

**GMFCS-E&R Self Report Questionnaire:**  
**for Young People Aged 12- 18 Years**

Please read the following and mark **only one box** beside the description that best represents your movement abilities.

I...

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- Have difficulty sitting on my own and controlling my head and body posture in most positions**  
**and** have difficulty achieving any voluntary control of movement  
**and** need a specially adapted chair to sit comfortably and be transported anywhere  
**and** have to be lifted or hoisted by another person or special equipment to move
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- Can sit on my own but do not stand or walk without significant support**  
**and** therefore always rely on wheelchair when outdoors  
**and** can achieve self-mobility using a powered wheelchair  
**and** can crawl or roll to a limited extent to move around indoors
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- Can stand on my own and only walk using a walking aid** (such as a walker, rollator, crutches, canes, etc.)  
**and** find it difficult to climb stairs, or walk on uneven surfaces without support  
**and** use a variety of means to move around depending on the circumstances  
**and** prefer to use a wheelchair to travel quickly or over longer distances
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- Can walk on my own without using walking aids, but need to hold the handrail when going up or down stairs**  
**and** therefore walk in most settings  
**and** often find it difficult to walk on uneven surfaces, slopes or in crowds  
**and** may occasionally prefer to use a walking aid (such as a cane or crutch) or a wheelchair to travel quickly or over longer distances
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- Can walk on my own without using walking aids, and can go up or down stairs without needing to hold the handrail**  
**and** walk wherever I want to go (including uneven surfaces, slopes or in crowds)  
**and** can run and jump although my speed, balance, and coordination may be limited