

POES interview - examples of questions

Daily rhythm of activity and rest

- Does your day/usual routine take you a lot of energy?
- Is it difficult for you to get started in the morning, to get up? Is it related to your medications?
- On a daily basis, how many hours do you spend in bed or in front of the television?
- Do you lay down sometimes when you have nothing to do?
- Sometimes, do you need to lie down after an activity because you're tired?
- Do you lie down because you get bored?
- On a daily basis, how many times per day do you feel the need to sleep, to rest or to sit down?
And When?
 - Does it help you? Does it help to engage in other activities?

** If time is pass at the computer: define the activities.

Places

- Does your occupations make you to go out every day?
- On a weekly basis, where do you go when you go out?
- Do you leave your home sometimes?
 - To go were?
 - To do what?
 - Can you give me a reason why you do or do not go out?
 - How often to you go out?
 - With whom?
- How do you manage to do your groceries or errands?
- Where do you realize your main occupations?
 - What do you do there?
- Do you have any difficulties to take the bus or to go somewhere?
- At home, in which room (s) do you spend most of your time?

- When you get out of your bedroom, are you able to go spend time with your family?

Depending on the answers...

- Are the grocery store/convenience store/drugstore, etc. far from your home?
- Are you used to go to these places?
- Do you sometimes change places where you do your errands?
- Is it crowded of people where you go or is it quiet?

Variety and range of occupations

- Are you doing any of these activities?
 - ADLs (ex. house work, budget)?
 - Sports or leisures?
 - Volunteer activities?
 - Work?
 - Studies?
- Do you attend therapy, workshops, etc.?
- In what you are doing: is it for fun? as an obligation?
- Have you been doing the same things for a while?
 - Can you talk to me about it?

Social environment

- Are you doing your activities alone or with others?
- Who is the main person you're doing your activities with?
- Do you have any friends?
- How many?
 - Do you see them often?
 - Do you chat with them? On Facebook?
 - Are they childhood's friends? Friends from therapy? Members of your family?
- Have you reconnected with a friend or a family member since your hospitalisation (if applicable)

Social interplay

- How many persons you consider important for you do you have around you?
- How is it going when you speak to others?
 - Do you initiate contact with others sometimes?
 - Do you have any conversation with them sometimes?
- Do you initiate contact and talk only with people you know? Or as well with people you don't know?
- Are you a part of a group in the community?
- In a group of how many people do you feel comfortable?
- Did you refrain from going out or doing an activity because you would have to speak to people?
- In which context do you speak with others?
 - Only in therapy, in the street...?

** Explore the collaboration aspect if applicable

Interpretation

- What do you think of your routine?
- How do you feel about your routine, your days?
- Are you satisfied with your activities or your routine?
 - If unsatisfied: what would you need to be satisfied?
- What's a good day for you or a bad one? Could you describe it for me?
- Is there anything you do that you are proud of?
- What define you the most in what you do?
- What do you dislike?

Extent of meaningful occupations

- How many significant activities do you feel you have currently?
- Of all the things you do, which activity/occupation is the most meaningful that you would not be able to take it off from your schedule?
- Of all the things you do, which activity is the most fulfilling?
- Are your occupations important for you?
 - In which way?
- What is the most enjoyable aspect when you realize activities? What makes you have fun?
 - When was the last time you had fun?

Routines

- Does your journal of the last 24 hours represent your usual days?
 - Is there any difference between the week and the weekend?
- Are you the one who decides what you have to do or is it your parents or somebody else?
- Do you do some activities because you've seen somebody else do it?
- Do you change your routine sometimes? If so, why?
- How do you manage the unexpected changes in your routine?
- How would you describe your routine? Stable, organised, rigid/inflexible?

Initiating performance

- How do you plan your days?
- Do you decide ahead of time or according to how you feel?
 - Do you decide at the beginning of the day, a day before or a week before?
- Do you decide what you have to do on your own or others (family members) decide for you, stimulate or push you?
- Do you propose sometimes, invite some friends to do something?
- What would you like to accomplish next year?
 - What are your personal goals?
 - Do you feel like what you realize is directed towards a goal?