

5. What will my Buddy do?

My Buddy will:

- Encourage me
- Help me
- Show me tasks
- Coach me

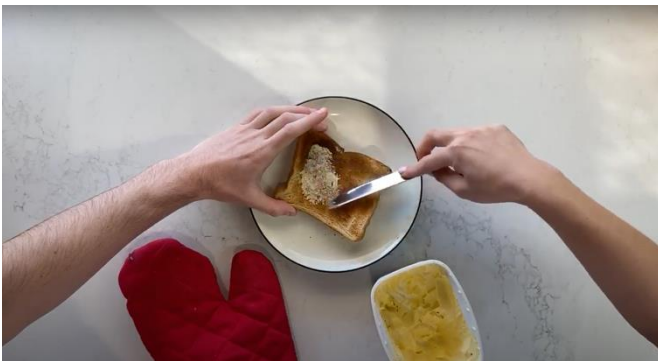
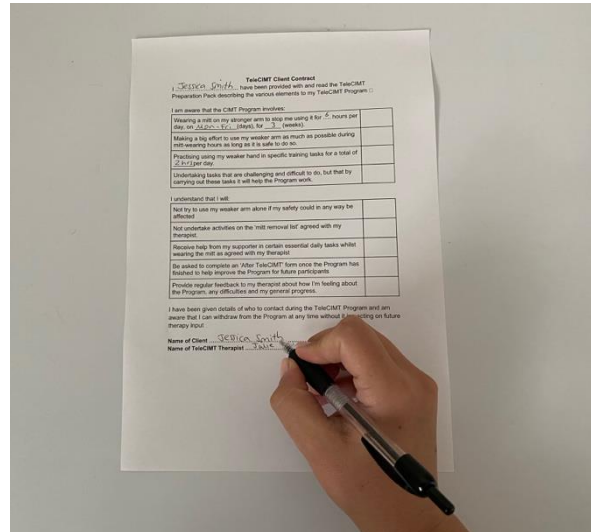
6. Once I start

- I will sign a contract with my therapist about my **commitment**
- **I can stop** the program if I want to

TeleCIMT Information Sheet

1. What is CIMT?

- CIMT is a therapy program to help you **use your weaker arm**
- You will wear a mitt on your good hand and use your weak



Questions?

- Ask your therapist

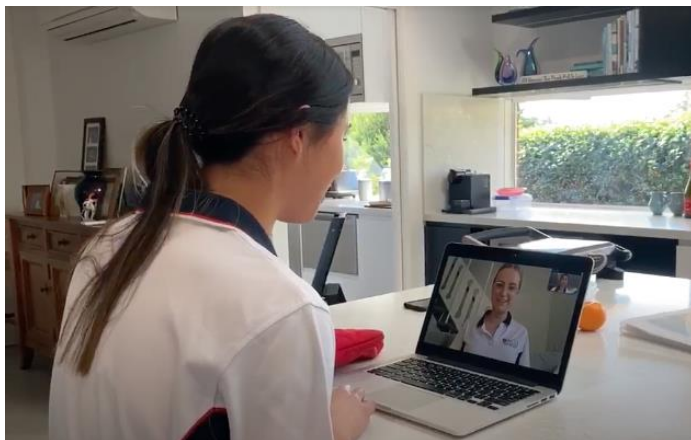
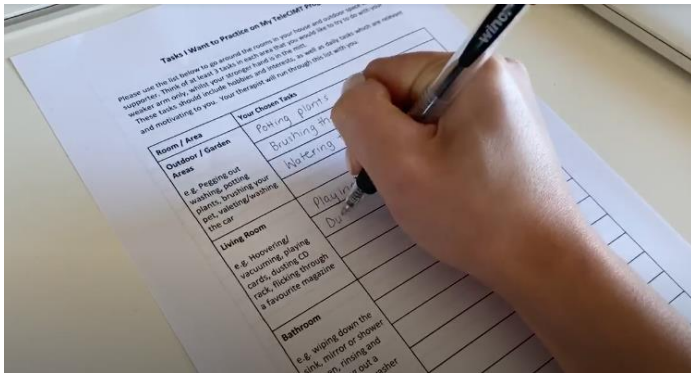
Your therapist's name

Contact therapist.....



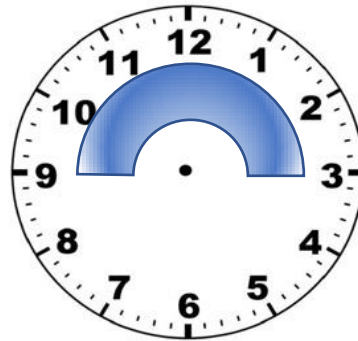
4. What am I expected to do?

- You are in charge of your therapy
- Your buddy will help you
- You will **choose the activities**
- You or your buddy will **send in daily program updates** to your therapist



3. How long is the program?

- 3 weeks
- 6 hours daily
- Monday – Friday
 - o 4 hours = Mitt wearing time
 - o 2 hours = structured training hours



2. What is TeleCIMT?

- Therapy at **home**
- You would do therapy via **computer/telephone** with help from your buddy and therapist

