

ICF consists of five components, which interact with each other.

The ICF integrative bio-psycho-social model of functioning and disability



**Body functions**

- Body Functions are physiological functions of body systems including psychological functions

**Body structures**

- Body Structures are anatomical parts of the body such as organs, limbs and their components

**Activities and Participation**

- Activity is the execution of a task or action by an individual. Participation is involvement in a life situation
- There is a single list of categories in the ICF for Activities and Participation. WHO recommends to use that instead of distinguishing these terms.

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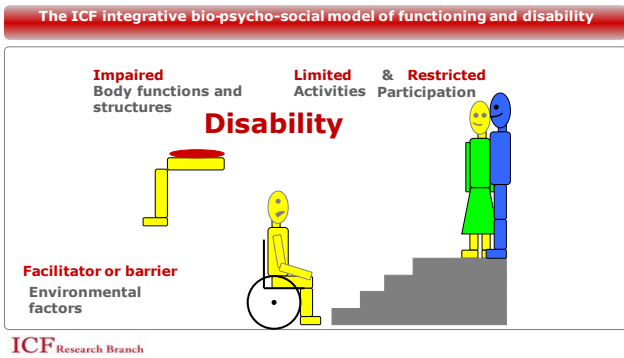
Let's take a closer look at the components: Here you can read what is meant by Body Functions, Body Structures and Activities & Participation. Body functions are....Note, that although there are differences between activities and participation, they are used always together in practical settings. It is explained in ICF e-material how to distinguish between them, but not worry about it.



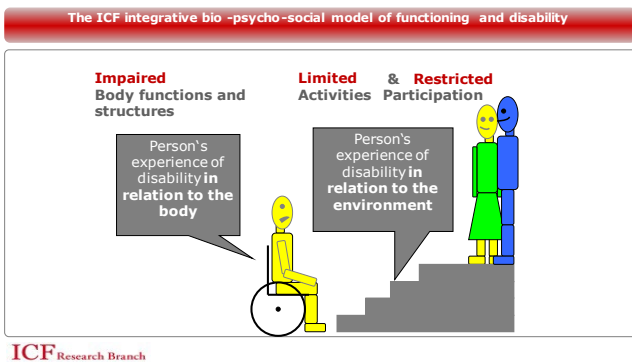
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Here are explained two very important terms that are part of activities and participation. When describing activities and participation, you can use these terms to clarify the situation. Performance describes what an individual does....While capacity describes an individuals' ability... without any support of environment.

Here you see an example of how you can express this using "codes". The numbers after the dot are called qualifiers. In the next video you will learn more about qualifiers.



Here you can see the so-called “negative” terms for functioning. ICF uses specific terms for problems and challenges. They are called impairments, when we describe Body Functions and Structures. Those are **limitations** when there are some problems or challenges in Activities, or **restrictions** if there are problems to participate. Note that when describing Environmental factors, ICF has both positive and negative terms; facilitators and barriers. The Personal Factors can be described using positive or negative terms too.



Disability is an umbrella term for impairments, activity limitations and participation restrictions. It can be described in relation to the body or relation to the environment. Note, that ICF is a person centred, which means that we need to ask person's experience.

### Environmental factors



- The physical, social and attitudinal environment in which people live and conduct their lives.
  - Products and technology
  - Natural environment and human-made changes to environment
  - Support and relationships
  - Attitudes
  - Services, systems and policies
- These factors are either barriers or facilitators

Environmental factors are the physical, social, and attitudinal environment where people live and conduct their lives. It consists of these five domains.

## Personal factors



- Personal factors are particular background of an individual's life and living, consisting different features of the individual, that are not part of any other chapter of ICF: gender, age, other health conditions, lifestyle, habits, coping styles, social background, education, profession, experiences...
- There are no inclusion – exclusion criterias
- There are no taxonomy of codes
- Important to describe

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Another contextual factor is Personal factors. Here you can read a list of different things that can be described here. This ICF component is a bit complicated because there are no inclusion or exclusion criteria. These things are important to list when describing person's functioning and need to be taken into consideration.

## Health condition



- Health condition is an umbrella term for disease, disorder, injury, trauma or other health conditions, like ageing, pregnancy, stress, congenital anomaly etc.
- May coded using the ICD-10 or ICD-11 by doctors
- Describing the persons functioning does not necessarily need the health condition
- If the person has multiple health conditions (diagnosis), the "other health conditons" are listed in personal factors

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ICF is not related with specific health problems or diseases but describes related dimensions of functioning from multiple perspectives at the level of body, person and society. Health problems or diseases are called Health conditions in ICF and can be described using ICD-10 or 11 classification. ICF can be used even if the absence of a diagnosis.

If a person has multiple diagnoses, select one to Health condition and list the others under Personal factors. The most important thing is to take everything into account, because we don't know how different things will affect a person's functioning. Remember that we are individuals.