



## Structured training in TeleCIMT: Shaping practice

TIDE Group

Sound on

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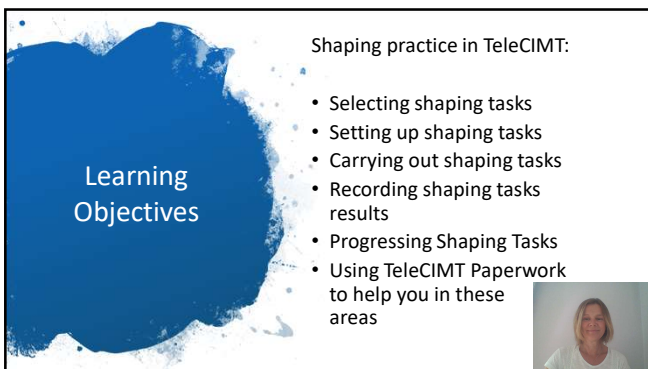


## Structured training in TeleCIMT: Shaping practice

TIDE Group

Sound on

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## Learning Objectives

Shaping practice in TeleCIMT:

- Selecting shaping tasks
- Setting up shaping tasks
- Carrying out shaping tasks
- Recording shaping tasks results
- Progressing Shaping Tasks
- Using TeleCIMT Paperwork to help you in these areas

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## Shaping Practice in TeleCIMT

How many cards can you turn over in 45 seconds?

How long does it take remove six forks from the cutlery drawer?

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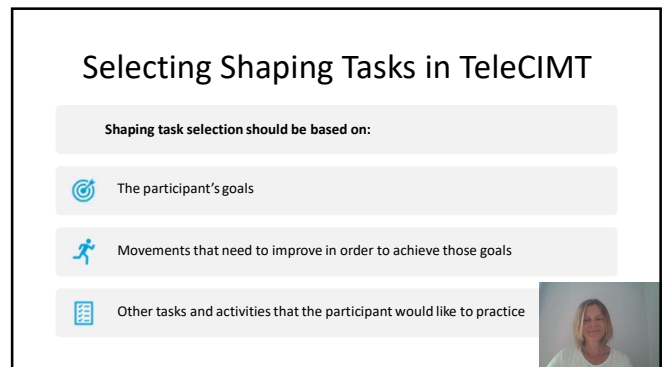


## Shaping Practice in TeleCIMT

How many cards can you turn over in 45 seconds?

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## Selecting Shaping Tasks in TeleCIMT

Shaping task selection should be based on:

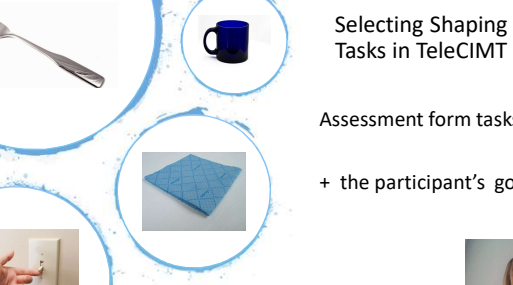
- The participant's goals
- Movements that need to improve in order to achieve those goals
- Other tasks and activities that the participant would like to practice

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Selecting Shaping Tasks in TeleCIMT

Assessment form tasks

+ the participant's goal(s)



Coins	Dried beans or toothpicks	Pen / pencil
A key	Bottle or jar with lid	Pack of playing cards
Average sized food tin (unopened)	Cloth / sponge for wiping	Hat
Non-breakable cup / beaker (narrow and normal size)	Jug with handle (preferably plastic (can be filled with water to assess strength)	Tennis or golf ball (or similar)
Hairbrush / comb	Pile of books (to ascertain the maximum height the participant can reach to)	Round / narrow vitamin bottle or small food tin (to achieve smaller grip)



### Shaping Task Selection in TeleCIMT


Additional Assessment Items List

**Tasks I want to practice on my TeleCINT program**

Use the list below to go around the rooms in your house and outdoor space with your supporter. Think of at least 3 tasks in each area that you would like to try to do with your weaker arm, whilst your stronger hand is in the mitt. These tasks should include fun activities such as hobbies and interests, as well as daily tasks which are relevant and meaningful to you. Your Therapist will review this list with you.

Room / Area	Tasks I would like to try with my weaker arm
Outdoor / Garden Area	
e.g. picking out seedling, potting plants, brushing your pet, watering/leaving the car, playing catch with a tennis ball	
Living Room	
e.g. hoovering/vacuuming, playing cards, dusting TV rack, flicking through a favourite magazine	
Bathroom	
e.g. wiping down the sink, mirror or shower	

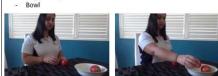
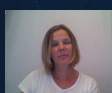
## Selecting Shaping Tasks in TeleCINT



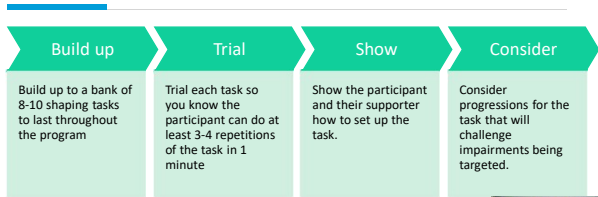
# Selecting Shaping Tasks in TeleCIMT

Shaping tasks target the specific movement problems participants are experiencing with their weaker arm and support them to work towards their goals. Therapists should provide the participant with a range of different shaping tasks to target different movements. Each shaping task will be completed in a series of timed trials. Each task should be between 30 seconds and 2 minutes long and the participant will complete the task 10 times in a row, recording their achievements, after each attempt.

Shaping Library			Original challenge	Improving / Simplifying the Challenge
<b>Task</b> <b>SOCIALISING</b> Transferring fruit to a bowl	<b>Movement requirement</b> Forward reach and straightening the elbow	<b>Task set up and equipment</b> • Seated at table • Fruit (apple, oranges, mandarin) or vegetables (potato, carrot, garlic, potato) x 5-10 or other items that are not perishable e.g. Tennis balls, chip packets, socks • Bowl	How long does it take you to place all 5 apples into the fruit bowl?  OR How many times can you transfer 1 apple from the table into the bowl in 1 minute?	• Increasing / decreasing no. of fruit to transfer • Moving bowl further away / closer • Using larger / smaller fruit • Placing bowl at a height e.g. on top of a tissue box / on a stool

### Setting up Shaping Tasks in TeleCIMT



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### Setting up Shaping Tasks in TeleCIMT

Setting up for success when you're not there...

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### Setting up Shaping Tasks in TeleCIMT

#### 5 Tops tips for setting up for success when you're not there...

1. Use the set up of the task to drive the movement you want to promote
2. Consider simple cues and guidance
3. If the participant is compensating significantly the task is probably too difficult
4. Aim for more do-able than challenging level tasks *'you know they can do it, but can they do it quicker?'*
5. The key to successful shaping is success!

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### Setting up Shaping Tasks

My shaping practice list

Shaping tasks will be set by your therapist to target the specific movement problems you are experiencing with your arm. You will complete these tasks in a series of timed trials. Each task will be up to 2 minutes long. You will complete each task 10 times in a row, recording your achievements after each attempt. Your therapist will gradually increase the level of challenge of these tasks as you progress through your TeleCIMT program. Once you progress through the program, you may want to consider how to do this yourself.

Task no	Task	Task set up	Original task description	Increasing the challenge
Example	Flipping over a drinks coaster	1. Place 2 arms over and under the coaster. Using your thumb and index finger together.	How many times can you flip the coaster over on the table with your right hand?	Use playing cards. Place the coaster / cards away from the edge of the table (to increase the challenge of picking them up). Increase distance of the coaster / cards away from your body (right / left OR near / far). Increase height of where picking coaster / cards up from.
1				
2				
3				

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### Carrying out Shaping Tasks – The supporter's role

- Demonstrate tasks
- Provide encouragement
- Suggest ways to make the task easier
- Celebrate results!

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### Carrying out Shaping Tasks – The supporter's role

– what it's not!



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