**After TeleCIMT goals and action plan 1**

You have made a huge investment in the recovery of your arm by attending and completing the TeleCIMT program. It is important to continue this process. You are encouraged to continue to practice using only your weaker arm in everyday activities for at least 30 minutes per day, every day. You may wish to continue practising some of the activities you have worked on in shaping or task practice or as part of homework, or you may wish to select new activities to try.

Continuing to use your weaker arm in everyday life is the key to long term recovery. Take time to think about the sort of things that might help to build on the recovery you have seen and keep the focus on your arm in the longer term. E.g. I would like to: practice new tasks, learn to type using both hands on the keyboard, join a gym and work on my arm strength.

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| --- | --- |
| WHAT I will achieve with my arm over the next 3 months | HOW I will achieve these goals |
|       |          |
|        |            |
|        |            |
| WHAT I will achieve with my arm over the next 6 months | HOW I will achieve these goals |
|            |          |
|           |          |
|          |          |
| WHAT I will achieve with my arm by this time next year  | HOW I will achieve these goals |
|       |          |
|           |           |
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| Therapist comments:       |  |

Adapted from Meharg, A., & Kings, J. (2015). *How to do Constraint-Induced Movement Therapy: A practical guide* (J. Goodman & S. Robinson Eds.). United Kingdom: Harrison Training. Available from: <https://www.harrisontraining.co.uk/>

**Therapist name and profession:**       **Signature and date:**