

Grocery Shopping



Increasing Difficulty

- Carry a bigger bag to store items. Do this with assistance from a caregiver if needed.

Decreasing Difficulty

- Buy fewer items from the market
- Use a trolley
- Carry a bag by slinging it over the shoulders

Gardening



Increasing Difficulty

- Use a watering can or spray filled to the brim

Decreasing Difficulty

- Use a watering can or spray with less water
- Place pots at waist level.



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Home-Based Activities

Cleaning

(e.g. table, household items)



Increasing Difficulty

- Clean larger and wider surface area
- Heavy cleaning (e.g. scrub tiles, sweep and mop floor)
- Do task in a standing position
- Wring water out of cloth

Decreasing Difficulty

- Clean smaller surface area
- Light cleaning (e.g. dusting, wiping)
- Taking breaks when tired

Water Bottle Dumbbell



Increasing Difficulty

- Fill to the brim to increase the weight
- Increase repetition (endurance and strength training)

Decreasing Difficulty

- Fill lesser water to reduce the weight
- Take breaks when tired

Making a Drink



Increasing Difficulty

- Make a drink by measuring the amount of powder and sugar to be used using a spoon
- Make a drink in larger quantity
- Make a drink in a standing position

Decreasing Difficulty

- Use packets of 3-in-1 powder mix
- Make a drink in a sitting position with cups and powder placed within reach

Coins Activity



Increasing Difficulty

- Use small coins (e.g. 10 and 20-cent coins)
- Hold a handful of coins in one hand and slot coins into the container one by one
- Slot small coins into the container (e.g. 5 and 10-cent coins)

Decreasing Difficulty

- Use big coins (e.g. 50-cent and 1 dollar coins)
- Retrieve coins placed on a table and slot them into the container one by one
- Stack big coins (e.g. 50-cent and 1 dollar coins)

Wiping Back after Shower



Increasing Difficulty

- Use a longer towel
- Wipe back in a standing position

Decreasing Difficulty

- Use a shorter towel
- Wipe back in a sitting position
- Consider using a long-handled sponge