

ACTIVITY QUIZ & CHECKLIST

1) What category of job did your client or LOWD have? (you can check more than one)

- ☐ a) homemaker
- ☐ b) office job
- ☐ c) business owner/entrepreneur
- ☐ d) technology or science job (doctor, nurse, scientist, mathematician, professor)
- ☐ e) physical labor job (lifted things, really active like waitress, construction etc.)
- ☐ f) worked with hands (like plumber, electrician, mechanic etc.)
- ☐ g) creative job (artist, musician, graphic design)
- ☐ h) other (fill in here) _____

2) What tasks would they have done in their jobs & everyday lives?

- ☐ a) chores/errands
- ☐ b) sorting and filing paperwork or writing reports
- ☐ c) making quick decisions, delegating tasks
- ☐ d) reading/listening or learning about science/nature
- ☐ e) lifted things, walked, ran
- ☐ f) taken things apart or put them back together
- ☐ g) draw, make music, make art, danced
- ☐ h) other (fill in here) _____

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3) What creative hobbies did your client or loved one have?

- ☐ a) drawing/painting
- ☐ b) arts & crafts
- ☐ c) singing/playing an instrument
- ☐ d) sewing
- ☐ e) dancing
- ☐ f) other _____

4) What exercises or physical activity did your client or loved one do?

- ☐ a) walking
- ☐ b) chores/cooking
- ☐ c) exercise came with job (lifting, walking etc.)
- ☐ d) gym
- ☐ e) a sport of some kind (soccer, football, baseball etc.)
- ☐ f) something outdoors
(hiking, running, climbing, gardening)
- ☐ g) other (fill in here) _____

5) What independent activity did your client or LOWD like to do?

- ☐ a) books/newspaper
- ☐ b) crossword puzzle
- ☐ c) board games/puzzles/cards
- ☐ d) TV/movies
- ☐ e) sit outside or people watch
- ☐ f) other (fill in) _____

GENERAL LIST OF ACTIVITY IDEAS

1. Helping Other People/Caretaking
2. Helping Staff/Family Member
3. Completing Community Tasks
4. Making Something
5. Sorting Things
6. Fixing Things
7. Building Things
8. Making Things
9. Caring for Things, plants, people,
pets, animals, places, supplies,
materials
10. Counting Things
11. Folding Things
12. Marking Things
13. Cleaning Things
14. Taking Things Apart
15. Moving Things
16. Cooking/Baking
17. Setting Up/Breaking Down

LIST OF ABILITIES THEY CAN HAVE

Motor:

1. Carry
2. Scoop
3. Stir
4. Pour
5. Use Tools
6. Walk (move around on own)

Sensory Strengths:

1. Touch
2. See
3. Hear
4. Smell
5. Taste

Social Strengths:

1. Listen
2. Leading
3. Humor
4. Conversations
5. Give Opinions

Cognitive Strengths:

1. Use templates
2. Read out loud
3. Reading Comprehension
4. Count
5. Match and Sort

LIST OF WHAT TO SAY TO GET YOUR CLIENT/LOWD TO DO AN ACTIVITY

1) Give simple choices (2 things at a time)

2) Word it as simple as possible

3) Give at least 5 to 10 seconds for them
to respond to your question/comment

4) Invite them by saying,

"I could use your help",

"I have a job for you if you're up for it"

"Would you mind taking this off my plate?"

"I could use another pair of eyes on this"

5) End with

"I couldn't have done this without you" "I

would have been working on this for so

long, thank you for making this easier"

"I so appreciate your help"

"You did a great job over there"