Activity choices

Here are some activities you could do on the ward either with a health care professional or by yourself. Tick the boxes beside the activities that interest you.

Everyday physical exercises

- ☐ Making a drink
- ☐ Making a meal
- ☐ Dressing
- ☐ Washing
- ☐ Self care
- ☐ Transfers
- ☐ Sitting out in chair / wheelchair

Exercise

- ☐ Bed & chair exercises
- ☐ Sit to stand
- ☐ Walking
- ☐ Arm exercises
- ☐ Balance
- ☐ Stretching
- ☐ Steps
- ☐ Aerobic exercise

Hobbies

- ☐ Computers / video games
- ☐ Thinking / craft activities
- ☐ Social groups

This page was designed with input from the inpatient stroke therapy team at Gateshead Health NHS Foundation Trust.