

Functional Component Movement and Hierarchy Task Selection Guide

Dressing

Putting a shirt on
 Putting a jacket on/off
 Putting socks/shoes on
 Putting pants on
 Putting bra on
 Buttoning Zipping

Cooking

Stirring Getting things
 out of
 the fridge or
 cupboards
 Moving/Turning
 Standing up straight
 Cutting
 Placing things in/out of
 the oven

Writing

Signing your name
 Making a list
 Writing on a card
 Writing a letter

Household Chores

Washing dishes
 Putting dishes away
 Loading/unloading
 dishwasher
 Loading/unloading
 washer or dryer
 Folding Laundry
 Sweeping
 Vacuuming
 Dusting
 Cleaning counters or
 mirrors
 Making the bed
 Putting clothes away
 Picking things up from
 the floor

Child Care

Playing with children
 Lifting children
 Chasing children

Carrying Things

Small things like mail
 Shopping bags
 Boxes or laundry baskets
 Dishes
 Beverages
 Heavy pots or pans
 Babies or small pets

Walking

Around the house
 Around obstacles
 Turning
 Backing up
 Walking through doorways
 Uneven ground
 In narrow spaces
 Up/down stairs
 In crowded areas
 In large open areas
 Long distances

Transferring

From a chair without arm rests

From low chairs

From soft or deep chairs or sofas

In/out of a vehicle

In/out of a recliner

In/out of a bathtub

On/off the toilet

Bed Mobility

Getting into bed

Getting out of bed

Rolling in bed

Repositioning in bed

Managing the covers in bed

Maneuvering under the covers in bed

Posture

Sitting up straight when eating a meal

Standing up straight while walking

Standing up straight when talking to someone

Standing up straight when doing things in the bathroom

Standing up straight when doing things in the kitchen

Sitting up straight when working at a desk or computer

Work Related Tasks

Typing

Walking in the work environment

Carrying things

Standing up straight

Sitting up straight

Appearing well and normal at work

Social Functions

Dining at a restaurant

Going to the movies

Going to church

Visiting with friends or family

Going to others' homes

Volunteering

Golfing

Biking

Swimming

Running

Skiing

Wood working

Hiking

Arts/Crafts

Gardening

Traveling