

## Everything you do for me; You take from me

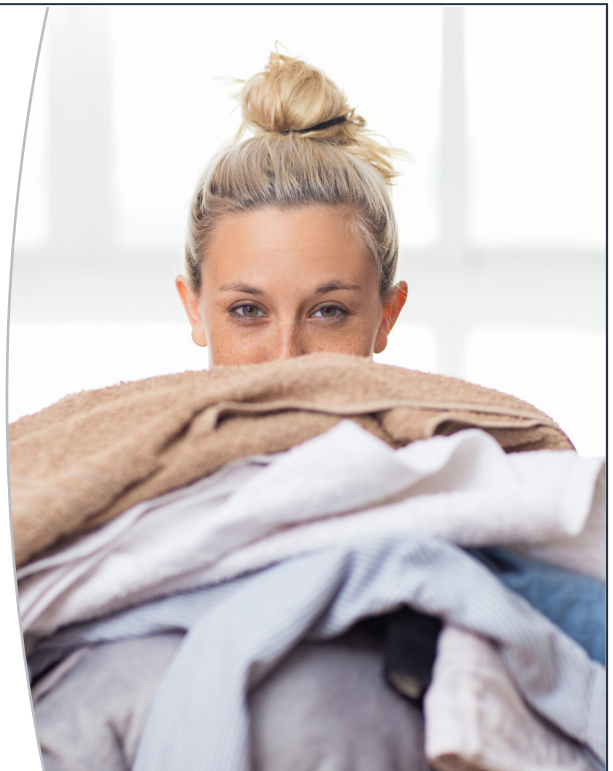
### Try it for yourself

Imagine you have had a shower and now you are preparing to get dressed.

You are attending a specialist medical appointment and it is important that you are on time.

#### **You are going to wear:**

- Shoes/boots with laces or zips
  - Socks
  - Underwear
  - Long pants with button waist
  - Pullover shirt/top
  - Cardigan or jacket
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- **Think through the process step-by-step**
  - What skills are required?
  - Is it important to dress in a certain way? If so, why?



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### Skills and abilities for daily activities

The panels below show some of the skills/abilities that are required for everyday activities.

Circle or highlight the skills that are required to successfully complete a particular activity. Every time a person does this activity, they use and practice these skills. Imagine how many skills you practice every day!

| Physical   |
|--|
| Strength   |
| Balance  |
| Movement of joints                               |
| Dexterity (fine motor)                           |
| Coordination                                     |
| Endurance (energy required to complete task)     |
| Sensory abilities (hearing, vision, touch, etc.) |
|  |

| Cognitive                                    |
|--|
| Decision making                              |
| Planning and organising                      |
| Sequencing (doing things in the right order) |
| Problem solving                              |
| Concentration                                |
| Memory                                       |
| Following instructions                       |
| Learning                                     |
| Calculation                                  |

| Emotional                                      |
|--|
| Motivation                                     |
| Patience                                       |
| Confidence                                     |
| Express self-identity                          |
| Mood/mental health that supports participation |
| Self-efficacy (belief in one's own abilities)  |
| Resilience, ability to cope with stress        |
| Kindness/empathy                               |
| Demonstrate personal values                    |
| Cooperation with others                        |
| Emotional control                              |

| Social  |
|---|
| Ability to communicate with others                |
| Respond appropriately to individuals and groups   |
| Establish and maintain relationships              |
| Fulfil the roles that are important to the person |
|   |