

AT HOME ACTIVITIES FOR STROKE RECOVERY

	Activity 1	Activity 2	Activity 3
For hand incoordination, try....	Lacing shoes or tying knots	Screwing/unscrewing tops/jars	Flipping over cards/playing board games
For hand weakness, try...	Squeeze water out of a sponge	Handle wet clothes out of washer; fold clothes	Organize books on shelf, grasping them different ways
For arm weakness, try....	Hang clothes or coats on hangers	Put away dishes or cups that won't break if dropped	Operate a vacuum or sweeper
For balance issues, try...*	Sitting edge of chair, reach for objects	Stand holding on to counter, reaching for objects	Hold onto counter with one or two hands; step or weight shift different directions, reaching for objects or cupboards, if able
For walking difficulty, try....*	Remove hazards on floor, walk to different stations in home	Holding an object that won't break, walk with or without assistive device	For advanced ambulators, step over objects on floor
For cognitive issues, try...	Making a meal of appropriate complexity	Respond to timers / clocks in the home	Read and sort mail, taking appropriate action
For visual perceptual deficits, try...	Sorting utensils or finding items out of drawers	Put tools, clothes grocery items where they belong	Do puzzles or board games

**supervise or use assistive for safety, if needed*