

Alltagsbewältigung

- Taking care of yourself
- Knowing your limitations
- Knowledge of health
- Managing time
- Managing money
- Being able to work
- Being able to ask for help

PARTICIPATION

DAILY

FUNCTIONING

Teilhabe

- Social contacts
- Being taken seriously
- Having the support from others
- Sense of belonging
- · Doing meaningful things

Körperfunktionen



BODILY FUNCTIONS

Eating Physical condition

 Feeling healthy Feeling fit

Physical activity

Sleeping



• No physical complaints and/or pain



Being able to concentrate • Being able to communicate

- Being cheerful
- · Accepting yourself
- Being able to handle change

Bedeutsamkeit

Mentales Wohlbefinden

· Being able to remember things

Feeling in control

MEANINGFULNESS

· Having a meaningul life · Having a zest for life

- Pursuing ideals
- Feeling confident
- Accepting life
- · Being grateful
- Lifelong learning

- · Doing fun things together
- · Being interested in society



Lebensqualität

- Enjoyment
- Being happy
- Feeling good
- Feeling well-balanced
- Feeling safe
- Housing circumstances
- Having enough money

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