

English	Português	Back-translation
1. Making his/her own bed	1. Faz a sua própria cama.	1. Makes one's bed
2. Doing household tasks, including picking up around the house, putting things away, light housecleaning, etc	2. Realiza tarefas domésticas, como apanhar coisas pela casa, arrumar as coisas no sítio, limpezas ligeiras, etc	2. Does chores like picking up things from the floor, put things in the right place, light cleaning, etc
3. Doing errands, including shopping in stores	3. Faz tarefas/recados, incluindo fazer compras em lojas	3. Makes tasks outside the house like shopping
4. Doing home repairs, including simple repairs around the house, non-technical in nature; for example, changing light bulbs or repairing a loose screw	4. Realiza pequenas reparações domésticas, incluindo reparações simples, nada de muito técnico, como, por exemplo, trocar uma lâmpada ou apertar um parafuso solto	4. Makes some small domestic repairs, easy ones like changing a light bulb or tightening a loose screw
5. Doing laundry, washing, and drying	5. Trata da roupa, lavar e secar	5. Takes care of laundry, washes and dries clothing.
6. Washing/bathing	6. Lava-se/Toma banho	6. Washes and takes a bath.
7. Grooming, brushing teeth, combing and/or brushing hair	7. Realiza a sua higiene pessoal, como escovar os dentes, pentear ou escovar o cabelo	7. Takes care of personal hygiene, including brushing teeth or combing hair.
8. Dressing and undressing	8. Vestir e despir-se	8. Dresses and takes off one's clothes
9. Toileting	9. Utiliza a sanita	9. Uses the toilet
10. Preparing simple foods requiring no mixing or cooking, including sandwiches, cold cereal, etc	10. Preparação de alimentos simples, sem a necessidade de misturas ou cozinhar, incluindo sanduiches, cereais, etc	10. Prepares easy foods without mixing ingredients or cooking, including sandwiches, cereals, etc.
11. Mixing and cooking simple foods, fry eggs, make pancakes, heat food in microwave, etc	11. Prepara e cozinha alimentos simples, como estrelar ovos, fazer panquecas, aquecer comida no micro-ondas, etc	11. Prepares and cooks easy food like frying eggs, making pancakes and warming food using the microwave, etc.
12. Preparing complete meal	12. Prepara uma refeição completa	12. Prepares a complete meal
13. Setting and clearing table	13. Põe e levanta a mesa para as refeições	13. Lays and clears the table
14. Drinking from a cup	14. Bebe por um copo	14. Drinks from a glass
15. Eating from a plate	15. Come por um prato	15. Eats from a dinner plate
16. Washing dishes (including using a dishwasher)	16. Lava a loiça, incluindo a utilização de máquina de lavar	16. Washes the dishes, including the use of a dishwasher
17. Banking and managing daily finances, including keeping track of cash, checking account, paying bills, etc	17. Gere as finanças do dia-a-dia, incluindo gerir o dinheiro vivo, a conta bancaria, o pagamento de contas, etc.	17. Takes care of daily life expenses, including handling live money, the bank account, paying bills, etc.