

Date:



Initials:

# I CAN

- Move around using:  No aid  Frame  Stick  
 Standing Hoist  Full hoist  Rotastand  
 Other \_\_\_\_\_

With:  help of 2  help of 1  independent

And a distance of:  less than 1m  1-5m  5-10m  10m+

- Get washed and dressed:  
 Independently  Top half only  With help

- Clean teeth:  With help  Independently

- Practise exercises:  
 Bed exercises  Chair exercises  Standing exercises

- I use: Hearing Aid  Glasses

#movingmedicine