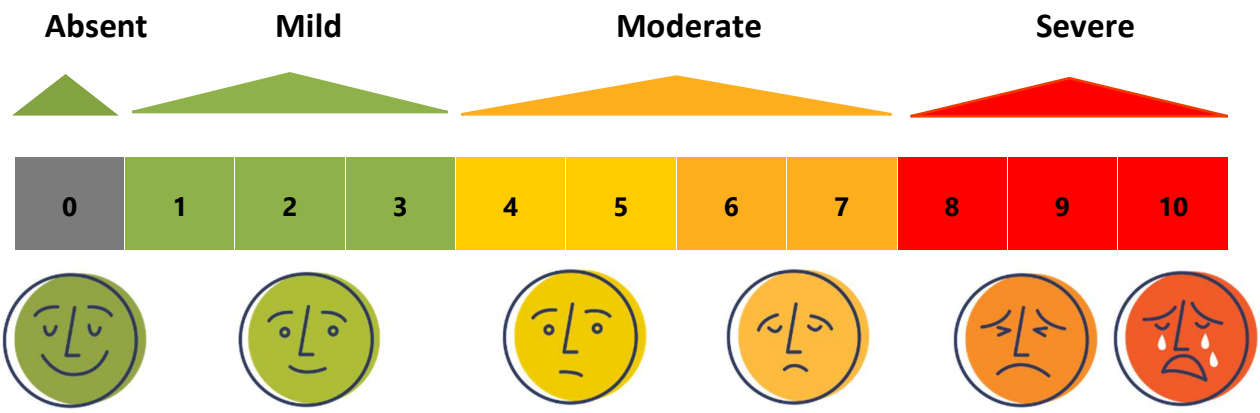
Banksia Palliative Care Service

Client Self-Assessment Tool



1. Write the day or date in the first row.
2. Use the scale above to choose a number between 0 and 10 that shows how uncomfortable, bothered, worried or distressed you are.
3. You can add other symptoms in the blank spaces at the bottom of the list.
4. If you score any of your symptoms at a level of 4 or above, you should contact Banksia or the after-hours service immediately.

Day or date									
Difficulty sleeping- fatigue/lethargy									
Appetite problems									
Nausea									
Bowel problems									
Breathing problems									
Pain									
Financial concerns									
Fear of the future									
Support for beliefs or spiritual concerns									
Needing help in the home; ADL's/equipment									
Needing carers support; respite									
Help with understanding new symptoms or medicines									
Support for stress or anxiety									