

Goals for your Mobility

NONE



Help from 1 Person



NAME:

ASSESSED BY:

YOUR GOALS:

- Walk around with assistance at least 1x/day in room or longer distance
- Walk with help to use the washroom
- Have someone help you into a chair to eat
- Bed exercises 3x/day
- Daily Care:**
 - Brush your own teeth
 - Change your own clothes
 - Brush your hair

RESTRICTIONS:

Goals for your Mobility

START:

DISCONTINUED:

BED REST



Do not get out of bed

NAME:

COMMENTS:

