



Social Security (Tables for the Assessment of Work-related Impairment for Disability Support Pension) Determination 2011

Table 1 - Functions requiring Physical Exertion and Stamina

Introduction to Table 1

- Table 1 is to be used where the person has a permanent condition resulting in functional impairment when performing activities requiring physical exertion or stamina.
- The diagnosis of the condition must be made by an appropriately qualified medical practitioner.
- Self-report of symptoms alone is insufficient.
- There must be corroborating evidence of the person's impairment.
- Examples of corroborating evidence for the purposes of this Table include, but are not limited to, the following:
 - a report from the person's treating doctor;
 - a report from a medical specialist confirming diagnosis of conditions commonly associated with cardiac or respiratory impairment (e.g. cardiac failure, cardiomyopathy, ischaemic heart disease, chronic obstructive airways/pulmonary disease, asbestosis, mesothelioma, lung cancer, chronic pain);
 - a report from a medical specialist confirming diagnosis of conditions commonly associated with extreme fatigue or exhaustion or other conditions affecting physical exertion or stamina (e.g. end stage organ failure, widespread/metastatic cancer, chronic pain, or other long-term conditions where treatment cannot sufficiently control symptoms);
 - results of exercise, cardiac stress or treadmill testing.

Points	Descriptors
0	<p><i>There is no functional impact on activities requiring physical exertion or stamina.</i></p> <p>(1) The person:</p> <ul style="list-style-type: none"> (a) is able to undertake exercise appropriate to their age for at least 30 minutes at a time; and (b) has no difficulty completing physically active tasks around their home and community.

5	<p><i>There is a mild functional impact on activities requiring physical exertion or stamina.</i></p> <p>(1) The person:</p> <p>(a) experiences occasional symptoms (e.g. mild shortness of breath, fatigue, cardiac pain) when performing physically demanding activities and, due to these symptoms, the person has occasional difficulty:</p> <p>(i) walking (or mobilising in a wheelchair) to local facilities (e.g. a corner shop or around a shopping mall, larger workplace or education or training campus), without stopping to rest; or</p> <p>(ii) performing physically active tasks (e.g. climbing a flight of stairs or mobilising up a long, sloping pathway or ramp if in a wheelchair) or heavier household activities (e.g. vacuuming floors or mowing the lawn); and</p> <p>(b) is able to perform most work-related tasks, other than tasks involving heavy manual labour (e.g. digging, carrying or moving heavy objects, concreting, bricklaying, laying pavers).</p>
10	<p><i>There is a moderate functional impact on activities requiring physical exertion or stamina.</i></p> <p>(1) The person:</p> <p>(a) experiences frequent symptoms (e.g. shortness of breath, fatigue, cardiac pain) when performing day to day activities around the home and community and, due to these symptoms, the person:</p> <p>(i) is unable to walk (or mobilise in a wheelchair) far outside the home and needs to drive or get other transport to local shops or community facilities; or</p> <p>(ii) has difficulty performing day to day household activities (e.g. changing the sheets on a bed or sweeping paths); and</p> <p>(b) is able to:</p> <p>(i) use public transport and walk (or mobilise in a wheelchair) around a shopping centre or supermarket; and</p> <p>(ii) perform work-related tasks of a clerical, sedentary or stationary nature (i.e. tasks not requiring a high level of physical exertion).</p>
20	<p><i>There is a severe functional impact on activities requiring physical exertion or stamina.</i></p> <p>(1) The person:</p> <p>(a) usually experiences symptoms (e.g. shortness of breath, fatigue, cardiac pain) when performing light physical activities and, due to these symptoms, the person is unable to:</p> <p>(i) walk (or mobilise in a wheelchair) around a shopping centre or supermarket without assistance; or</p> <p>(ii) walk (or mobilise in a wheelchair) from the carpark into a shopping centre or supermarket without assistance; or</p> <p>(iii) use public transport without assistance; or</p> <p>(iv) perform light day to day household activities (e.g. folding and putting away laundry or light gardening); and</p> <p>(b) has or is likely to have difficulty sustaining work-related tasks of a clerical, sedentary or stationary nature for a continuous shift of at least 3 hours.</p>

30	<p><i>There is an extreme functional impact on activities requiring physical exertion or stamina.</i></p> <p>(1) The person:</p> <ul style="list-style-type: none">(a) is completely unable to perform activities requiring physical exertion or stamina; or(b) experiences symptoms (e.g. shortness of breath, fatigue, cardiac pain) when performing any activities requiring physical exertion or stamina and, due to these symptoms, the person is unable to move around inside the home without assistance. <p>(2) This impairment rating level includes people who require Oxygen treatment (e.g. the use of an Oxygen concentrator during the day or to move around).</p>
----	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------