

Task Bank

Below is a list of tasks that we commonly perform in our home and community. This list is provided to assist you in thinking of ways you can use your affected arm and hand in your daily life and help you meet your target daily hand counts. You are welcome to try using your hand in other activities not listed here. A check box has been provided next to each activity. Please put a check beside the activities as you try them and begin to use them regularly. Each day try and check off 5 new activities.

We recognize it can be frustrating trying to use your hand during daily activities. It is often more efficient to just use your unaffected hand or to change the task so you don't need the affected hand. Some clients have told us that it helps to think of using your hand as rehab at first and not as a method of getting a task done. As your function improves so too will the role of your hand in accomplishing what you need and want to do.

Tasks	I tried it	I use it regularly
BATHROOM		
Put soap on body while bathing		
Squeeze shampoo onto hand		
Wash hair		
Remove towel from towel rack		
Use towel to dry after bathing		
Put towel back on towel rack		
Apply lotion to body		
Brush/comb hair		
Remove cap and apply deodorant		
Shave		
Clip nails		
Remove cap from toothpaste		
Apply toothpaste to toothbrush		
Brush teeth		
Floss teeth		
Turn on/turn off tap		
Pump soap dispenser		
Reach out both hands at same time to rinse off soap		
Pull down/pull up pants with both hands for toileting		
Lift toilet lid		
Close toilet lid		
Unroll and rip off toilet paper		
Wipe self after toileting		
Flush toilet		
Open/close window		
Open/close cabinet doors		
Open/close drawers		
Open/close shower door or curtain		
Replace toilet paper roll		
Wipe counters down		
Clean mirror		

Tasks	I tried it	I use it regularly
BEDROOM		
***all dressing tasks can be repeated when undressing		
Put on pants/underwear over feet		
Pull up pants		
Put on pullover shirt		
Challenge: put shirt over head with affected hand		
Challenge: put affected hand through sleeve last		
Put on buttoned shirt		
Challenge: put affected hand through sleeve last		
Do up buttons		
Do up zipper		
Feed belt through belt loop		
Do up belt buckle		
Put on socks		
Put on bra		
Put on/take off glasses		
Take clothes off hanger		
Open drawers		
Take clothes out of drawer		
Put dirty clothes into laundry hamper		
Put clean clothes away in drawers		
Hang clean clothes on hanger		
Make bed		
Challenge: try to only use your affected arm		
Pull up sheets when in bed		
Push up on bed from lying down		

Tasks	I tried it	I use it regularly
KITCHEN		
Open/close microwave door		
Use buttons on microwave		
Open/close kitchen cabinet doors		
Open/close kitchen drawers		
Open/close fridge door		
Retrieve and put away food item in cupboard		
Retrieve and put away item in fridge		
Rip off paper towel from roll		
Fold cloth serviette		
Set table		
Open/close containers		
Open/close resealable plastic bag (ie. ziplocs)		
Put groceries away		
Make coffee (ie. scoop coffee into machine, put pod in machine, pour water in machine)		
Pour cereal into bowl		
Pour milk into bowl		
Pour juice/water in glass		
Spread butter etc. on toast		
Chop vegetables/fruits		
Peel vegetables/fruits		
Roll out dough		
Grate cheese		
Put food into pots		
Stir/whisk ingredients		
Put food on plates/bowls		
Open containers		
Take off/put on twist tie on bread bag		
Press buttons on oven/cooking device		
Open/close oven		
Carry dishes from one place to another Tip: if worried about dropping and breaking dishes, can try with plastic dishes first		

Tasks	I tried it	I use it regularly
KITCHEN CONTINUED		
Cut food with knife		
Eat with a fork or spoon		
Eat finger foods		
Drink from a cup		
Squeeze dish soap in sink, dishes or sponge		
Wash dishes in sink		
Put dishes in dish rack		
Put dirty dishes in dishwasher		
Operate buttons on dishwasher		
Empty dishwasher		
Put dishes away in cupboards		
Put away silverware		
Dry pots and pans		
Put leftover food in food containers (ie. Tupperware)		
Wrap leftover food in food wrap		
Wipe down counters/table		
Sweep floor		
Clean windows		
Tie up garbage bag		
Put new garbage bag in garbage bin		
LAUNDRY ROOM		
Put clothes in washer/dryer		
Take clothes out of washer/dryer		
Press buttons and/or turn dials on washing machine		
Fold clothes		

Tasks	I tried it	I use it regularly
LEISURE		
Don headphones to listen to music/podcasts		
Knit or sew		
Paint		
Puzzles		
Play cards		
Play a board game		
Garden		
PETCARE		
Scoop food into bowl		
Put water in bowl		
Give pet treats		
Brush pet		
Scratch or stroke pet		
MISCELLANEOUS		
Open mail		
Put stamp on envelope		
Text		
Hold phone		
Use apps (eg. Dexteria, other games)		
Use mouse on computer		
Type on computer keyboard		
Water plants		
Turn on/off light switch		
Use both arms to push up from chair		

Tasks	I tried it	I use it regularly
OUTSIDE HOME TASKS		
Put on jacket		
Tie shoelaces		
Open/close door		
Lock/unlock door from inside		
Lock/unlock door using key		
Retrieve mail from mailbox		
Press crosswalk buttons		
Press elevator buttons		
Push door opening button		
Open/close car door		
Use arm to assist getting in and out of car		
Adjust car seat		
Operate window buttons/radio (not while driving)		
Wash car		
Use both hands to push grocery cart		
Carry grocery basket Tip: you can hook basket handle around elbow if hand function unpredictable		
Reach for item on shelf		
Open freezer doors		
Put grocery items on conveyor belt for purchase		
Carry grocery bag		
Lift grocery bags into car (use both arms if heavy)		
Get money/card/coins out of wallet		
Tap or swipe card		
Press payment terminal or ATM buttons		
Take wallet out of pocket or purse		

Tasks	I tried it	I use it regularly
OTHER TASKS FOR PRACTICE		
Ripping paper		
Sharpening pencils		
Threading beads on string or pipe cleaners		
Cutting paper with scissors		
Using rolling pin to roll out playdough		
Manipulating dice/coins in hand		
Scooping beans with spoon from one bowl to another		
Sewing (can get children sewing kits to start)		
Any activity you find when you search for “fine motor activities” on the internet		
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