**Tasks I want to practice on my TeleCIMT 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 motivating to you. Your therapist will review this list with you.

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| **Room / Area** | **Tasks I would like to try with my weaker arm** |
| **Outdoor / Garden Areas**  e.g. pegging out washing, potting plants, brushing your pet, valeting/washing the car, playing catch with a tennis ball |  |
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| **Living Room**  e.g. hoovering/ vacuuming, playing cards, dusting CD rack, flicking through a favourite magazine |  |
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| **Bathroom**  e.g. wiping down the sink, mirror or shower screen, rinsing and squeezing out a flannel/face washer, putting lipstick on |  |
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| **Bedroom**  e.g. opening drawers and taking clothes out, making the bed, throwing washing into a laundry basket |  |
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| **Kitchen**  e.g. wiping down surfaces,  emptying the dishwasher, arranging flowers |  |
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| **Utility/Laundry**  e.g. folding washing, loading or unloading the washing machine or dryer |  |
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| **Dining Area**  e.g. setting the table, pushing chairs under the table, folding serviettes, making a centre piece for the table |  |
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| **Office Space**  e.g. tidying your desk, using your computer (typing, using mouse, playing a game), using stationary such as hole-punch/stapler |  |
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**Therapist name and profession:**

**Signature:**       **Date:**