

Dexterity

Department: Independent Living Skills

Priority:

Core class—high priority

Overall purpose of class:

To increase students' dexterity, coordination and flexibility of upper extremities, particularly hands and fingers. Functional skills are emphasized.

Number of classes held per week:

Twice a week

Optimum class time:

Class can be held anytime.

Instructor requirements:

1 occupational therapist or aide working under OT supervision.

Number of students:

Eight is an optimum class size.

Student ability range and limitations:

Students in this have some use of both hands. They may have limited ROM and some varying degrees of impairment. Most don't have good coordination. Stroke and arthritis are common. Students who have lost sensation can benefit from this class.

Space and Equipment requirements:

Large table and a box of manipulative equipment which usually includes Coins, paper clips, ropes, a number of inventive puzzles, decks of cards, etc.

Student needs to be met from the perspective of the instructor:

Students are urged to take this class whose hand function has been diminished by their disability.

Typical Student Goals that lead to placement in the class:

Students may express desire to regain the dexterity needed to return to hobbies or activities of daily living such as knitting, sewing, working on models or in workshop, dressing and so forth.

