My TeleCIMT Preparation Pack



**Welcome to your TeleCIMT preparation pack!**

This TeleCIMT Preparation Pack includes everything you and your supporter need to learn about your TeleCIMT program. The pack will help you prepare for a successful program and improve the use of your weaker arm in daily life.

Please work through the TeleCIMT preparation pack in your own time **with your supporter**. Throughout the pack you will be directed to links of short online videos about the various elements of TeleCIMT. Take the time to watch the videos and **make sure the sound is turned up,** then complete the work sheets provided.

By doing so, you can go into your TeleCIMT program confident about what is involved and what you need to do.

Please note the videos, created under the direction of the TIDE Group, feature students who do not have neurological problems. The videos, produced during the Covid-19 lockdown, aim to demonstrate the different parts of your TeleCIMT program.

*Happy reading!*

*From the TIDE Group*

**Top Tips!**

Look out for these important symbols throughout the pack:

|  |  |
| --- | --- |
|  | **Learn what you need to do before and during the program!** |
|  | **Watch and listen to a video to learn more!** |
|  | **Fill out a worksheet to prepare for your program with your therapist!** |

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**An overview of TeleCIMT**

TeleCIMT is a specialised program to improve the use of your weaker arm following stroke and other neurological conditions such as cerebral palsy, acquired brain injury and multiple sclerosis.

**What is CIMT?**

Constraint-Induced Movement Therapy (CIMT) is a proven rehabilitation approach that involves completing an intensive program using your weaker arm and wearing a mitt on your stronger arm.

**What is TeleCIMT?**

TeleCIMT is a 3-week CIMT program that takes place in and around your home – the best place to increase arm use. You’ll be working together with your chosen ‘supporter’ - a partner, family member or friend who wants to help you in your recovery. You’ll also have regular guidance from your therapist via tele-rehab sessions (video calls).

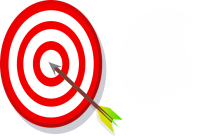
**How does TeleCIMT work?**

The tendency to ‘leave out’ your weaker arm in daily life can happen even if there is the potential to use it. This is called ‘learned non-use’. The main aim of TeleCIMT is to reverse learned non-use. It does this using simple ‘use it to improve it’ principles which results in ‘rewiring’ of the brain as new pathways develop, due to intensive use of the weaker arm.

*“It’s tingling, sort of waking up, it’s like it has been hibernating”*

*“I am naturally using it now where before it was a major effort… I’m not having to think about it.”*

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| **Before the program** |  | Watch and listen to the following video:  ‘Introduction to TeleCIMT’ (1:08) |

**My goals and aims for the program**

**The importance of goals**

TeleCIMT works best when the program is specific to your needs and goals. Keeping in mind what you want to improve on can help you stay motivated. Your therapist will help you to identify activities which are important to you to work on during TeleCIMT. These will be your therapy goals. Typically, 3 to 5 goals can be chosen for your TeleCIMT program. Examples of goals may include being able to prepare food, eat with cutlery, unlock a door with a key or use a tool (e.g. screwdriver).

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**Measuring any changes made over the program**

It is important, during any therapy, to capture any progress you have made. On your TeleCIMT program, this can be done by:

* Video recording yourself attempting your chosen goals, or part of your goals, before your program.
* Video recording yourself attempting these same activities at the end of your program.

**Program requirements: what needs to be done**

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| **Before the program** |  | Considerthe activities most important to you to work on during your program. **Write them down before discussing this with your therapist.** They will help you identify your 3 most relevant goals. |
|  | You may need to send videos of yourself attempting your chosen goals or other activities. To maximise your safety, discuss your goals with your therapist first before recording yourself attempting these tasks.  Watch and listen to the video:  ‘Top Tips For Filming Your Progress’ (2:23) |
| You may be sent a series of questionnaires via email or post to fill in before and after your program to measure your progress. | |

**Introducing your mitt**

**Why wear a mitt?**

Wearing a mitt on your stronger arm for 6 hours each day of the program prevents you using it during daily activities and reminds you to use your weaker arm. The mitt sends your stronger hand on ‘holiday’ and puts your weaker arm to work intensively. Like all good holidays it should be a complete break for your stronger arm! Avoid using your mitted hand even to steady objects if you can. **If an activity requires two hands, it is better for your supporter to be your second hand, rather than using your mitted hand.**

There will be lots of trial and error during the program. You will try tasks you haven’t done for some time with your weaker arm. Practice and problem solving using your weaker arm is what makes CIMT work. Doing lots of practice and trying new challenges will give you the skills to use your weaker arm both during and after the program. Your therapist may recommend special equipment such as non- slip mats or adapted cutlery to make one-handed tasks more do-able.

**Resisting the temptation to regularly remove the mitt!**

Some people can find wearing the mitt challenging at times and feel tempted to remove it more often than agreed. Whilst it is important to take planned breaks, remember a large part of the program is focused on using your weaker arm in as many daily activities as possible. The more you use your weaker arm, the more potential there is for change.

** Program requirements: what needs to be done**

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| **Before the program** |  | Read and understand the safety issues around wearing your mitt on the ‘Keeping Safe: Your Mitt Removal List’ (page 8). |
| **During the program** | Remove your mitt for any activities outlined on the mitt removal list (page 8) as well as any additional tasks which you feel are unsafe. | |
| Practice tasks you don’t normally use your weaker hand for. | |
| Keep your mitt clean to ensure good hygiene. | |

**Keeping safe: your mitt removal list**

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There will be times during the program when you will need to remove your mitt for your own safety. **Safety is always the top priority.**

If appropriate, your therapist may assess your safety whilst wearing the mitt for:

* Carrying objects in your weaker arm whilst walking
* Taking the mitt off by yourself (usually this should be within 1 minute)
* Walking with a stick.

For your safety whilst wearing your mitt on the program, the following tasks **are NOT permitted**:

* Going up and down the stairs indoors
* Going up and down outdoor steps e.g. in the garden
* Walking with an aid e.g. a walking frame
* Drinking a hot drink from a standard mug
* Pouring boiling water from a kettle
* Injections / taking medications
* Ironing
* Driving
* Taking hot food out of the oven / microwave
* Using a sharp knife or small implement e.g. chopping/peeling
* Using electric DIY tools such as drills etc.
* Handling any type of hot object which may burn you

It may be deemed safe for you to carry out some of these tasks as your program progresses. **However, this will require separate assessment and agreement from your therapist first.**

**NEVER USE YOUR WEAKER HAND IF YOU THINK YOUR**

**SAFETY COULD BE AFFECTED IN ANYWAY.**

**Program requirements: what needs to be done**

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| **Before the program** |  | You will need to fill out and sign a TeleCIMT contract before starting your program, to say you have read and understood this page. Your therapist will guide you through the contract. |

**TeleCIMT tasks and activities**

During the TeleCIMT program you will carry out a range of tasks and activities, whilst wearing your mitt, both in structured training time and outside of structured training time:

**Structured training time (2 hours minimum)- where you will practice activities set by your therapist whilst wearing the mitt.** Structured training tasks focus on *practice, repetition and high-intensity* and are made up of:

* Task practice e.g. sorting your toolbox
* Shaping practice e.g. turning as many cards as you can in 45 seconds
* Homework practice (an added extra) e.g. dusting a shelf

These activities are described in more detail later in this pack.

**Outside of structured training time (4 hours minimum)**

* Daily living with the mitt

Daily living with the mitt fills the majority of your mitt-wearing time. You will continue with life as normal whilst wearing your mitt so that you use your weaker arm across as many activities as possible.

**How will I know what tasks and activities I’ll be doing?**

Some tasks will be chosen by you, others by your therapist. Planning and choosing the activities that you would like to practice can help ensure your TeleCIMT program is effective. It can also help you feel in control of the effort you are putting into your rehabilitation and that the program is relevant to you. Your therapist will help you to schedule in when you do the different types of daily tasks and activities.

**Program requirements: what needs to be done**

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| **Before the Program** |  | Watch and listen to the following video:  ‘Choosing Tasks I Want To Practice During The Program’ (1:19) |
|  | Use the ‘Tasks I Want To Practice On My TeleCIMT Program’ sheet on page 9-10. to help you choose your practice tasks for the program. Your therapist will then discuss your chosen tasks with you. |

**Tasks I want to practice on my TeleCIMT program**

Use the list below to go around the rooms in your house and outdoor space with your supporter. Think of at least 3 tasks in each area that you would like to try to do with your weaker arm, whilst your stronger hand is in the mitt. These tasks should include fun activities such as hobbies and interests, as well as daily tasks which are relevant and motivating to you. Your therapist will review this list with you.

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| **Room / Area** | **Tasks I would like to try with my weaker arm** |
| **Outdoor / Garden Areas**  e.g. pegging out washing, potting plants, brushing your pet, valeting/washing the car, playing catch with a tennis ball |  |
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| **Living Room**  e.g. hoovering/ vacuuming, playing cards, dusting CD rack, flicking through a favourite magazine |  |
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| **Bathroom**  e.g. wiping down the sink, mirror or shower screen, rinsing and squeezing out a flannel/face washer, putting lipstick on |  |
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| **Bedroom**  e.g. opening drawers and taking clothes out, making the bed, throwing washing into a laundry basket |  |
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| **Kitchen**  e.g. wiping down surfaces,  emptying the dishwasher, arranging flowers |  |
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| **Utility/Laundry**  e.g. folding washing, loading or unloading the washing machine or dryer |  |
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| **Dining Area**  e.g. setting the table, pushing chairs under the table, folding serviettes, making a centre piece for the table |  |
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| **Office Space**  e.g. tidying your desk, using your computer (typing, using mouse, playing a game), using stationary such as hole-punch/stapler |  |
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**A person brushing the teeth

Description automatically generatedDaily living with the mitt**

Daily living with the mitt fills most of your mitt-wearing time. It includes all the routine activities you do going about normal daily life, whilst wearing the mitt **outside of structured training time.** Where structured training time focuses on continuous and repetitive practice, the aim of daily living with the mitt is to use your arm as often as possible in daily activities.

**During each day of the program you will:**

* Wear your mitt on your stronger arm for 4 hours
* Try as many of your routine daily activities as possible with your weaker arm e.g. washing, dressing, eating, drinking, brushing your teeth and doing your hair.
* Do activities with your weaker arm which are more specific to you including responsibilities in the home e.g. housework, cooking, gardening or childcare.
* Do less predictable tasks with your weaker arm which arise in the moment e.g. answer the door, pick up something you dropped from the floor, open a parcel.

**Practising tasks you’re not used to doing with your weaker arm**

You may need to do tasks that you wouldn’t usually do with your weaker arm, or which you haven’t done for a while. This is to increase the amount of time and activities you use your weaker arm for, giving more opportunity to retrain your brain and overcome learned non-use. Keep busy during the 4 hours of daily living with the mitt to get the most out of your program!

**Program requirements: what needs to be done**

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| **Before the program** |  | Watch and listen to the following video:  ‘Daily Living With The Mitt’ (2:23) |
|  | Fill out the ‘Mitt On and Mitt Off Routine Activities form on the next page with your supporter. Your therapist will run through this with you. It was also inform your daily schedule. |

**‘Mitt on’ and ‘Mitt off’ routine activities**

Below is a list of common routine activities you are likely to do during the program whilst wearing your mitt, outside of structured training time. **The aim is to keep the mitt on for as many routine activities as possible**. However, some may prove too difficult. This is when your supporter will either step in to be your other hand, or you will remove your mitt.

Go through the list below with your supporter and decide which tasks you will try by yourself with your mitt on, which tasks you’ll receive help with and which tasks you will remove your mitt for. You will discuss this further with your therapist before starting your program. The list is not exhaustive and can change as you progress.

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| **Routine Daily Activities** | **Mitt on - no help** | **Mitt on - with help** | **Mitt off** |
| **Handling your clothes during toileting**  Can you use clothes with elastic waist bands? |  |  |  |
| **Cleaning yourself during toileting** |  |  |  |
| **Dressing / undressing**  Consider which clothes are more manageable to put on / take off |  |  |  |
| **Showering / bathing / washing hair**  You can take your mitt off but still complete these tasks without using your stronger arm. Consider what would make the task more manageable e.g. sitting on a bath board, using a washcloth. |  |  |  |
| **Shaving** |  |  |  |
| **Eating with cutlery at breakfast**  Can you use built-up cutlery? |  |  |  |
| **Drinking a cold drink**  Can you use a sports bottle or mug with a lid? |  |  |  |
| **Drinking a warm (not hot) drink in a safe drink holder**  Can you use a sports bottle or mug with a lid? |  |  |  |
| **Brushing your teeth**  An electric toothbrush can make the task more manageable |  |  |  |
| **Cutting up food** |  |  |  |
| **Eating with cutlery at lunch** |  |  |  |
| **Eating with cutlery at dinner** |  |  |  |
| **Eating food with your fingers** |  |  |  |
| **Opening a jar or bottle / Unscrewing a lid** |  |  |  |
| **Opening soft and hard plastic packaging e.g. food** |  |  |  |
| **Putting on / taking off shoes**  Do you have slip-on shoes, shoes without laces, or shoes with velcro straps? |  |  |  |
| **Putting on / removing coats and jumpers**  Can you wear looser clothing for ease? |  |  |  |
| **Additional tasks identified by you and your therapist** | | | |
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A person standing in front of a refrigerator

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**Task practice**

Task practice **forms part of your structured training hours** during mitt-wearing time. Chosen tasks are based on the tasks you identify using the ‘Tasks I want to Practice During My TeleCIMT Program’ sheet. Tasks may include gardening, computer gaming, ball or board games, house chores such as loading and unloading the dishwasher or washing the car, sorting your toolbox. Each task is practiced continuously for 15 to 20 minutes. Your therapist will provide you with your final task practice list, which will include around 15 tasks to practice during the program.

**During each day of the program you will:**

* Complete a minimum of 1 hour of task practice
* Practice 3 to 4 tasks from your task list

**Why is task practice important?**

Task practice provides an opportunity to practice a wide range of relevant, motivating tasks and challenges your problem-solving skills. Tasks are practiced continuously so that you build stamina and strength in your arm.

**How much help do I need from my supporter?**

Task practice can usually be managed independently particularly as your program progresses. If practising the whole task is too difficult, you can choose to practice part of it. It may take more than a day to complete some tasks e.g. doing a puzzle. Your therapist will give you guidance on simplifying or increasing the challenge in your task practice.

*“I can now stand at the worktop for half an hour doing my tasks, there’s no way I could’ve done that before the program.”*

**Program requirements: what needs to be done**

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| **Before the Program** |  | Watch and listen to the following video:  ’Task Practice’ (2:22) |
|  | Ensure you have completed the ‘Tasks I Want To Practice On the Program’ sheet (page 9). Your therapist will discuss this with you. |

**Shaping practice A close up of a clock

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Shaping tasks are intensive exercises set by your therapist and form part of your structured training time. Tasks work on the movement problems you are experiencing with your weaker arm. Each shaping task lasts between 30 seconds to 2 minutes. For example: ‘How many playing cards can you turn over in 45 seconds?’ You will complete the same task 10 times in a row, aiming to improve your score each time. Shaping tasks are gradually made more challenging (‘shaped’) during your TeleCIMT program as your abilities change.

**During each day of the program you will:**

* Complete a minimum of 1 hour of shaping practice
* Practice a minimum of 2 to 3 shaping tasks
* Practice each shaping task in a series of timed trials (10 trials per task).

**Why is shaping practice important?**

Shaping tasks are short and sweet and provide a fun challenge against the clock! You should see improvements as your scores increase across the 10 trials. This can boost your confidence and self-belief, driving you to use your arm even more. If your scores do not change, you and your therapist can discuss how to adjust the task accordingly.

**How much help do I need from my supporter?**

Shaping practice works best when your supporter is with you for the full hour of daily practice. They can assist you with the physical set-up of tasks, provide you with lots of encouragement, record and discuss your scores and achievements!

*“(My partner) is so encouraging… he’s so helpful and positive … it makes SUCH a difference.”*

**Program requirements: what needs to be done**

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| **Before the Program** |  | Watch and listen to the following video:  ‘Shaping Practice’ (1:56) |
| **During the Program** | As a supporter, you will help with task set-up, recording scores and feeding back progress to keep spirits up throughout! | |

**Homework**

Your therapist may set you **extra** homework from day 3 onwards to provide more structure during mitt-wearing hours. The aim of homework is to encourage you to try a large variety of activities so that you get used to using your weaker arm in as many daily activities as possible. New short tasks (2 to 10) are set each day of the program for a total of 30 minutes practice e.g. turning taps on and off, opening and closing cupboard drawers, turning on and off a lamp or light switch or drawing the curtain. You may come up with your own homework ideas as you progress, to keep tasks interesting and relevant!

Feeding back to your therapist regularly about your progress with these tasks (what’s easier and more difficult) is really important. They will help you to problem solve any challenges to completing your homework.

**Program requirements: what needs to be done**

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| --- | --- |
| **Before the program** | Understand what homework tasks are and why you may need to practice them on the program. Your therapist will discuss this with you. |

**The role of the TeleCIMT supporter**

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As a supporter, your help and encouragement during the program will make a real difference. Your support will be welcomed during challenging moments as well as for celebrating achievements. You will take a “hands-off” approach, meaning you should never physically help the participant’s weaker arm to move. However, you will help with task set-up, recording scores and feeding back progress.

You can help make the program a success in four main ways:

* **Provide encouragement** and look for the positives in all activities. Use positive words and phrases like ‘Yes! You did it!’ ‘That was more than last time!’ ‘Good effort!’
* **Demonstrate more challenging tasks** (watching you do tasks can help the participant)
* **Suggest** different ways to make the task more achievable (help them problem-solve)
* **Celebrate results**

Remember, the participant is their own expert and you are there to help them find their own way, rather than tell them how to do it. Think of yourself more as a cheerleader than a coach. Have fun and work as a team; you’re in this together! Make time for yourself on the program. On more challenging days, you will require **patience**. Have something you can fall back on to refresh yourself when needed, e.g. go for a walk outside or speak with friends.

*“It was through my wife being there and supporting me… it just kept me going… if they were prepared to do what they were doing I had to be prepared to do what I had to do.”*

**Program requirements: what needs to be done**

|  |  |  |
| --- | --- | --- |
| **Before the Program** |  | Familiarise yourself with the ‘Top Tips For TeleCIMT Supporters and Participants’ sheet (page 23). |
|  | Watch and listen to the following video:  ‘Ways You Can Help As A TeleCIMT Supporter’ (2:09) |

**Your TeleCIMT schedule**

Once you have learned about your TeleCIMT program, and you have identified tasks you want to practice, your therapist will put together a daily TeleCIMT schedule with you.

You are strongly encouraged to stick to your planned schedule during the program to ensure you complete all required practice. If you find the schedule challenging at any point, discuss this with your therapist. They will help you to problem solve any required changes to your program. Remember it can take a few days to get used to the intensity of the program. The start can often be the hardest as your weaker arm will be at its lowest level of ability. Have confidence that things will get easier as you progress!

When deciding on a daily schedule for your program, it is useful for you to consider:

* When your mitt wearing time will be
* When to carry out structured practice
* When you need rest breaks

*“I felt like throwing in the towel on the second day but I’m glad I persevered.”*

**Program requirements: what needs to be done**

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| --- | --- |
| **Before the Program** | Have a look at the example ‘TeleCIMT Schedule’ (page 19) to familiarise yourself with timetabling. |
| Your therapist will contact you to help you decide on a schedule which works best for you. You will be sent both your final daily schedule and weekly therapy timetable before you start. |

**An example of a daily TeleCIMT schedule**

|  |  |  |  |
| --- | --- | --- | --- |
| **TIME** | **ACTIVITY** | **MITT ON** | **MITT OFF** |
| 07:30am | Wake up and shower |  | X |
| 08:00am | Dress and make bed | X |  |
| 08:30am | Prepare breakfast (cereal and toast with butter and spread)  Eat breakfast and brush teeth | X |  |
| 09:00am | X |  |
| 09:30am | Morning check-in / feedback with therapist |  | X |
| 10.00am | **Structured training time: Shaping Practice** (1 hour)  Complete minimum 2- 3 shaping tasks.  Use ‘Daily Diary and Feedback’ sheet | X |  |
| 10.30am | X |  |
| 11.00am | Rest break / mitt-free time |  | X |
| 11.30am | House chores  e.g. unload laundry from machine and peg out onto line | X |  |
| 12.00pm | Prepare lunch and set table e.g. make a sandwich including buttering bread, cut up fruit and veg, prepare a cold drink)  Eat lunch using weaker hand and then clear away lunch. | X |  |
| 12.30pm | X |  |
| 1.00pm | Rest break / mitt-free time |  | X |
| 1.30pm | Rest break / mitt-free time |  | X |
| 2.00pm | **Structured Training Time: Task Practice** (1 hour)  Complete minimum 3 to 4 Task Practice activities (15 - 20 minutes long each). Use ‘Daily Diary and Feedback’ sheet | X |  |
| 2.30pm | X |  |
| 3.00pm | Rest break / mitt-free time |  | X |
| 3.30pm | Play with grandchildren | X |  |
| 4.00pm | Gardening / house chores | X |  |
| 4.30pm | Rest break / mitt-free time |  | X |
| 5.00pm | Complete homework tasks (if appropriate) | X |  |
| 5-6pm | Prepare and eat dinner |  | X |
| 6.00pm | Complete ‘Daily Diary and Feedback Sheet’ for the day. |  | X |

**Keeping in regular contact with your therapist**



Alongside your supporter, your therapist is a part of your TeleCIMT team. They will act as your coach to guide you during your program. It is important to feedback to your therapist about your progress every day. You will both agree when and how it is best to do this before starting. For example, you may leave a message on your therapist’s phone, have a brief daily telephone catch up, send an email, or use an online platform such as Google Sheets.

It is good to share your achievements along the way and discuss any ‘break-throughs’ or ‘wow moments you have with your therapist. They will share your excitement! The program may also be challenging and intensive at times, which may affect how you feel on some days. It is important to be open and honest with your therapist so that they can support you throughout the whole program.

**Program requirements: what needs to be done**

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| **Before the Program** |  | Your therapist will be in touch to discuss:   * The easiest way for you to feedback your daily program progress e.g. via video call, phone call or email * How often you are expected to feedback |
|  | Watch and listen to the following video:  ‘Keeping in contact with your therapist’ (1:54) |

**Understanding the commitment required for the program**

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In any TeleCIMT program, it’s the challenge and intensity that will bring about results. You will find parts of the program difficult and this is normal and to be expected. Like any successful intensive rehabilitation program, you will likely need to work harder and for longer than you have previously in rehabilitation. If you put the necessary effort in over the 3 weeks of the program it will give you the best chance of achieving your goals and improving your arm use.

Commitment is critical to long-term success in TeleCIMT. This includes commitment from you, your therapist and anyone supporting you during the program. Before starting, you and your supporter will sign separate therapy contracts outlining what is expected of you, including how to stay safe. You will need to read the therapy contracts carefully before providing written consent.

*“It’s that realisation that I can do it … I really CAN!!”*

**Program requirements: what needs to be done**

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| --- | --- | --- |
| **Before the Program** |  | Your therapist will discuss the TeleCIMT contracts with you and your supporter before you start. You will sign them during a therapy session. If you have any queries about the information on the forms, your therapist will address this with you. |
| **During the Program** | If you have any difficulty with the program, address these by talking with your supporter and therapist. | |



Commitment every day!

  *A close up of a device

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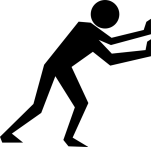
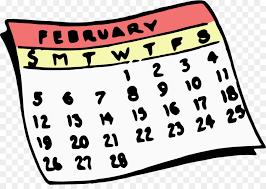












*Good luck!*

*We wish you the very best in your*

*TeleCIMT program and we have faith that your hard work will reap rewards!*

*The TIDE Group*

*(TeleCIMT International Development Group)*

This workbook was developed by the TIDE (TeleCIMT International DEvelopment) Group of occupational therapists and physiotherapists with valuable feedback from clients, past CIMT participants, their supporters and therapists who also generously shared their experiences

The workbook is aimed at TeleCIMT participants, their supporters and treating therapists to help prepare for, and conduct, a 3-week TeleCIMT program. The workbook may be adapted for use and used free of charge, provided the information below is not removed:

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Meharg, A. & Kings, J. (2015). *How to do constraint-induced movement therapy: A practical guide*. (J. Goodman & S. Robinson Eds.). United Kingdom: Harrison Training.

Boydell, J. (2018). *Arm’s Reach Occupational Therapy clinical templates for home based CIMT*. Bristol, United Kingdom: Arm’s Reach Occupational Therapy [www.armsreach-ot.co.uk](http://www.armsreach-ot.co.uk)

Christie, L., McCluskey, A., Rendell, R., Acworth, A., Wong, L., & Lovarini, M. (2018). *Implementation of sustainable publicly funded constraint induced movement therapy (CIMT): The ACTIveARM Project*. WFOT Congress 2018. World Federation of Occupational Therapists. Cape Town, South Africa. ACTIveARM videos about CIMT are freely available at: <https://www.youtube.com/watch?v=liOyY5kr0h4>

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