

*The Hong Kong Version
of Chedoke Arm and
Hand Activity
Inventory-9*

*Administration
Guidelines*

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General Instructions for Administering the CAHAI

The purpose of this measure is **to evaluate the functional ability of the hemiplegic arm and hand to perform tasks** that have been identified as important by stroke survivors. It is NOT designed to measure the client's ability to complete the task using only their unaffected hand, but rather to encourage bilateral function.

Explain to your clients that some tasks are difficult and they should not get frustrated if unable to complete all the tasks. Encourage them to give their best effort using BOTH arms and hands. *The client may attempt each task twice.*

When attempting each task, always consider safety, especially for Stage I upper limb.

Standard starting position

Posture: seated in chair without armrests or in wheelchair with armrests removed, encourage erect posture, feet flat on the floor

Height of table: at the level of the last costal rib

Distance from table: client's elbow comes to the table edge

Hands: resting on the table

Variations from the standard starting position will be indicated at the top of the task page.

To ensure the client's understanding:

Every effort should be made to ensure the client understands the task.

- each task should be demonstrated once, twice if needed
- the client may be cued to use both hands twice
- the client may be reminded not to rest elbows on the table twice

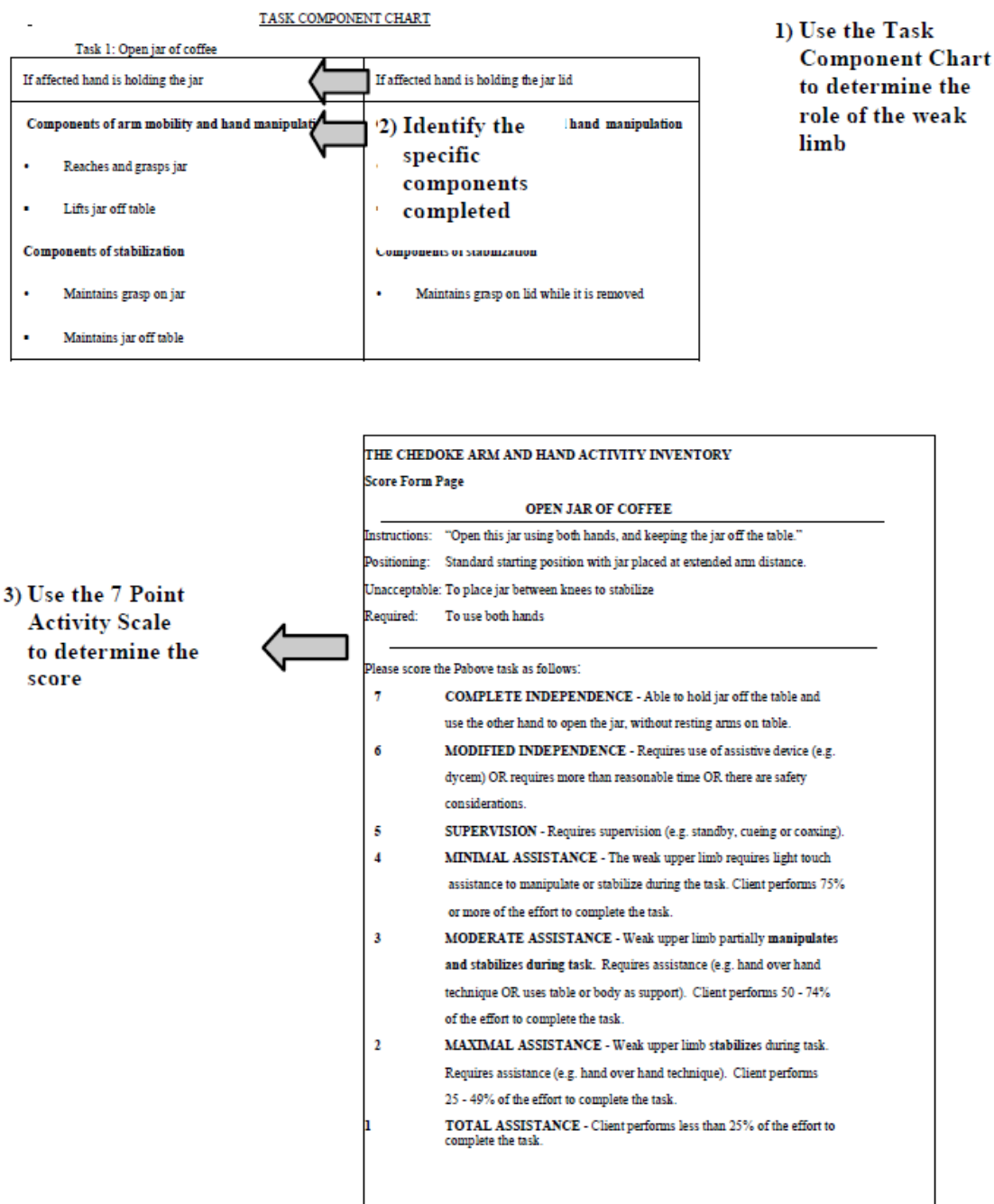
Scoring

Score the performance of the affected upper limb using the 7 point Activity scale (*fig. 1.0*). Observe the performance of the affected upper limb and:

- 1) Use the Task Component Chart to determine what part of the task the affected limb performed. e.g. affected hand turning the lid or affected hand stabilizing the jar
- 2) Identify the specific components of manipulation and stabilization the affected limb completed
- 3) Use the 7 point Activity Scale to determine the score.

If different performances are observed then assign the lower score. Record which part of the task the affected hand performed in order for retesting to be consistent.

Figure 1.0



THE CHEDOKE ARM AND HAND ACTIVITY INVENTORY

The Chedoke Arm and Hand Activity Inventory is designed to compliment the Chedoke-McMaster Stroke Assessment. The scoring key is similar to that used in the Functional Independence Measure (Adult FIMSM).

SCORE EACH ITEM IN THE BOXES PROVIDED; THEN SUM THE SCORES AT THE END OF THE COLUMN.

DESCRIPTION OF THE LEVELS OF FUNCTION FOR THE ACTIVITY SCALE

- 7 COMPLETE INDEPENDENCE** - All of the tasks are performed safely, without modification, assistive devices or aids, and within reasonable time.
- 6 MODIFIED INDEPENDENCE** - Activity requires any one or more of the following: an assistive device, more than reasonable time, or there are safety (risk) considerations.
- 5 SUPERVISION** - The client requires no more help than standby, cueing or coaxing, without physical contact. A helper sets up needed items or applies orthoses.
- 4 MINIMAL ASSISTANCE** - With physical contact the client requires no more than touching, and client expends 75% or more of the effort.
- 3 MODERATE ASSISTANCE** - Weak limb **manipulates and stabilizes** during the task. The client requires more help than touching, or expends
- 2 MAXIMAL ASSISTANCE** - Weak limb stabilizes during task. The client expends less than 50% of the effort, but at least 25%.
- 1 TOTAL ASSISTANCE** - The client expends less than 25% of the effort.

Score 6 if more than reasonable time is required. (e.g. more than 3 times the normal time is required)

Score 6 if assistive devices (e.g. built up handles, dycem, cock-up/ dynamic splints) are used

Score 6 if there are safety concerns in doing upper limb tasks (e.g. impulsivity, balance, poor motor control)

Score 5 if you need to cue throughout the clients' second attempt of the task

Score 4 if client touches table very briefly

Score 3 if client continually uses table for support

Score 1 if client uses only one arm/hand

Score 1 if two people are required to assist in completing task

Score 1 if you feel it is unsafe to try the task.

Administration time (approximately 15 minutes)

Questions: Please contact Susan Barreca at sbarreca@cogeco.ca or Lisa Masters at mastersl@hhsc.ca

Equipment required:

CAHAI-7 Version (Items 1-7) requires all items in Equipment List A

Equipment List A

- height adjustable table
- chair/wheelchair without armrests
- dycem
- 200g jar of coffee
- push-button telephone
- 12"/30cm ruler
- 8.5" x 11" paper
- pencil
- 2.3L plastic pitcher with lid
- 250 ml plastic cup
- wash cloth
- wash basin (24.5 cm. in diameter, height 8 cm.)
- Pull-on vest with 5 buttons (one side male & one side female)
- bath towel (65cm X 100cm)

CAHAI-8 Version (Items 1-8) requires all items in Equipment List A and B

Equipment List B

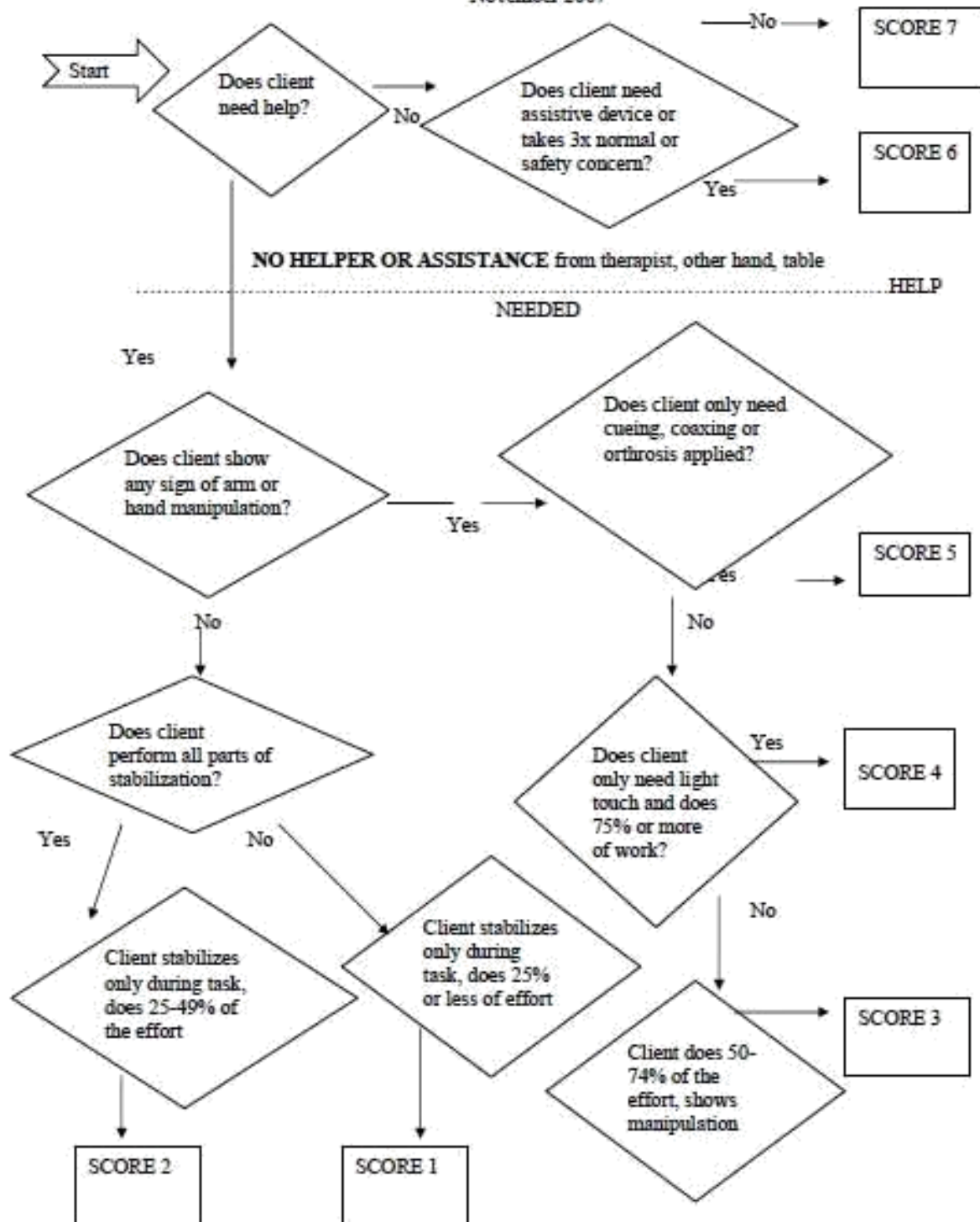
- 75ml toothpaste with screw lid, >50% full
- toothbrush

CAHAI-9 Version (Items 1-9) requires all items in Equipment List A, B, and C

Equipment List C

- dinner plate (Melamine or heavy plastic, 25 cm. in diameter)
- bowl (12 cm.in diameter, height 6cm.)
- 5 1" X 1" foam cubes
- chopsticks
- chopsticks adaptor

Algorithm for application of the Chedoke Arm and Hand Activity Inventory
November 2007



THE CHEDOKE ARM AND HAND ACTIVITY INVENTORY

OPEN JAR OF COFFEE

Instructions:	“請用雙手，打開呢個樽”
Positioning:	Standard starting position with jar placed at extended arm distance.
Unacceptable:	To place jar between knees to stabilize
Required:	To use both hands.

Please score the above task as follows:

- 7** **COMPLETE INDEPENDENCE** - Able to hold jar off the table and use the other hand to open the jar, without resting arms on the table.
- 6** **MODIFIED INDEPENDENCE** - Requires use of assistive device (e.g. dycem) OR requires more than reasonable time OR there are safety considerations.
- 5** **SUPERVISION** - Requires supervision (e.g. standby, cueing or coaxing).
- 4** **MINIMAL ASSISTANCE** - The weak upper limb requires light touch assistance to manipulate or stabilize during the task. Client performs 75% or more of the effort to complete the task.
- 3** **MODERATE ASSISTANCE** - Weak upper limb partially manipulates and stabilizes during task. Requires assistance (e.g. hand over hand technique OR uses table or body as support). Client performs 50 - 74% of the effort to complete the task.
- 2** **MAXIMAL ASSISTANCE** - Weak upper limb stabilizes during task. Requires assistance (e.g. hand over hand technique). Client performs 25 - 49% of the effort to complete the task.
- 1** **TOTAL ASSISTANCE** - Client performs less than 25% of the effort to complete the task.

TASK COMPONENT CHART

Task 1: Open jar of coffee

If affected hand is holding the jar	If affected hand is holding the jar lid
Components of arm mobility and hand manipulation <ul style="list-style-type: none">● Reaches and grasps jar● Lifts jar off the table Components of stabilization <ul style="list-style-type: none">● Maintains grasp on jar● Maintains jar off the table	Components of arm mobility and hand manipulation <ul style="list-style-type: none">● Turns and removes lid Components of stabilization <ul style="list-style-type: none">● Maintains grasp on lid while it is removed



THE CHEDOKE ARM AND HAND ACTIVITY INVENTORY

CALL 999

Instructions: “請用雙手，打電話去 999”

Positioning: Standard, phone placed at extended arm distance in front of client.

Please score the above task as follows:

- 7 COMPLETE INDEPENDENCE** - Able to pick up receiver and hold to ear with one hand while using other hand to dial the above listed number, without resting arms on table.
- 6 MODIFIED INDEPENDENCE** - Requires use of assistive device (e.g. splint) OR requires more than reasonable time to complete task OR there are safety considerations.
- 5 SUPERVISION** - Requires supervision (e.g. standby, cueing or coaxing).
- 4 MINIMAL ASSISTANCE** - Requires light touch assistance (e.g. to maintain phone at ear, OR to place phone in hand, OR to guide finger towards number pads). Client performs 75% or more of the effort to complete the task.
- 3 MODERATE ASSISTANCE** - Weak upper limb partially manipulates and stabilizes during task. Requires assistance (e.g. to bring the receiver to ear OR uses table as support). Client performs 50 - 74% of the effort to complete the task.
- 2 MAXIMAL ASSISTANCE** - Weak upper limb stabilizes during task. Requires assistance (e.g. to pick up the receiver, hold it to the ear and dial). Client performs 25 - 49% of the effort to complete the task.
- 1 TOTAL ASSISTANCE** - Client performs less than 25% of the effort to complete the task.

TASK COMPONENT CHART

Task 2: Call 999

If affected hand is holding receiver	If affected hand is dialing 999
<p>Components of arm mobility and hand manipulation</p> <ul style="list-style-type: none">● Reaches and grasps ear/mouth piece● Brings phone to ear <p>Components of stabilization</p> <ul style="list-style-type: none">● Maintains sufficient grasp on phone and holds to ear	<p>Components of arm mobility and hand manipulation</p> <ul style="list-style-type: none">● Reaches for buttons● Pushes individual buttons clearly



THE CHEDOKE ARM AND HAND ACTIVITY INVENTORY

DRAW A LINE WITH A RULER

Instructions: “請用雙手，畫一條同呢把間尺一樣咁長嘅直線”
Required: Not to rest forearms on table
Positioning: Standard, pencil and ruler set at top edge of paper. Paper placed horizontally at the edge of the table.

Please score the above task as follows:

- 7** **COMPLETE INDEPENDENCE** - Able to pick up pencil and ruler, correctly position ruler across the page, hold ruler in place and draw a straight line the length of the ruler, without resting arms on the table.
- 6** **MODIFIED INDEPENDENCE** - Requires use of assistive device (e.g. splint or built up handle) OR requires more than reasonable time.
- 5** **SUPERVISION** - Requires supervision (e.g. standby, cueing or coaxing)
- 4** **MINIMAL ASSISTANCE** - Requires light touch assistance (e.g. to stabilize proximal or distal segment of upper limb) OR uses strong hand to pick up pencil or ruler and place in weak hand OR able to complete task but while drawing line with weak hand, produces an uneven line. Client performs 75% or more of the effort to complete the task.
- 3** **MODERATE ASSISTANCE** - Weak upper limb partially manipulates and stabilizes during task. Requires assistance (e.g. to place pencil in hand appropriately, but then able to complete task but not smoothly OR uses table as support). Client performs 50 - 74% of the effort to complete the task.
- 2** **MAXIMAL ASSISTANCE** - Weak upper limb stabilizes during task. Requires assistance (e.g. hand over hand to maintain position of pencil in hand and then able to complete task) OR uses weak hand to stabilize ruler but not able to hold sufficiently to draw half of the line. Client performs 25 - 49% of the effort to complete the task.
- 1** **TOTAL ASSISTANCE** - Client performs less than 25% of the effort to complete the task.

TASK COMPONENT CHART

Task 3: Draw a line with a ruler

If affected hand is holding the ruler	If affected hand is holding the pencil
Components of arm mobility and hand manipulation <ul style="list-style-type: none">● Reaches and picks up ruler● Places ruler horizontally on paper Components of stabilization <ul style="list-style-type: none">● Places fingers on ruler● Applies sufficient force to keep ruler in place	Components of arm mobility and hand manipulation <ul style="list-style-type: none">● Reaches and picks up pencil● In-hand manipulation to allow for writing with pencil● Drawing action along ruler Components of stabilization <ul style="list-style-type: none">● Maintains grip on pencil



THE CHEDOKE ARM AND HAND ACTIVITY INVENTORY

POUR A GLASS OF WATER

Instructions: “請用雙手，斟一杯水”

Positioning: Standard position, 250 ml glass beside 2.3L pitcher full with water placed at extended arm length distance.

Please score the above task as follows:

- 7 COMPLETE INDEPENDENCE** - Able to pick up glass and pitcher, then fill the glass with water to 2 cm. from the top without resting glass, pitcher or arms on the table.
- 6 MODIFIED INDEPENDENCE** - Requires assistive device (e.g. splint) OR client stabilizes elbows only on table OR takes more than reasonable time to complete task OR there are safety considerations.
- 5 SUPERVISION** - Requires supervision (e.g. standby, cueing or coaxing). Any spillage is scored as a 5.
- 4 MINIMAL ASSISTANCE** - The weak upper limb requires light touch assistance (e.g. with either the glass or the pitcher in order to fill the glass with water). Client performs 75% or more of the effort to complete the task.
- 3 MODERATE ASSISTANCE** - Weak upper limb partially manipulates and stabilizes during task. Requires assistance OR client reaches for glass and holds it on table while lifting pitcher to fill glass with water. Client performs 50 - 74% of the effort to complete the task.
- 2 MAXIMAL ASSISTANCE** - Weak upper limb stabilizes during task. Requires assistance (e.g. hand over hand technique throughout all the components of the task). Client performs 25 - 49% of the effort to complete the task.
- 1 TOTAL ASSISTANCE** - Client initiates reaching for glass or pitcher, but unable to complete task even with hand over hand assistance. Client performs less than 25% of the effort to complete the task.

TASK COMPONENT CHART

Task 4: Pour a glass of water

If affected hand is holding the glass	If affected hand is holding the pitcher
Components of arm mobility and hand manipulation <ul style="list-style-type: none">● Reaches and grasps glass● Lift glass off the table Components of stabilization <ul style="list-style-type: none">● Maintain sufficient grasp to hold the glass away from table● Maintain glass steady while pouring	Components of arm mobility and hand manipulation <ul style="list-style-type: none">● Reaches and grasps pitcher● Lifts pitcher off the table● Pours water from pitcher Components of stabilization <ul style="list-style-type: none">● Maintain sufficient grasp to hold the pitcher off the table● Maintain pitcher steady while pouring



THE CHEDOKE ARM AND HAND ACTIVITY INVENTORY

WRING OUT WASHCLOTH

Instructions: “請用雙手，扭乾條毛巾”

Positioning: Standard position, washcloth placed in basin half full of water at table's edge.

Unacceptable: To squeeze washcloth, must use wringing action.

Please score the above task as follows:

- 7 COMPLETE INDEPENDENCE** - Able to pick up washcloth from basin and wring out washcloth completely, without resting arms on the table. Therapist wrings out washcloth to ensure task is complete.
- 6 MODIFIED INDEPENDENCE** - Requires more than reasonable time
- 5 SUPERVISION** - Requires supervision (e.g. standby, cueing or coaxing). Any spillage is scored as a 5.
- 4 MINIMAL ASSISTANCE** - The weak upper limb requires light touch assistance OR client able to wring out 75% of water from washcloth. Client performs 75% or more of the effort to complete the task.
- 3 MODERATE ASSISTANCE** - Weak upper limb partially manipulates and stabilizes during task. Requires assistance (e.g. hand over hand technique to complete the task but client able to wring out at least 50% of the water out of the washcloth OR uses table as support). Client performs 50 - 74% of the effort to complete the task.
- 2 MAXIMAL ASSISTANCE** - Weak upper limb stabilizes during task. Requires assistance (e.g. hand over hand) OR client holds washcloth and squeezes with the other hand (i.e. client does not perform wringing action). Client performs 25 - 49% of the effort to complete the task.
- 1 TOTAL ASSISTANCE** - Client performs less than 25% of the effort to complete the task.

TASK COMPONENT CHART

Task 5: Wring out washcloth

Score the affected hand on ability to:
Components of arm mobility and hand manipulation <ul style="list-style-type: none">● Reaches and grasps washcloth● Hand in wringing action
Components of stabilization <ul style="list-style-type: none">● Holds washcloth in place● Holds washcloth to permit wringing action



THE CHEDOKE ARM AND HAND ACTIVITY INVENTORY

DO UP FIVE BUTTONS

Instructions: “請由最高開始，用雙手扣曬五粒鈕”
Positioning: Sitting away from table, client wearing shirt

Please score the above task as follows:

- 7** **COMPLETE INDEPENDENCE** - Able do up five buttons on the shirt.
- 6** **MODIFIED INDEPENDENCE** - Requires use of assistive device OR requires more than reasonable time OR there are safety considerations.
- 5** **SUPERVISION** - Requires supervision (e.g. standby, cueing or coaxing).
- 4** **MINIMAL ASSISTANCE** - The weak upper limb requires light touch assistance to manipulate or stabilize during the task OR client is able to fasten four buttons. Client performs 75% or more of the effort to complete the task.
- 3** **MODERATE ASSISTANCE** - Weak upper limb partially manipulates and stabilizes during task. Requires assistance OR client able to fasten three buttons. Client performs 50 - 74% of the effort to complete the task.
- 2** **MAXIMAL ASSISTANCE** - Weak upper limb stabilizes during task. Requires assistance OR able to fasten two buttons. Client performs 25 - 49% of the effort to complete the task.
- 1** **TOTAL ASSISTANCE** - Client unable to fasten more than one button. Client performs less than 25% of the effort to complete the task.

TASK COMPONENT CHART

Task 6: Do up five buttons

If the affected hand is holding the material	If the affected hand is holding the buttons
Components of arm mobility and hand manipulation <ul style="list-style-type: none"> ● Reaches and grasps material ● Brings sides of material together ● Assists in threading the button through the holes ● Releases material Components of stabilization <ul style="list-style-type: none"> ● Holds and maintains grasp on material 	Components of arm mobility and hand manipulation <ul style="list-style-type: none"> ● Reaches and grasps buttons ● Brings sides of material together ● Assists in threading the button through the holes ● Releases buttons Components of stabilization <ul style="list-style-type: none"> ● Holds and maintains grasp on buttons



THE CHEDOKE ARM AND HAND ACTIVITY INVENTORY

DRY BACK WITH TOWEL

Instructions: “請用雙手，用呢條毛巾抹乾成個背脊”
Positioning: Sitting away from table. Towel is placed on the table at extended arm distance.

Please score the above task as follows:

- 7** **COMPLETE INDEPENDENCE** - Able to take towel, place it over back and use both hands to maneuver towel to dry entire back.
- 6** **MODIFIED INDEPENDENCE** - Requires more than reasonable time OR there are safety considerations (e.g. balance).
- 5** **SUPERVISION** - Requires supervision (e.g. standby, cueing or coaxing).
- 4** **MINIMAL ASSISTANCE** - Weak upper limb requires light touch assistance to manipulate or stabilize during the task OR only dries half of back. Client performs 75% or more of the effort to complete the task.
- 3** **MODERATE ASSISTANCE** - Weak upper limb partially manipulates and stabilizes during task. Requires assistance. Client performs 50 - 74% of the effort to complete the task.
- 2** **MAXIMAL ASSISTANCE** - Weak upper limb stabilizes during task. Requires assistance. Client performs 25 - 49% of the effort to complete the task.
- 1** **TOTAL ASSISTANCE** - Client performs less than 25% of the effort to complete the task.

TASK COMPONENT CHART

Task 7: Dry back with towel

If the affected hand is reaching and grasping for towel	If the affected hand is grasping the towel end
Components of arm mobility and hand manipulation <ul style="list-style-type: none"> ● Reaches and grasps towel ● Manipulates towel in hand to place on back ● Rubbing motion along upper and lower back Components of stabilization <ul style="list-style-type: none"> ● Maintains grasp on towel sufficient to complete task 	Components of arm mobility and hand manipulation <ul style="list-style-type: none"> ● Grasps towel end ● Manipulates towel in hand to place on back ● Rubbing motion along upper and lower back Components of stabilization <ul style="list-style-type: none"> ● Maintains grasp on towel sufficient to complete task



THE CHEDOKE ARM AND HAND ACTIVITY INVENTORY

PUT TOOTHPASTE ON TOOTHBRUSH

Instructions: “請用雙手，將牙膏擠到牙刷上”

Positioning: Standard position, toothbrush and toothpaste positioned horizontally on table at extended arm distance.

*note: The new tube of toothpaste should be marked at half its length and the tube rolled up, as it is used, until it reaches this point. It should not be used for testing after that.

Please score the above task as follows:

- 7** **COMPLETE INDEPENDENCE** - Able to pick up toothpaste, undo cap, pick up toothbrush in opposite hand and apply toothpaste to toothbrush, without resting arms on the table.
- 6** **MODIFIED INDEPENDENCE** - Requires the use of assistive device (e.g. splint or built up handle) OR requires more than reasonable time.
- 5** **SUPERVISION** - Requires supervision (e.g. standby, cueing or coaxing).
- 4** **MINIMAL ASSISTANCE** - Requires light touch assistance (e.g. to remove cap from toothpaste OR steadying assistance while applying toothpaste). Client performs 75% or more of the effort to complete the task.
- 3** **MODERATE ASSISTANCE** - Weak upper limb partially manipulates and stabilizes during task. Requires assistance (e.g. either to place toothbrush and/or tube in hands OR unscrew cap and initiate the squeezing of the toothpaste OR uses table as support). Client performs 50 - 74% of the effort to complete the task.
- 2** **MAXIMAL ASSISTANCE** - Weak upper limb stabilizes during task. Requires assistance (e.g. hand over hand technique). Client performs 25 - 49% of the effort to complete the task.
- 1** **TOTAL ASSISTANCE** - Client performs less than 25% of the effort to complete the task.

TASK COMPONENT CHART

Task 8: Put toothpaste on toothbrush

If affected hand is holding toothpaste	If affected hand is holding toothbrush
Components of arm mobility and hand manipulation <ul style="list-style-type: none">● Reaches and grasps toothpaste● Squeezes toothpaste with enough force to get toothpaste on brush Components of stabilization <ul style="list-style-type: none">● With sufficient force holds toothpaste while manipulating lid	Components of arm mobility and hand manipulation <ul style="list-style-type: none">● Unscrews lid● Reaches and grasps toothbrush Components of stabilization <ul style="list-style-type: none">● Sufficient force holding toothbrush



THE CHEDOKE ARM AND HAND ACTIVITY INVENTORY

USE CHOPSTICKS AND BOWL

- Instructions: “請用一隻手拎起隻碗，放係心口前面，另一隻手用筷子將碟上 5 粒海綿逐粒夾落隻碗度”
- Positioning: Standard, 5 foam cubes on plate placed at extended arm distance in front of client. Bowl placed at the table's edge. Chopsticks close to the dominant side of the client, at the side of the bowl
-

Please score the above task as follows:

- 7 COMPLETE INDEPENDENCE** - Able to pick up chopsticks, pick up 5 foam cubes and bring back to bowl held by other hand up to chest level, without resting arms on table.
- 6 MODIFIED INDEPENDENCE** - Requires use of assistive device (e.g. chopsticks adaptor, dycem, splint) OR requires more than reasonable time to complete task OR there are safety considerations.
- 5 SUPERVISION** - Requires supervision (e.g. standby, cueing or coaxing) OR set up is required, then able to bring 5 foam cubes to bowl.
- 4 MINIMAL ASSISTANCE** – The weak upper limb requires light touch assistance (e.g. to place utensils into hands, OR to maintain the bowl in place) and then able to bring 5 foam cubes to bowl. Client performs 75% or more of the effort to complete the task.
- 3 MODERATE ASSISTANCE** - Weak upper limb partially **manipulates and stabilizes** during task. Requires assistance (e.g. to place utensils into hands OR hand over hand technique OR uses table as support) and then able to bring 4 foam cubes to bowl. Client performs 50 - 74% of the effort to complete the task.
- 2 MAXIMAL ASSISTANCE** - Weak upper limb **stabilizes** during task. Requires assistance (e.g. to place utensils into hands OR hand over hand technique) and then able to bring 3 foam cubes to bowl. Client performs 25 - 49% of the effort to complete the task.
- 1 TOTAL ASSISTANCE** - Client performs less than 25% of the effort to complete the task.

TASK COMPONENT CHART

Task 9: Use chopsticks and bowl

If affected hand is holding bowl	If affected hand is using chopsticks
<p>Components of arm mobility and hand manipulation</p> <ul style="list-style-type: none"> ● Reaches and grasps the bowl ● Brings bowl to chest level <p>Components of stabilization</p> <ul style="list-style-type: none"> ● Maintains sufficient grasp on bowl and holds to chest level 	<p>Components of arm mobility and hand manipulation</p> <ul style="list-style-type: none"> ● Reaches and grasps chopsticks and manipulate (in-hand) to prepare for task ● Pick up foam cubes ● Bring foam cubes to bowl <p>Component of stabilization</p> <ul style="list-style-type: none"> ● Maintains sufficient grasp to hold chopsticks throughout the tasks ● Maintains the cube within chopsticks while bringing to the bowl

