

Goals for your Mobility

Supervision

NONE





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

NAME:

YOUR GOALS:

- Walk around with someone at least 3x/day
- Walk with someone to the washroom for all toileting
- Up in chair for meals
- 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:

