

Task Analysis Recording Sheet

Putting on a Sweater

Client Name:

Trainer Name:

Note: Please start with the client sitting in a chair with the sweater within arm's reach. If the client prefers to stand, stand in front of a table so they can use it to correctly orient the sweater.

| Date | | | | | | | | | | | | | | | | | | | |
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| Initials | | | | | | | | | | | | | | | | | | | |
| 1. Pick up sweater | | | | | | | | | | | | | | | | | | | |
| 2. Place sweater on lap with the front facing the floor | | | | | | | | | | | | | | | | | | | |
| 3. If necessary, turn sweater so that the head hole is facing towards the knees | | | | | | | | | | | | | | | | | | | |
| 4. Put one arm inside the opening of the sweater (at the base) | | | | | | | | | | | | | | | | | | | |
| 5. Pass that arm into the appropriate sleeve | | | | | | | | | | | | | | | | | | | |
| 6. Use other arm to help slide the sleeve over arm until hand is exposed | | | | | | | | | | | | | | | | | | | |
| 7. Put other arm inside the opening of the sweater (at the base) | | | | | | | | | | | | | | | | | | | |
| 8. Pass that arm into the appropriate sleeve | | | | | | | | | | | | | | | | | | | |
| 9. Use other arm to help slide the sleeve until the hand is exposed | | | | | | | | | | | | | | | | | | | |
| 10. With both hands, grab sides of head hole | | | | | | | | | | | | | | | | | | | |
| 11. Lift arms above head | | | | | | | | | | | | | | | | | | | |
| 12. Put head through opening of the sweater | | | | | | | | | | | | | | | | | | | |
| 13. Pull sweater down until fitting appropriately | | | | | | | | | | | | | | | | | | | |

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Types of Prompts

I = Independent (completely independent, no help needed whatsoever. Specify whether it is independent when transferred to different environments)

V = Vague Verbal (no direct reference to what has been done. Example: did you forget something?)

SV = Specific Verbal (specific reference to what has been done. Example: “now pick up the toothpaste”)

G = Gestural (using a gesture to give the client a good idea of what needs to be done. This often is accompanied by a specific verbal prompt)

M = Model (trainer completes the step/task first to demonstrate. Example: show the client how to push a button)

P = Physical (trainer does the step/task with the client using a physical prompt (e.g., gentle nudge, hand-under hand, hand-over-hand)

N = Not Applicable