

### Wheelchair Skills Test Questionnaire (WST-Q) Version 5.0 for Manual Wheelchairs

Question	Answer
Name of the wheelchair user?	
Date questionnaire completed (month, day, year)?	
Did you complete the questionnaire yourself?	<input type="checkbox"/> Yes <input type="checkbox"/> No
If you had help, what is the name of the person who helped you?	
If you had help, what is the relationship between you and the person who helped you?	<input type="checkbox"/> Family member <input type="checkbox"/> Friend <input type="checkbox"/> Caregiver <input type="checkbox"/> Other person
Do the answers for the questionnaire reflect your situation alone, or with the assistance of your caregiver (if any)	<input type="checkbox"/> Alone <input type="checkbox"/> Caregiver-assisted

#### Introduction to the questionnaire

- Copies of this questionnaire can be downloaded from [www.wheelchairskillsprogram.ca/eng/wstq.php](http://www.wheelchairskillsprogram.ca/eng/wstq.php).
- More details about the questionnaire can be found there in the WSP Manual.
- In this questionnaire, you will be asked questions about different skills that you might do in your wheelchair. These skills range from ones that are more basic at the beginning to those that are more advanced at the end.
- There are no “right” or “wrong” answers. The purpose of the questionnaire is simply to help us understand how you use your wheelchair.
- It will probably take about 10 minutes to complete the questionnaire, but please take as much time as you need.
- If you have more than one wheelchair, the questions are about the wheelchair that you use most often.
- If you have any comments, you will be able to record them at the end of the questionnaire.
- For each specific skill, beginning on page 3, you will be asked up to four questions. The questions and the possible answers are shown below.

For each skill, you should answer the following question:

<b>Question:</b> “Can you do it?”	
<b>Answer</b>	<b>What this means</b>
Very well	Can do the skill safely and very well.
Yes	Can do the skill safely at a basic level.
Partially	Can do the skill in part.
No	Have never done the skill or could not do it right now.
Not possible with this wheelchair	The wheelchair does not have the parts to allow this skill. (This option is only presented for skills where such a score is a possibility.) If so, there is no need to assess confidence, performance or goals.

- If one of the purposes of this questionnaire is to assess how confident you are in performing the skill, you should also answer the following question for each skill:

<b>Confidence question:</b> “How confident are you?”	
<b>Answer</b>	<b>What this means</b>
Very	As of now, I am very confident that I can do this skill safely and consistently.
Moderately	As of now, I am moderately confident that I can do this skill safely and consistently.
Partly	As of now, I am only partly confident that I can do this skill safely and consistently.
Not at all	As of now, I am not at all confident that I can do this skill safely and consistently.

- If one of the purposes of this questionnaire is to assess how often you do the skill, you should also answer the following question for each skill:

<b>Question:</b> “How often do you do it?”	
<b>Answer</b>	<b>What this means</b>
Always	Always when I need or want to do so.
Usually	Usually when I need or want to, but sometimes not.
Occasionally	Occasionally when I need or want to, but often not.
Never	Never or less often than once a year.

- If one of the purposes of this questionnaire is to identify goals for training, you should also answer the following question about each skill:

<b>Question:</b> “Is this a training goal?”	
<b>Possible Answers</b>	<b>What This Means</b>
Yes	I am interested in receiving training for this skill.
No	I am not interested in receiving training for this skill.

- If you have training goals that you can think of now, please record them in the space available below. You will have a chance to identify other goals later.

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- Please read the questions about specific skills that begin on the next page. For each skill, record the answers in the spaces provided.

### Questions on Specific Skills

#	Skill Description	Questions (Pick only one answer for each question)			
		Can you do it?	How confident are you?	How often do you do it?	Is this a training goal?
1	Moving the wheelchair straight forward for a short distance, for example along a short hallway.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No
2	Moving the wheelchair straight backward for a short distance, for example to back away from a table.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No
3	While moving the wheelchair, coming to a sudden stop to avoid people who do not notice you.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No
4	Turning the wheelchair around in a small space so that it is facing in the opposite direction.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No
5	Turning the wheelchair around obstacles while moving forward.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No
6	Turning the wheelchair around obstacles while moving backward.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No
7	Moving the wheelchair sideways in a small space, for example to get the side of your wheelchair next to a kitchen counter, and then back to where you started.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No
8	Moving the wheelchair to pick up a small dropped object, for example a cell phone, pen or coin, from the floor in front of you.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No

9	Removing the weight from your buttocks, either one at a time or both together.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No
10	Transferring from the wheelchair to a bench that is about the same height as the wheelchair and then getting back into the wheelchair.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No
11	Folding your wheelchair or taking it apart without tools, for example to store it out of the way, and then opening or reassembling it again.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No <input type="checkbox"/> Not possible with this wheelchair	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No
12	Opening a hinged door, moving the wheelchair through it and closing it behind you, then coming back the other way.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No
13	Moving the wheelchair over a longer distance, for example on a smooth surface about half the length of a sport field.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No
14	Moving the wheelchair up a slight incline, for example a standard ramp (12 times longer than it is high).	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No
15	Moving the wheelchair down a slight incline.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No
16	Moving the wheelchair up a steep incline (about twice as steep as a standard ramp).	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No

17	Moving the wheelchair down a steep incline.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No
18	Moving the wheelchair across a slight side-slope, for example when crossing a driveway.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No
19	Moving the wheelchair a short distance across a soft surface, for example gravel.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No
20	Getting the wheelchair over an obstacle that sticks up above the surface, for example a high door threshold.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No
21	Getting the wheelchair over a gap, for example a rut in the road that is too big to simply roll over.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No
22	Getting the wheelchair up a low curb, for example when entering a building.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No
23	Getting the wheelchair down from a low curb.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No
24	Getting the wheelchair up a high curb, for example at a street corner without a ramp.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No
25	Getting the wheelchair down from a high curb.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No

26	Getting down on the ground, then back into the wheelchair.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No
27	Doing a wheelie, balancing the wheelchair on its rear wheels, for 30 seconds.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No
28	Staying in a wheelie, turning the wheelchair around in a small space so that it is facing in the opposite direction.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No
29	Moving forward and backward in the wheelie position.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No
30	Staying in a wheelie, moving forwards down a high curb.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No
31	Staying in a wheelie, moving forwards down a steep ramp.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No
32	Getting yourself and the wheelchair up a short flight of stairs that has a rail.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No
33	Getting yourself and the wheelchair down a short flight of stairs that has a rail.	<input type="checkbox"/> Very well <input type="checkbox"/> Yes <input type="checkbox"/> Partially <input type="checkbox"/> No	<input type="checkbox"/> Very <input type="checkbox"/> Moderately <input type="checkbox"/> Partly <input type="checkbox"/> Not at all	<input type="checkbox"/> Always <input type="checkbox"/> Usually <input type="checkbox"/> Occasionally <input type="checkbox"/> Never	<input type="checkbox"/> Yes <input type="checkbox"/> No

If you have any general comments about the questions that you have answered above, please record them in the space available below.

If you have any training goals that you have not already mentioned, please record them in the space available below.

A short report form will be created from the answers that you have given. If you would like a copy of the report form for yourself or someone else, please record in the space available below the name and address of the person to whom the report should be sent.

This is the end of the questionnaire. Thank you for completing it.