

CHALLENGES Checklist

Consumer: _____ Date: _____ VR Counselor: _____

The purpose of this questionnaire is to identify current work-place challenges and stressors. Please answer the following questions to the best of your ability.

How often . . .

	Never	Seldom	Often	Depends	Comments
Do my memory problems interfere with getting things done on time?					
Do I feel that things take me longer to do than they "should"?					
Do I get distracted to the point where it interferes with getting things done?					
Do I have difficulty knowing (remembering) what people have said to me?					
Do I repeat myself because I don't remember what I have said to someone?					
Do I have difficulty staying organized or setting priorities?					
Do I have difficulty finding my notes or TO DO Lists?					
Do I have difficulty estimating or managing time?					
Do I have difficulty keeping track of appointments?					
Do I have difficulty managing troubling feelings?					
Do I have feelings of being overwhelmed?					
Do I have difficulty finding documents or other information I need?					
Do I have difficulty getting ready for appointments or activities on-time?					
Do I have difficulty tracking completed tasks and what still needs to be done?					
Do I have difficulty executing multi-step tasks?					
Do I have difficulty knowing what strategies to use?					
Do I feel that I can never write enough notes fast enough?					
Do I worry about things I may have forgotten about?					
Do I feel stress regarding my cognitive challenges?					
Do I feel like cognitive struggles are sapping me of all my energy?					
Do I sense that my interpersonal or social skills are lacking?					
Do I interrupt others in order to get a thought out (that I worry about forgetting)?					
Do I struggle with making decisions, solving problems or having good judgment?					
Do I struggle with getting ready for work or appointments (compared to pre-injury)?					
Do I fear that my cognitive disability will leave me unemployed or under-employed?					
Challenge not listed:					
Challenge not listed:					