

Goals for your Mobility

Help from 2 People - Without Lift



Adapted with permission from Michael Garron Hospital (Toronto, Ontario).

NAME:

YOUR GOALS:

- Turn or shift your body every 2 hours
- Use the commode whenever you can
- Ask two people to help you into a chair twice a day
- Bed exercises at least 3x/day
- Daily Care:
 - Brush your own teeth
 - Change your own clothes
 - Brush your hair

RECOMMENDATION:

ASK YOUR CARE TEAM IF YOUR FAMILY MEMBERS CAN HELP

Goals for your Mobility

START:

DISCONTINUED:

BED REST



Do not get out of bed

NAME:

COMMENTS:

