

Endurance/Activity Tolerance Ideas



BADL:

- Completing dressing task (sitting or standing)
- Functional transfers
- Grooming at sink
- Showering
- Stand/sit folding laundry and put them away
- Wash off tables/windows

IADL:

- Cooking activities with manual mixing/rolling, etc
- Laundry task
- Sweeping, mopping or vacuuming
- Wash and dry dishes
- Make room super messy with clothes, towels, washcloths, etc and have pt “clean up” using adaptive equipment, walker, etc
- AE if indicated (also great way to work on visual scanning, reaching, dynamic balance, etc)

Leisure:

- Wii Games
- Boxing bag, pop up kids punching bag or created with a balloon - also great for patients that have Parkinson’s disease
- Scavenger hunts: time for x amount of things to find, grade by increasing number of items or trying to beat the time
- ABC scavenger hunts: find items around facility that start with each letter of the alphabet
- Static standing games: cards, dominos, etc
- Dynamic standing games: put-put golf, balloon volleyball, soccer into a goal, etc
- Dancing!
- Lawn games: horseshoes, bocce ball, etc

**Adding competition to a task/games to work on speed, number of times task complete, beat the clock to grade activity*