *Medical Intervention/Medication:*

Medical Intervention is an act of intervening to treat or cure a medical condition. Medicines are drugs used to address a medical condition to cure, prevent or treat an ailment.

❖❖ *Non-Medical:*

These are solutions to address a medical condition without the use of drugs or medical intervention to obtain the desired effect.

Resources	Yes	No
N/A		
<b>Medical:</b> <i>Medication/Medical Intervention</i>		
<b>Non Medical</b>		
<i>Social (e.g., Support groups, Stressmanagement)</i>		
<i>Psychological (e.g., Relaxation therapy /psychotherapy)</i>		
<i>Physical (Nutrition/Exercise/Diet)</i>		