

22.1.25 Lina

Ava - ops on 10th

Care R1

Dr Susan Beattie

Back to school on 4th

Hip reconstruction

funct + admin out.

Behaviour been difficult → adjusting her med =

Psychologist at hospital helping me.

She has a lot of trauma.

Got to get back to work.

How do I juggle Ava + surgeries.

Worked in retail; pharmacy; buying; landscape.

No formal qualifications (have none)

School hours that pays well; outside the home.

Bees the people; mingle; be 1st alone.

No family interest or support last year

Hosted 110 80th

F. died 22yr ago.

No family celebrations.

(Alex)

5⁰ + 8⁰. don't talk to call it.

Alex + I OK. He worked over Xmas.

NDIS meeting R/V last week - 4 support workers.

0 hours since Nov.

Was 1.5 hr x 2 per day for ADLS.

Have support coordinator

Behaviour support person - not been helping or submitting report past year. Taking funds but not work.

Tough to put trust people again after let down.

> 11 psychologist on board.

SV been allocated - 1st time in 7yrs.

Sleep - NO

- seroquel him 41 but too sedating the next day
Awake thinking about money

- what to sell to pay bills.

No money for anything; Can't go out for coffee.

21, - work (apprentice)

16, - school.

19 - Tafe

10 - Ava

No kid in position to pay board
Mortgage.

Kids learnt to cook.

Ava needs to co-sleep

Alex needs double knee replacement.

He gets home at 4.30.

K-10+

Patient or Client Identifier

Surname **THOMAS**Other names **LINA**

Date of Birth: _____

Gender:

Male

Female

Other

Address: _____

Date completed: **22/01/2025****Instructions**

The following ten questions ask about how you have been feeling in the **past four weeks**. For each question, mark the circle under the option that best describes the amount of time you felt that way.

		None of the time	A little of the time	Some of the time	Most of the time	All of the time
1.	In the past four weeks, about how often did you feel tired out for no good reason?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
2.	In the past four weeks, about how often did you feel nervous?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
3.	In the past four weeks, about how often did you feel so nervous that nothing could calm you down?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
4.	In the past four weeks, about how often did you feel hopeless?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
5.	In the past four weeks, about how often did you feel restless or fidgety?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
6.	In the past four weeks, about how often did you feel so restless you could not sit still?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
7.	In the past four weeks, about how often did you feel depressed?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
8.	In the past four weeks, about how often did you feel that everything was an effort?	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9.	In the past four weeks, about how often did you feel so sad that nothing could cheer you up?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
10.	In the past four weeks, about how often did you feel worthiness?	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please turn over – there are a few more questions on the other side

The next few questions are about how these feelings may have affected you in the **past four weeks**. You need not answer these questions if you answered 'None of the time' to all of the ten questions about your feelings

11.	In the past four weeks, how many days were you TOTALLY UNABLE to work, study or manage your day to day activities because of these feelings?	<u> 1 </u> (Number of days)
12.	[Aside from those days], in the past 4 weeks, HOW MANY DAYS were you able to work or study or manage your day to day activities, but had to CUT DOWN on what you did because of these feelings?	<u> 1-2 </u> (Number of days)
13.	In the past 4 weeks, how many times have you seen a doctor or any other health professional about these feelings?	<u> 0 </u> (Number of consultations)
14.	In the past 4 weeks, how often have physical health problems been the main cause of these feelings?	<div style="display: flex; justify-content: flex-end;"> <div style="text-align: right; padding-right: 10px;"> None of the time A little of the time Some of the time Most of the time All of the time </div> <div style="display: flex; flex-direction: column; align-items: center;"> <input type="radio"/> <input checked="" type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> </div> </div>

Thankyou for completing this questionnaire.

Please return it to the staff member who asked you to complete it.

Professor Ronald C Kessler of the Department of Health Care Policy, Harvard Medical School is thanked for the use of research on the K10 funded by US Public Health Service Grants R01 MH46376, R01 MH52861, R01 MH49098, and K05 MH00507 and by the John D and Catherine T MacArthur Foundation Network on Successful Midlife Development (Gilbert Brim, Director).