

ACTIVITY PLAN TO IMPROVE EASE IN PERFORMING DAILY TASKS

Janet L. Poole, Ph.D., OTR/L

Identify daily activities that you would like to be able to do more easily:

Identify solutions, such as devices, resources including people, and suggestions for conserving energy or managing fatigue that might make the activity easier.

Activity

Possible solutions

Example: unable to open jars

*Find resources –family member
purchase a device;
find store or vender*

Describe the plan:

Example: Look online for devices, and delegate family member to look at local hardware and department stores, etc.

Describe a strategy to evaluate your plan:
