

# What are your OT goals?



What are some of your activities of daily living (ADLs)?

_____	_____
_____	_____
_____	_____
_____	_____

What do you physically need to be able to do for your ADLs?

sit	grip	balance
stand	endurance	coordinate
reach	lifting	stabilize
bend	transport	position

What do you cognitively need to be able to do for your ADLs?

attend	initiate	search
use	continue	gather
handle	sequence	safety
inquire	adjust	organize