Leisure Interest Measure (LIM)

Pop	Time	Purpose	Measures	Scoring	Notes
Moderate to no cognitive impairment, IQ 80 or higher, mental age of 12 or older, Ranch 7 or higher, mild to no orientation disability	5-10 mins	To measure how much interest the client has in each of the eight domains of leisure	Physical Outdoor Mechanical Art Service Social Cultural Reading	Scale 1 = never true 2 = seldom true 3 = somewhat true 4 = often true 5 = always true Each component has 4 items. Add all 4 items and divide by 4. Low scores (1 or 2) = low interest; may indicate need for education about activities within domain High scores (4 or 5) = high interest; high scores in all areas may indicate a tendency toward mania, reading comprehension difficulties, or other problems – further evaluation needed	RT assessment tool. Used in a variety of settings to determine types of activities person enjoys. Sometimes clients don't know what they like to do. Determining the "type" of things they enjoy (high scores) will help you narrow down leisure activities for exploration. Attention however, should not be given to high scores only. Sometimes clients rate items low because they are unfamiliar with it or have never tried it. Consequently, low scores can also indicate areas for exploration.

LIM Completed Example

LEISURE INTEREST MEASURE (LIM)

Purpose: The purpose of this assessment is to find out what kind of leisure activities you want or prefer to do.

Directions: Listed below are 29 statements. To the left of each statement is a line to indicate how true that statement is for you. A "1" means that the statement is never true, "2" means that it is seldom true, "3" means that it is sometimes true, "4" means that it is often true, and "5" means that it is always true. Write down the number that best fits your situation.

Definition: "Leisure Activities" are those things that you do that are not part of your work and are not part of your basic grooming needs.

1	2	3	4	5
NEVER TRUE	SELDOM TRUE	SOMEWHAT TRUE	OFTEN TRUE	ALWAYS TRUE

3 1. I like to read in my free time.

4 2. I prefer being outdoors.

1 3. I like to work with materials such as metal or wood in my leisure time.

3 4. I like to be original in my leisure activities.

1 5. I appreciate the cultural arts.

1 6. I am committed to serve as a volunteer worker in one or more service organizations or activities.

1 7. I prefer competitive physical activities.

3 8. I use my leisure as a chance to meet new and different people.

4 9. I like the fresh air of outdoor settings.

1 10. I often use tools in my leisure activities.

5 11. I like to create artistic designs in my leisure time.

1 12. I prefer to engage in cultural activities such as going to plays, lectures, or visiting museums.

1 13. I often participate in service activities in my leisure time.

1 14. I prefer activities which require a high degree of physical activity.

3 15. I use my leisure to develop close relationships with others.

3 16. I prefer leisure activities which _____ outdoor environments.

1 17. I like repairing or building things in my leisure time.

4 18. I prefer leisure activities which require creativity.

1 19. I like to observe local and national cultural events.

1 20. I regularly contribute time to service organizations or activities.

1 21. I prefer physically oriented activities such as sports.

3 22. I prefer to engage in leisure activities which require social interaction.

4 23. I prefer to engage in leisure activities which take place in outdoor environments.

1 24. I like to work with mechanical devices in my leisure time.

1 25. I like leisure activities which help me to explore new ideas.

1 26. I have a strong attraction to the cultural arts.

1 27. I prefer to be of service to others in my leisure time.

1 28. I like leisure activities which require physical challenge.

3 29. I prefer leisure activities which help to develop friendships.

Patient's Name	Physician	Admit #	Room/Bed

A = physical Domain = 1
B = Outdoor Domain = 3.75
C = Mechanical Domain = 1
D = Artistic Domain = 3.25
E = Service Domain = 1

F = Social Domain = 3
G = Cultural Domain = 1
H = Reading Domain = 3

Narrative Summary of Findings

Here's an example of how you might document the above findings:

Findings from the Leisure Interest Measure (LIM) indicate moderate interest in outdoor (B=3.75), artistic (D = 3.25), social (F=3), and reading (H=3) activities; and low interest in physical (A=1), mechanical (C=1), service (E=1), and cultural (G=1) activities. Low interest scores may also indicate a need for education about these activities (chose low scores because unfamiliar with the activities rather than lack of interest). RT to further explore.