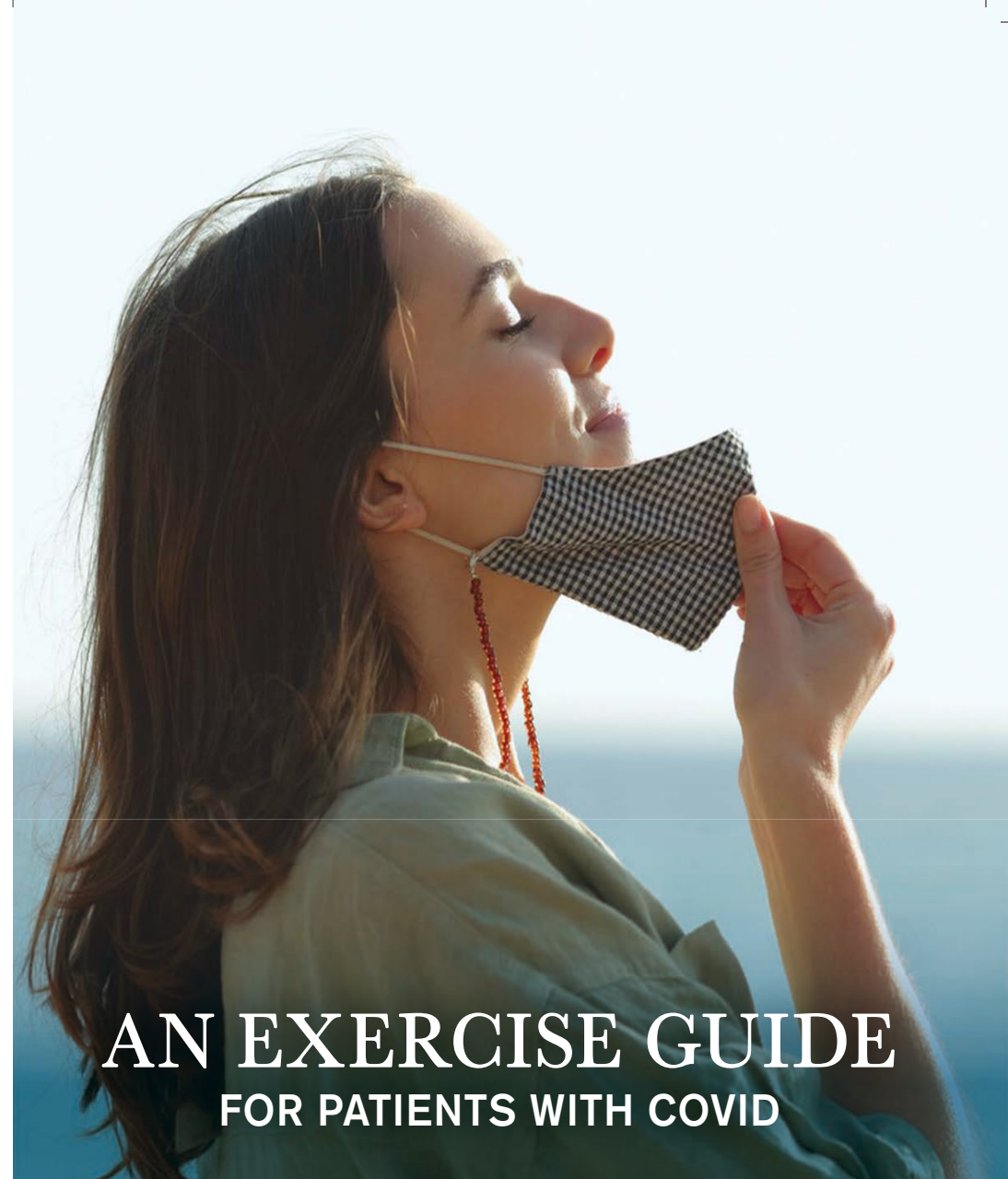


Page 34. Word Scramble.

TTCNHUSE	CHESTNUT	BBAABO	BAOBAB
RPJEINU	JUNIPER	HBCRI	BIRCH
PLOPAR	POPLAR	KEYUBCE	BUCKEYE
BCEHE	BEECH	OIMMAS	MIMOSA
SAENP	ASPEN	YROSMACE	SYCAMORE
LIANAGOM	MAGNOLIA	LKOEMCH	HEMLOCK
WDRDOEO	REDWOOD	TLUNWA	WALNUT
YERPCSS	CYPRESS	ONGIGK	GINKGO
PMLA	PALM	ECUSRP	SPRUCE
OKA	OAK	DAECR	CEDAR
LLIWWO	WILLOW	EALPM	MAPLE
LIEVO	OLIVE	CLIAL	LILAC



AN EXERCISE GUIDE FOR PATIENTS WITH COVID



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COVID-19

Being in the hospital and having the novel coronavirus (COVID-19) is a stressful experience. This information is designed to help keep you as independent and active as possible. The activities will help prevent complications from being sick, like muscle weakness or delirium.

We hope this handout will help guide you and keep you as healthy as possible during this difficult time. Please contact your medical team if you have any questions.

Mental Health Considerations

This can be a challenging time for all. As you start the path to recovery try and focus on one thing at a time. Take slow breaths. Stay present. If the present is overwhelming, picture a calming place in your mind (beach, mountain trail, lake, etc.). Engage through music (TV channel 13), exercise, stretching, and massage. Distract by reading, writing, watching TV. Connect with loved ones via technology and reach out to your medical team with concerns. Remember we are in this together.

General Mobility Guidelines

The more mobility you complete while you're here, the more likely you will be able to be discharged back home without needing to go to a subacute rehab or in-patient rehab facility first.

Help us help you!

- Get up at 3 least times a day and stay sitting up in the chair for at least 1 hour each time. If you can tolerate longer periods, please stay out of bed as much as you can tolerate. Please DO NOT GET UP without first checking with your nurse.
- When you are getting in and out of bed, please take a short walk within your room, even if it just around your bed.
- Once your RPE (rate of perceived exertion – see next page) increases to a 6, it is time to rest. You should be able to carry on a short conversation while doing exercises. If you can't get out more than 3 words at a time, it is time to rest.
- Lie on your stomach if directed by your nurse.

Page 31. Sudoku Puzzles – Moderate Difficulty.

1	2	5	6	8	7	9	4	3
7	8	6	3	9	4	1	5	2
9	4	3	1	2	5	6	7	8
6	1	9	2	7	3	4	8	5
4	3	2	8	5	6	7	1	9
8	5	7	9	4	1	2	3	6
5	7	8	4	6	2	3	9	1
3	6	4	5	1	9	8	2	7
2	9	1	7	3	8	5	6	4

2	4	1	9	7	8	6	3	5
3	6	8	1	2	5	9	7	4
9	5	7	3	4	6	1	8	2
4	3	9	5	1	7	8	2	6
8	2	5	4	6	9	3	1	7
7	1	6	8	3	2	4	5	9
5	9	2	6	8	3	7	4	1
6	8	4	7	5	1	2	9	3
1	7	3	2	9	4	5	6	8

Page 33. Sudoku Puzzles – Expert Difficulty.

7	5	4	2	3	8	9	6	1
6	1	9	4	5	7	8	3	2
2	8	3	6	9	1	5	4	7
1	7	6	9	2	3	4	5	8
9	2	8	1	4	5	3	7	6
3	4	5	7	8	6	1	2	9
8	3	1	5	7	2	6	9	4
5	9	7	8	6	4	2	1	3
4	6	2	3	1	9	7	8	5

3	4	8	1	9	6	2	7	5
9	5	6	3	7	2	8	4	1
1	7	2	4	5	8	3	9	6
5	2	3	7	1	4	6	8	9
7	6	1	2	8	9	4	5	3
8	9	4	6	3	5	7	1	2
2	3	9	8	4	1	5	6	7
6	8	5	9	2	7	1	3	4
4	1	7	5	6	3	9	2	8

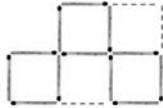
Page 33. Sudoku Puzzles – Letters.

D	A	I	H	F	G	C	B	E
E	F	C	B	D	I	G	A	H
G	B	H	C	E	A	I	D	F
F	C	E	A	B	H	D	G	I
I	H	B	E	G	D	A	F	C
A	D	G	F	I	C	H	E	B
B	I	D	G	C	E	F	H	A
C	E	A	D	H	F	B	I	G
H	G	F	I	A	B	E	C	D

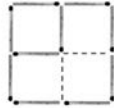
I	C	B	G	D	H	F	A	E
D	G	F	A	B	E	C	I	H
H	A	E	C	I	F	B	D	G
G	B	H	E	C	I	A	F	D
C	I	D	H	F	A	G	E	B
E	F	A	D	G	B	I	H	C
F	E	C	B	A	D	H	G	I
A	D	G	I	H	C	E	B	F
B	H	I	F	E	G	D	C	A

Page 29. Matchstick Puzzles.

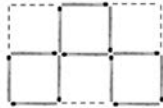
1. Leave just three squares by removing three matchsticks.



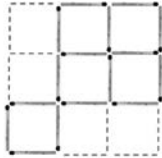
4. Leave just two squares by removing two matchsticks.



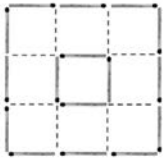
2. Leave just three squares by removing five matchsticks.



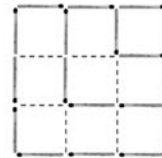
5. Leave just six squares by removing eight matchsticks.



3. Leave just two squares by removing eight matchsticks.



6. Leave just three squares by removing six matchsticks.



Page 30. Sudoku Puzzles – Easy.

5	4	3	1	6	2
6	3	2	5	1	4
4	1	5	2	3	6
1	2	6	4	5	3
3	5	4	6	2	1
2	6	1	3	4	5

2	5	1	4	6	3
1	4	3	6	2	5
5	6	2	1	3	4
4	3	6	5	1	2
3	1	4	2	5	6
6	2	5	3	4	1

RPE SCALE	RATE OF PERCEIVED EXERTION
10	Max Effort Activity Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
9	Very Hard Activity Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words.
7-8	Vigorous Activity Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	Moderate Activity Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
2-3	Light Activity Feels like you can maintain for hours. Easy to breathe and carry on a conversation.
1	Very Light Activity Hardly any exertion, but more than sleeping, watching TV, etc.

PHYSICAL THERAPY TOOLKIT

**Causes of Respiratory Panic and Distress
Suggestions for Preventing**

Causes	Suggestions for Preventing
Exceeding tolerated activity levels and over exercising	<p>Know your limits. Use the shortness of breath levels as a guideline. Follow the energy conservation principles.</p>
Infection or illness	<p>Be aware of any symptoms that may indicate that you are getting sick and report them to your doctor immediately.</p> <ul style="list-style-type: none"> ■ Increase in the amount of mucus ■ Change in the color of mucus ■ Increase in coughing or wheezing ■ Unusual shortness of breath ■ Pain in the chest ■ Fever ■ Swelling at the ankles ■ Extreme drowsiness
Extreme weather changes	<p>In the winter when you go outside, make sure your chest, mouth and nose are covered with a scarf. This will help to warm the air before it reaches your lungs. On hot and humid days, stay indoors with the air conditioning on.</p>
Overuse of alcohol or over-the-counter medications	<p>Consult your doctor before using alcohol or over-the-counter medications.</p>
Stressful situations	<p>Avoid situations you know will cause you stress. Apply your relaxation techniques.</p>
Improper breathing techniques	<p>Apply your pursed lip and diaphragmatic breathing techniques.</p>
Coughing too hard	<p>Use proper coughing technique. Drink plenty of fluids.</p>

Page 25. Dice Puzzle.

Olive colored dice 1 in third row.

Page 326 and 27. Rebus Mind Benders.

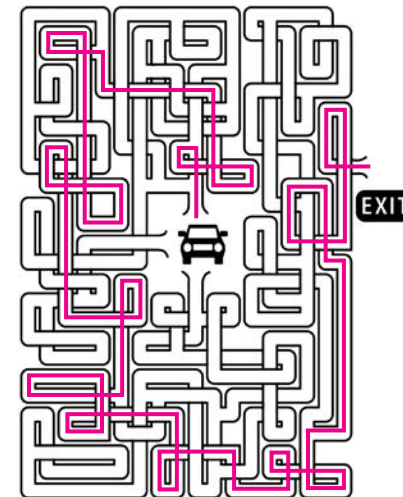
PAGE 32

1. Red in the face
2. Green eggs and ham
3. Backrub
4. All thumbs
5. Two left feet
6. Black sheep of the family
7. Big fish in a little pond
8. Tennis shoes
9. Long time, no see
10. All in a day's work

PAGE 33

1. A bundle of nerves
2. Small potatoes
3. Pinching pennies
4. Back on one's feet
5. The birds and the bees
6. A finger in the pie
7. One in a million
8. Grey matter
9. Too funny for words
10. Not worth a red cent

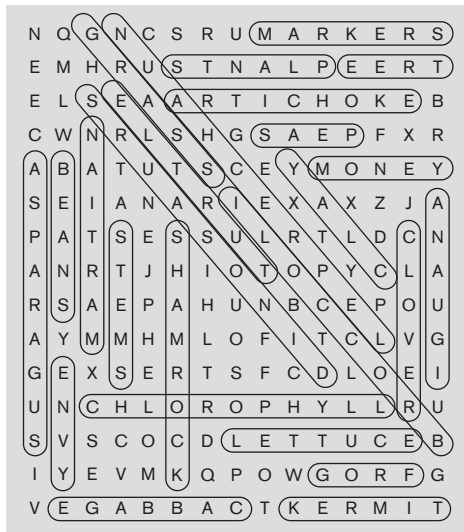
Page 28. Maze.



Page 23. Find the differences in the pictures.

1. Number of trees on mountain
2. Number of mountain peaks
3. Bird on gazebo
4. Birds in sky
5. No leaves on bush
6. Plant by bridge
7. Another plant by bridge
8. Bird in pond vs branch
9. Lily pads in pond
10. Crane with/out head feathers
11. Cane head up vs down
12. Flowers at bottom of picture

Page 24. Word Search – The Color Green



PHYSICAL THERAPY TOOLKIT
Respiratory Panic and Distress Control Technique

Sometimes respiratory panic is unavoidable. Begin to apply this technique when you have the first symptoms of shortness of breath and anxiety.

Instructions:

1. Stay calm.
2. Sit down if you can.
3. Lean forward. This will help you to relax your shoulders and expand your diaphragm.
4. Begin pursed lip breathing, try to exhale as long as possible.
5. Attempt diaphragmatic breathing and relaxation exercises.

If respiratory panic or distress does not decrease after trying these techniques, call your physician for advice.



Diaphragmatic Breathing

The diaphragm is a flat square muscle that divides your chest and abdominal cavities. The goal of diaphragmatic breathing is to regain the mobility and strength of your diaphragm muscle. Many patients use their upper chest muscles to breathe. These muscles are ineffective and when the diaphragm is not used, it becomes weaker.

Instructions:

1. Sit in a comfortable position with your back supported or rest comfortably in bed in a semi-reclined position. Loosen your belt and waist button. Do not rest your head instead lean it forward. This will promote the use of the diaphragm and decrease the use of the upper chest muscles. Relax your neck and shoulder muscles by slowly rolling your shoulders
2. Place one hand on your stomach above the naval.
3. Inhale deeply and allow the hand on your stomach to rise with the expanding diaphragm. The hand on your chest should be still.
4. Exhale slowly and gently push in with the hand that is on the stomach. The hand on your chest should be still.
5. Practice your breathing during three 10-minute sessions, daily. When you become comfortable with this technique begin to use it all the time.
6. If you become dizzy or lightheaded, stop the exercise. When your symptoms resolve continue this technique but slow your breathing.



Solutions.

Word Scramble.



Forest Mix-Up

The wind blew through the forest and scrambled the trees in all directions. Can you figure out the trees names by unscrambling the letters?

- TTCNHUSE _____
- RPJEINU _____
- PLOPAR _____
- BCEHE _____
- SAENP _____
- LIANAGOM _____
- WDRDOEO _____
- YERPCSS _____
- PMLA _____
- OKA _____
- LLIWWO _____
- LIEVO _____
- BBAABO _____
- HBCRI _____
- KEYUBCE _____
- OIMMAS _____
- YROSMACE _____
- LKOEMCH _____
- TLUNWA _____
- ONGIGK _____
- ECUSRP _____
- DAECR _____
- EALPM _____
- CLIAL _____

PHYSICAL THERAPY TOOLKIT

Pursed Lip Breathing

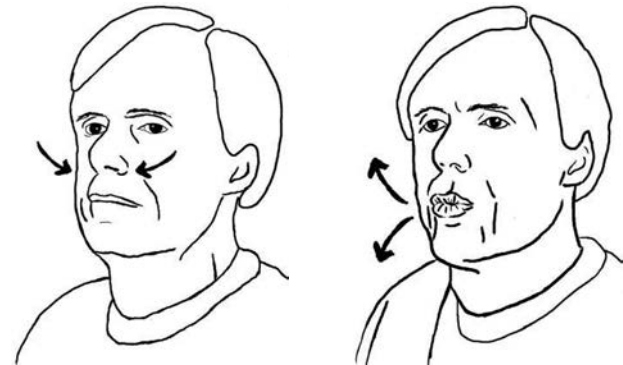
Pursed lip breathing is the key to gaining control over your breathing. It will help you to empty your lungs of old air and maximize the amount of new air you breathe in.

The rationale behind pursed lip breathing is that breathing into the nose warms, filters and humidifies the air and increases relaxation. Blowing out through pursed lips provides a resistance to the airflow at the level of the mouth. This increases pressure in the lungs keeping them open longer and allowing more oxygen to be used by the lungs.

Use pursed lip breathing with activities that make you short of breath, such as when exercising, bending, lifting, or climbing stairs pursed lip breathing to help you regain control of your breathing.

Instructions:

1. Relax your neck and shoulder muscles.
2. With mouth closed, breathe in slowly through your nose as if smelling a flower.
3. Purse your lips as if you were going to cool off a hot liquid. Let the air escape naturally. Do not force the air out of your lungs.
4. You should exhale twice as long as you inhale.



Breathing Exercises

There are many breathing exercises that help open up your lungs and get more oxygen to your body. Also, breathing exercises can help you to manage stress and anxiety that is common with being in the hospital.

Deep Breath and Hold: Do 3 times per day

1. Lay or sit in a comfortable position with your hands on your belly
2. Take a slow, long breath in and feel your belly rise up
3. When you feel like you can't breathe in anymore, hold your breath for the count of 3 (this helps get the oxygen get into your bloodstream)
4. Slowly breathe out and count to 8 in your head
5. Repeat for 10 breath cycles*

**Note: If you start to feel lightheaded, take a break and then restart the exercise*



Sudoku Puzzles – Letters.

1.

D	A			G			E	
		C	B	I			H	
		H		E	A	I	D	
F	C	E					G	
		B				A		
	D					H	E	B
	I	D	G	C		F		
C			D		F	B		
H			I				C	D

2.

I		B		D		F		E
		F	A		E			
H			C				D	G
	B		E		I	A	F	
C								B
	F	A	D		B		H	
F	E				D			I
			I		C	E		
B		I		E		D		A

Sudoku Puzzles – Expert Difficulty.

1.

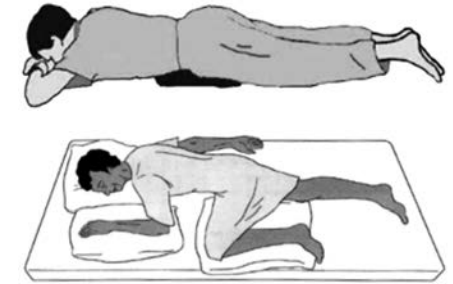
26	9		24			23		10
				14				
3	30		15		6			15
		14		9			29	
			10			4		
11		20			8			13
	21	6		13		17		
		15	25					
						15		

2.

7		9		29	8	9		10
14		9				20		
14								15
20		4	12			14		
			19			11	11	
10	13		14					
	17		20		19			
18			14		8		7	
	8				12			10

Positioning Considerations

Being in different positions can help you to breathe easier and to get more oxygen to your body when you have COVID-19.

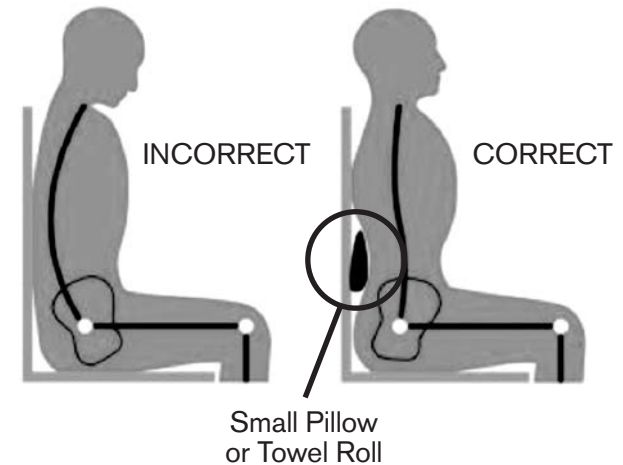


Laying on your stomach (adult tummy time)

- Lay on your stomach for a minimum of 15 minutes
- If this hurts your back, place a pillow under your hips
- If your neck is sore, lay mostly on your stomach, but turned a little bit to one side with a pillow under your knee and hips if needed.

Sitting and Standing Up

- Sitting up in a chair or standing will help you to open your lungs and get more oxygen to your body
- Stand up and stretch! Do slow shoulder, neck, ankle, and wrist rolls. Massage your palms and fingers with the thumb of your opposite hand. Massage your neck and jaw where it feels tense.
- Sit up in a chair a minimum of 3 times per day for at least 1 hour (for meals)
 - Make sure you sit up tall, maybe use a pillow or towel roll behind your lower back for support
 - Having good posture helps to open your lungs so you can take a deeper breath (see picture below)



EXERCISE

- Please complete exercises as tolerated and work up to 10 repetitions of each
- If your RPE increases to 6 or above PLEASE STOP AND REST. You should be able to carry on a short conversation while doing exercises. If you can't get out more than 3 words at a time, it is time to rest.
- Please DO NOT GET UP without first checking with your nurse.

Aerobic training: Do 20+ minutes of activity per day

- Walk in your room, stand at the sink to wash up, take a shower
- Alternating punching your arms and kicking your legs while sitting in a chair
- Sliding your legs back and forth in bed
- Cycling

Strength training: Do each exercise 3 times per day

- Sit to Stand Transfers—With your arms across your chest, move from sitting to standing. Once you are standing, hold your balance for 3 seconds. Then slowly sit down while counting out loud to 10. Perform 10 times in a row, rest as needed.
- Straight leg raise—Lay on your back, keep your leg as straight as possible and slowly lift it up 6 inches, and then lower again. Perform 10 times in a row, rest as needed.



Sudoku Puzzles – Moderate Difficulty.

1.

10		19	9	17	16		17	
					10			
15	6	5			18		15	
		19		16				22
17					9			
	12	28					12	7
19				11				
	15			4	17	15		17
		8						

2.

9		24		15	30		12	
18		21	8	5	13	12	16	
	5						3	
15			22					16
	7		14		5	9		
11	11			21		11		4
	15					16		
8			15				14	

Sudoku Puzzles – Easy.

1.

15	7		6	6	7
	6				
		7		9	
4	8		13	8	3
	13	5			
				9	

2.

8	10		4	9	
		6	13		
	13			4	12
		15	10		
4				5	
8				5	

OCCUPATIONAL THERAPY TOOLKIT Arm Exercises

Warm-Up

Roll your shoulders in a circle

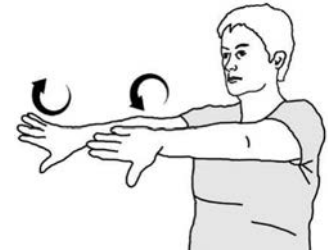
Repeat _____ times



Warm-Up

Reach out in front and twist your arms.

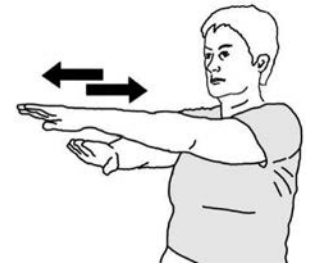
Repeat _____ times



Warm-Up

Reach out in front and cross your arms back and forth.

Repeat _____ times



Warm-Up

Reach out in front and move your arms up and down.

Repeat _____ times



Arm Exercises

Hold a ___ weight in the right hand, and a ___ weight in the right hand

Shoulder Press

Press the weights up from your shoulders.

Complete _____ set(s) of _____.



Shoulder Flexion

Holding your elbows straight, lift the weights up over your head.

Complete _____ set(s) of _____.



Shoulder Rotation

Tuck your elbows into your sides. Rotate your arms out.

Complete _____ set(s) of _____.



Shoulder Abduction

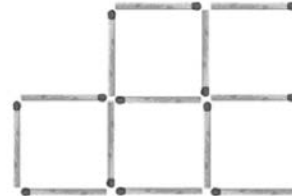
Raise your arms up from the side.

Complete _____ set(s) of _____.

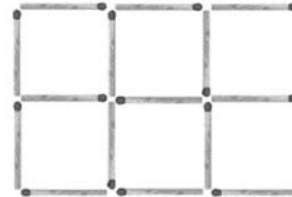


Matchstick Puzzles.

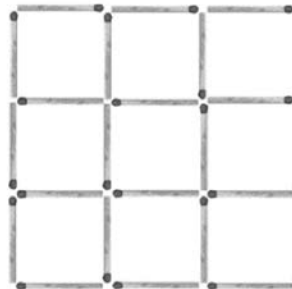
1. Leave just three squares by removing three matchsticks.



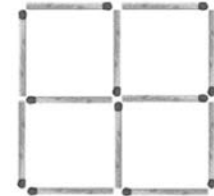
2. Leave just three squares by removing five matchsticks.



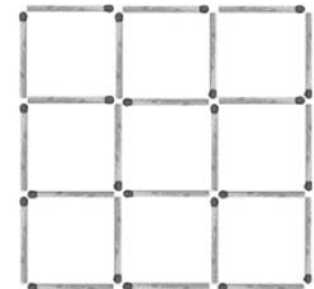
3. Leave just two squares by removing eight matchsticks.



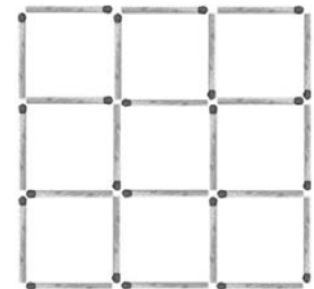
4. Leave just two squares by removing two matchsticks.



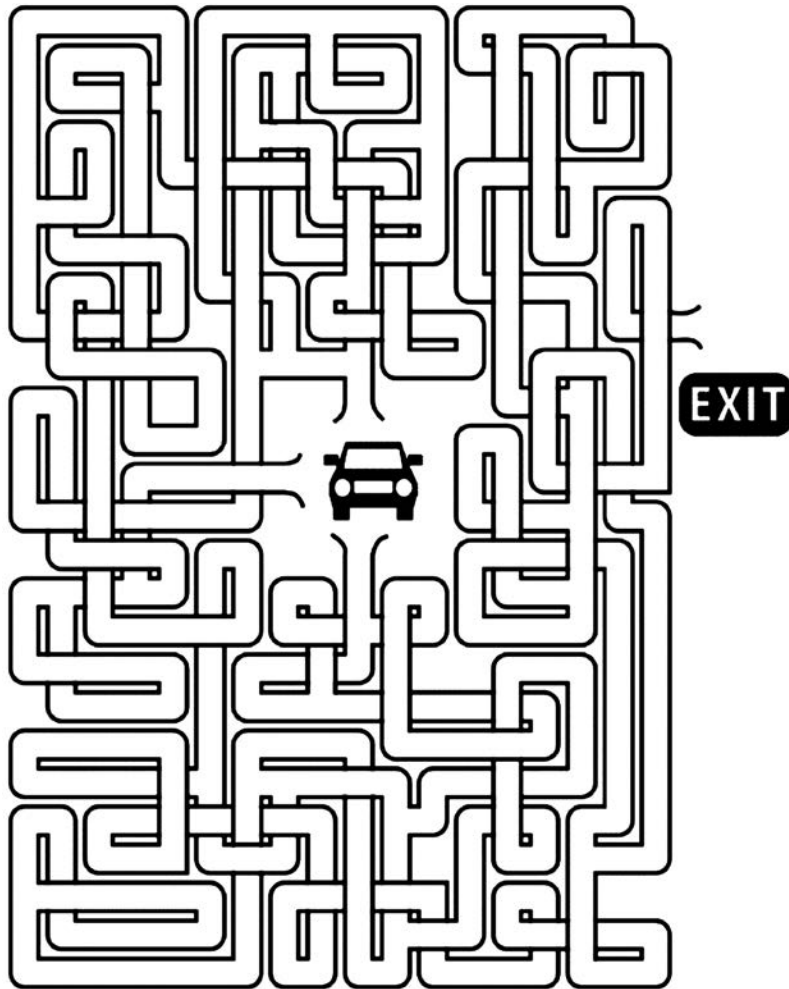
5. Leave just six squares by removing eight matchsticks.



6. Leave just three squares by removing six matchsticks.



Maze.



Henry parked his car in the city parking garage, but he can't seem to find his way out. What is the shortest route to the exit?

OCCUPATIONAL THERAPY TOOLKIT

Arm Exercises

Hold a ___ weight in the right hand, and a ___ weight in the right hand

Elbow Flexion

With your palms up, bend and straighten your elbows.

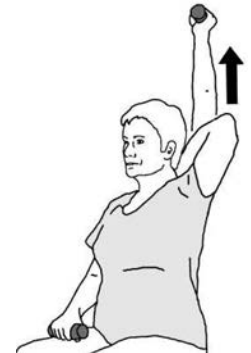
Complete _____ set(s) of _____.



Elbow Extension

Hold the weight behind your neck, and then straighten your arm up. Repeat with the other arm.

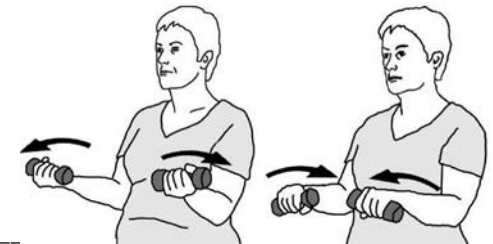
Complete _____ set(s) of _____.



Forearm

Holding your arms at your sides, turn your palms up, and turn your palms down.

Complete _____ set(s) of _____.



Wrist Flexion and Extension

Hold your elbows against your sides.

Turn your palms up. Raise and lower your hands at the wrist.

Turn your palms down.

Raise and lower your hands at the wrist.

Complete _____ set(s) of _____.



OCCUPATIONAL THERAPY TOOLKIT

Arm Exercises

Stretching

Reach behind your neck. Repeat with the other arm.

Hold this stretch for _____ seconds.

Repeat _____ times.

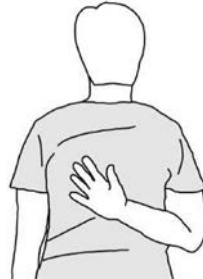


Stretching

Reach behind your lower back. Repeat with the other arm.

Hold this stretch for _____ seconds.

Repeat _____ times.



Stretching

Place one hand on your opposite shoulder. Use your other hand to push the elbow. Repeat with the other arm.

Hold this stretch for _____ seconds.

Repeat _____ times.





Stretching

Lace your fingers together and reach up.

Hold this stretch for _____ seconds.

Repeat _____ times.



1. 	2. 
3. PENNIES	4. back
5. 	6. 
7. MILONELION	8. Matter
9. funny funny word word word word	10. Not = Cent

Rebus Mind Benders.

<p>1.</p> <p>FACE</p>	<p>2.</p> <p>EGG EGG HAM</p>
<p>3.</p> <p>BUR</p>	<p>4.</p> <p>THUMBS THUMBS THUMBS THUMBS THUMBS THUMBS...</p>
<p>5.</p> <p>TEEF FEET TEEF</p>	<p>6.</p> <p>FAMILY SHEEP</p>
<p>7.</p> <p>poFISHnd</p>	<p>8.</p> <p>ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE</p>
<p>9.</p> <p>TIME a b d e f g h i j k l m n o p q r s t u v w x y z</p>	<p>10.</p> <p>DAYSALLWORK</p>

Can you solve these visual word puzzles? Let your mind explore and you are sure to find the answers. Good luck!

PHYSICAL THERAPY TOOLKIT Hip and Knee Exercises Seated

For the following exercises, use a _____ lb/kg weight on the right ankle and a _____ lb/kg weight on your left ankle.

Perform the checked exercises ___ time(s) per day, ___ days a week.

Knee Flexion

Sit with both feet on the floor. Extend your right leg straight out in front. Pull your foot back toward you.

Complete _____ set(s) of _____

Repeat with the left leg.



Knee Extension

Sit with both feet on the floor.

Straighten your right leg.

Complete _____ set(s) of _____

Repeat with the left leg.



Hip Flexion

Sit with both feet on the floor. Lift your right knee up as high as possible, then lower and lift your left knee.

Complete _____ set(s) of _____



Buttocks Squeeze

Sit with both feet on the floor. Squeeze the muscles in your hips and buttocks.

Complete _____ set(s) of _____



PHYSICAL THERAPY TOOLKIT
Hip and Knee Exercises Seated

For the following exercises, use a _____ lb/kg weight on the right ankle and a _____ lb/kg weight on your left ankle.

Perform the checked exercises ____ time(s) per day, ____ days a week.

Hip Medial/Internal Rotation

Sit with both feet on the floor. Rotate your right hip out to the side.

Complete _____ set(s) of _____

Repeat with the left leg.



Hip Lateral/External Rotation

Sit with both feet on the floor. Move your right foot up toward your left knee.

Complete _____ set(s) of _____

Repeat with the left leg.



Hip Adduction

Sit in a chair. Place a ball or similar object between your knees. Squeeze your legs together. Hold for the count of _____. Do not hold your breath.

Complete _____ set(s) of _____



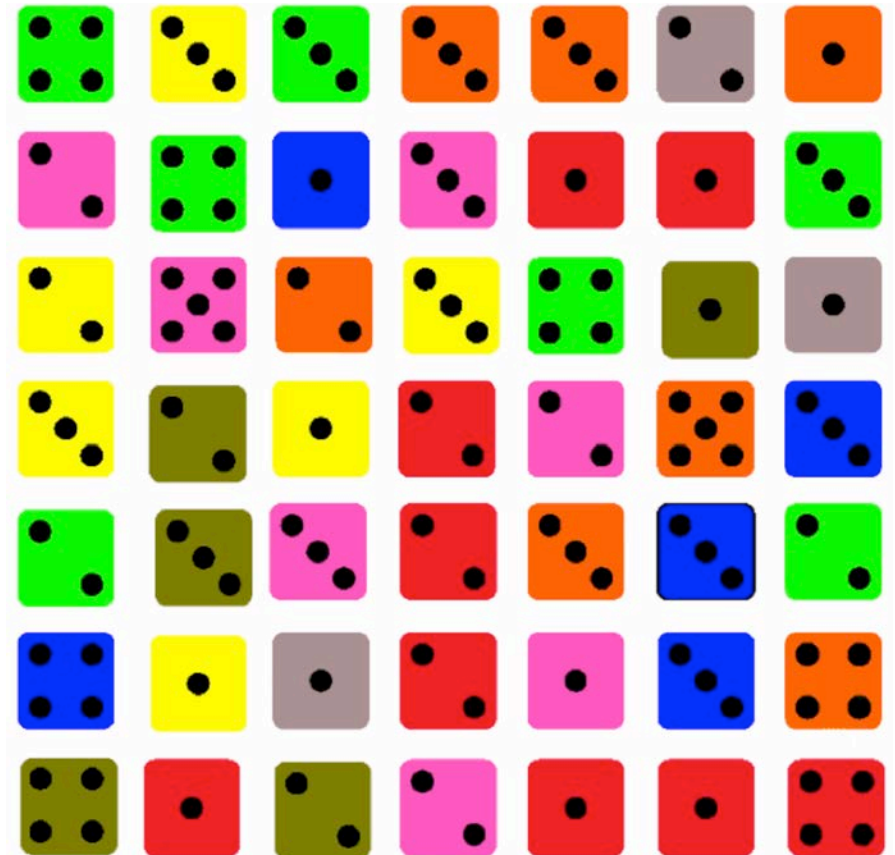
Hip Abduction

Sit with both feet on the floor. Spread your knees apart and then bring them together.

Complete _____ set(s) of _____



Dice Puzzle.



Each space is occupied by a die whose color corresponds to one of eight directions (up, down, left, right, and the four diagonal directions that lie between these). Begin in the center space (the red two in this case) and each time you land on a die, move the number of spaces that is indicated by the die and in the direction that is indicated by its color. You should never jump off the board and you should land on every die, but only once.

The question is, which is the last die you land on?

Word Search – The Color Green.

N Q G N C S R U M A R K E R S
 E M H R U S T N A L P E E R T
 E L S E A A R T I C H O K E B
 C W N R L S H G S A E P F X R
 A B A T U T S C E Y M O N E Y
 S E I A N A R I E X A X Z J A
 P A T S E S S U L R T L D C N
 A N R T J H I O T O P Y C L A
 R S A E P A H U N B C E P O U
 A Y M M H M L O F I T C L V G
 G E X S E R T S F C D L O E I
 U N C H L O R O P H Y L L R U
 S V S C O C D L E T T U C E B
 I Y E V M K Q P O W G O R F G
 V E G A B B A C T K E R M I T

ARTICHOKE	ENVY	MONEY
ASPARAGUS	FROG	PEAS
BEANS	GRASS	PLANTS
BROCCOLI	IGUANA	SHAMROCK
CABBAGE	KERMIT	STEMS
CHLOROPHYLL	LEPRECHAUN	TREE
CLAY	LETTUCE	TURTLE
CLOVER	MARKERS	
DINOSAURS	MARTIAN	

OCCUPATIONAL THERAPY TOOLKIT

Energy Conservation

Pace Yourself

1. Allow yourself enough time to complete a task without having to rush.
2. Spread heavy and light tasks throughout the day and week.
3. Don't schedule too many activities in one day.

Plan Ahead and Be Organized

1. Gather all items you will need before you start a task.
2. Keep items organized and within easy reach.

Simplify Your Tasks and Set Realistic Goals

1. Prioritize what activities are most important to you.
2. Don't think you have to do things the same way you've always done them.
3. Ask for help. Divide tasks among family and friends.
4. Use adaptive equipment when needed.
5. Use appliances to do the work for you.

Avoid Fatigue

1. Don't wait until you are tired before you stop and rest.
2. Plan rest periods throughout the day, 5-10 minutes out of every hour.
3. Sit when possible.
4. Use pursed lip breathing.
5. Do not plan activities right after a meal. Rest 20 to 30 minutes after each meal.
6. Get a good night's sleep and elevate your head when sleeping.

Avoid Unnecessary Motion

1. Limit the need to bend, reach and twist.
2. Minimize arm movements especially above your shoulder level.
3. Keep your elbows low and close to your body.
4. Support elbows on a surface when working in one place.

Use Good Posture

1. Sit and stand straight.
2. Proper body alignment balances muscles and decreases stress.
3. A stooped posture makes breathing more difficult.

Use Good Body Mechanics

1. Stand close to the object to be moved.
2. Push or pull rather than lift. Slide objects along the counter.
3. Avoid bending, reaching and twisting.
4. Carry items close to the body, keeping your back straight.
5. If you must lift, use your leg muscles rather than your back.

OCCUPATIONAL THERAPY TOOLKIT

Energy Conservation with Meal and Home Management

Remember to use your pursed lip breathing. Pace yourself and rest frequently.

Cooking

1. Gather all necessary items before beginning.
2. Prepare part of the meal ahead of time.
3. Sit to prepare the vegetables, mix ingredients and wash dishes.
4. Use recipes that require short preparation time and little effort.

After Meal Clean-up

1. Rest after meals before starting to clean up.
2. Let dishes soak to eliminate scrubbing.
3. Let your dishes air dry.
4. Eat on paper plates several times a week.
5. Use the garbage disposal. Empty trash frequently or have a family member do it.

Marketing and Meal Planning

1. Organize your shopping list to correspond with the layout of the grocery store.
2. Shop when the store is not busy.
3. Get help reaching for high and low items and for carrying heavy items.
4. Use the store's electric scooter to shop.
5. Ask the clerk to bag the groceries lightly and bag cold and frozen food together.
6. Make several trips to bring the groceries into the house, take the cold and frozen foods first, and after you have rested, return for the remainder.

Laundry

1. Sit to iron, sort clothes, pre-treat stains and fold laundry.
2. Transfer wet clothes into dryer a few items at a time.
3. Get help to fold large items such as sheets.

Housework

1. Divide up each room into smaller areas and tackle these sections.
2. Break up chores over the whole week, doing a little each day.
3. Sit to dust.
4. Use long handled dusters and cleaning attachments.
5. Use a mop to clean up spills instead of bending over.
6. Pick up items off the floor using a reacher.
7. Use paper towels to eliminate extra laundry.

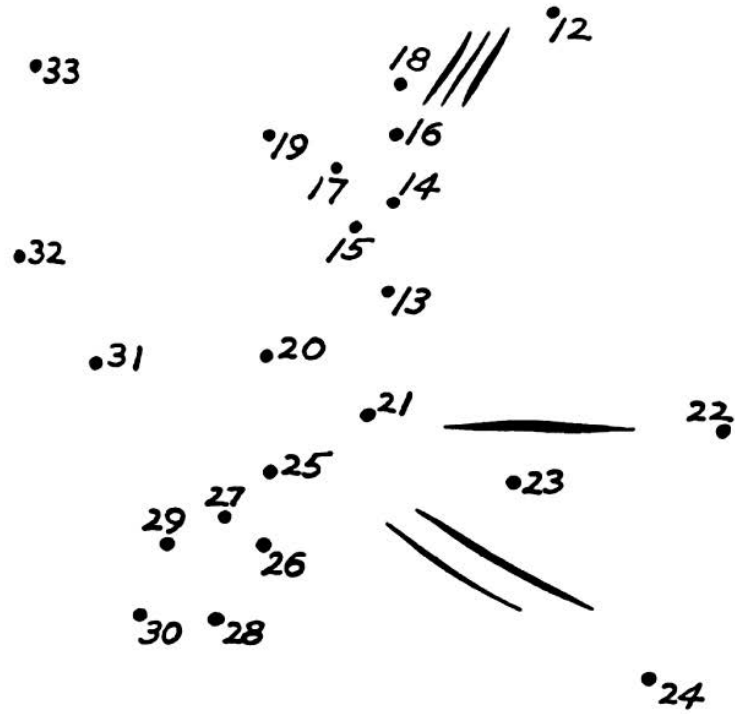
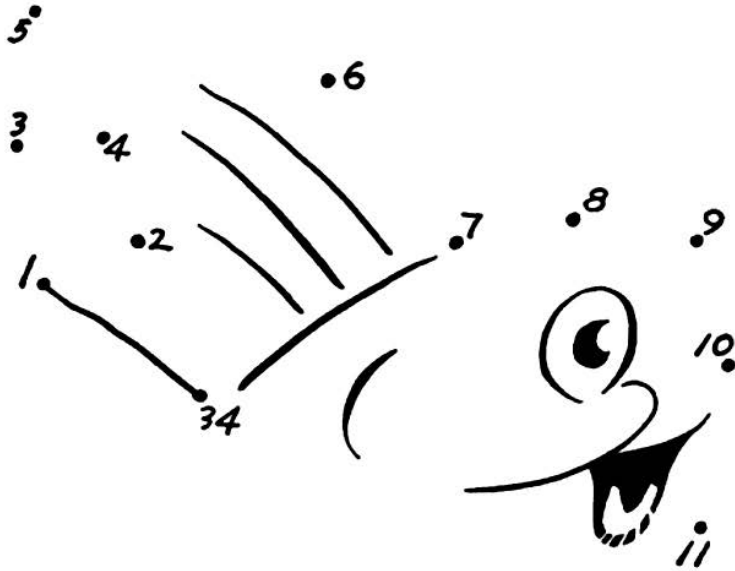
Bed making

1. Make half the bed while you are still lying in it. Pull the top sheet and blanket up on one side and smooth out. Exit from the unmade side, which is easy to finish.

Find the differences in the pictures.



Complete the dot-to-dot.



Being sick and in the hospital stresses your body and mind and can change your thinking, sleep patterns, attention, and memory. It is important to stay sharp and to continue brain training.

Research has shown that doing brain training activities can reduce the chance of experiencing delirium. Delirium commonly occurs when people are ill and in the hospital and is a change in the brain that causes confusion and emotional disruption.

It is important to perform mentally stimulating activities at least 3 times per day, the following are some examples of brain training you can do on your own.

- Find activities to do on your own phone, tablet, or laptop
- Word games, cross words, word search, Sudoku
- Brain teaser games
- Keeping up on current events and family events by calling or video conferencing with your loved ones
- Keep a journal, or try listing things you are grateful for
- Play board games and do puzzles when you go home

In order to help normalize your sleep cycle, follow these recommendations:

- Do your normal morning and evening routines (brushing your teeth, washing your face, and brushing your hair)
- Wear glasses and hearing aids during the day, if you normally do
- Wear ear plugs and eye masks at night (while in the hospital) to help you sleep if needed
- Light ON, blinds open during the day; light off and blinds closed at night
- Get up in the chair for meals and walk in your room
- Turn the TV off at night

Lastly, there are several brain training activities on the next pages for you to do.

Keep track of significant events

(i.e. hospital admission, procedures, or anything else you would like to remember.

January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February 2021

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

July 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August 2021

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

March 2021

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April 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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September 2021

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

May 2021

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

June 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

November 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
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Notes:
