

Interest Checklist

There are lots of different types of interest checklists.

Most gather information on past, current and future leisure interests, how these influence activity choices.^{1,2} Some are adapted to offer easy read options.³

What information will I gain from an Interest Checklist?



Most Interest checklists help to explore interests that a person has had in the past, those interests the person pursues now, or interests or activities they may like to consider in the future. Depending upon the design of the interest checklist used, items just be listed out

or they may be categorised (e.g., clubs, community groups, volunteer work, sports, art and crafts, homemaking, games, or other topics). The information can be useful to support goal setting with the person.

How do I administer an Interest Checklist?

Interest checklists generally takes 5-10 minutes to complete but they can also take longer depending upon how much discussion is facilitated. An interest checklist can be completed in an interview or casual conversation with the person, or with the person and a proxy if the person with an acquired brain injury may require support to recall or reflect on interest areas.

How do I report or score the assessment?

Usually, interests the person has identified are just listed out or counted and used to plan for areas they may wish to explore further.

¹ <https://moho-irm.uic.edu/default.aspx>

² <https://www.nhsfife.org/media/38117/2-interest-checklist-use-on-page-as-image.pdf>

³ <https://moho-irm.uic.edu/productDetails.aspx?aid=39>



For further information, please contact:

Associate Professor Libby Callaway
T: +61 421 356 359
E: libby.callaway@monash.edu

School of Primary and Allied Health Care
Rehabilitation Ageing and Independent Living Research Centre
Faculty of Medicine, Nursing and Health Sciences
Monash University, Peninsula Campus
47-49 Moorooduc Hwy
Frankston VIC 3199