Learning Objectives

MedBridge
One Handed Strategies for Community Living Activities
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Chapter 1: Driving

- Demonstrate how to modify the settings inside the car for comfort and safety with a prosthesis, residual limb, and one hand
- Identify strategies for opening and closing a car door with a prosthesis, residual limb, and one hand
- Explain how various adaptive driving modifications can be made to accommodate using a prosthesis, residual limb, or one hand

Chapter 2: Gadgets

- Demonstrate how to manage cash and coins, as well as the use of a wallet, with a prosthesis, residual limb, and one hand
- Identify strategies for using an ATM with a prosthesis, residual limb, and one hand
- Explain how to easily use a cellphone using a prosthesis, residual limb, and one hand

Chapter 3: Occupational Tasks

- Demonstrate how to set up a computer and desk space ergonomically for work with a prosthesis, residual limb, and one hand
- Identify strategies for using and maintaining a printer with a prosthesis, residual limb, and one hand
- Determine effective approaches to opening and closing drawers, both high and low, with a prosthesis, residual limb, and one hand

Chapter 4: Grocery Shopping

- Identify strategies for putting groceries of different weights from various shelf heights into a shopping cart with a prosthesis, residual limb, and one hand
- Explain how to easily and accurately push a shopping cart in the grocery store using a prosthesis, a residual limb or one hand
- Demonstrate how to safely carry groceries with a prosthesis, residual limb, and one hand

Chapter 5: Leisure Time

- Discuss strategies for engaging in sports, arts, and music with a prosthesis, residual limb, or one hand

Chapter 6: Social Skills

- Identify strategies for exchanging greetings with a prosthesis, residual limb, and one hand
- Explain how to respond to stares and offers of assistance

- Demonstrate how to handle awkward social situations with a prosthesis, residual limb, and one hand