

Recuperation and Recovery Tracking

Instructions

We have a tendency to focus not on what we have achieved, but on what we have not. This often leads to recovery patients getting discouraged and frustrated. This tool is designed to help you keep a positive outlook.

By tracking your milestones, you should be able to keep perspective on your progress and realize how far you have come.

Track your progress over time; see how far you've come, not just where you want to go.

This tool is to help people recovering from injury, surgery or illness to track their recovery. It is meant to illustrate progress; it is not a clinical or medical tool; it was not created by a medical professional, but by a former patient, based on experience. It is to be used as a personal motivational tool only.

1. **Assess your current state**

Use the list of predefined questions to select some areas for improvement to your quality of life.

2. **Select the top 10-20 goals you have for yourself.**

Make sure your goals are realistic. Talk to your doctor and ensure that you will be able to do those items.

3. **Add your own goals.**

You may have goals of your own. Talk to your doctor, your physiotherapist, etc. to define personal goals.

4. **Gray out measures of independence you won't likely reach within your timeframe, if any.**

Keep in mind, the focus is on doing the item on your own, that includes aids. This includes anything from a shoehorn to a wheelchair. If you don't need another person it counts.

5. **Track your progress.**

Put in the date that you reach each new level of independence. Be honest with yourself.

6. **Build chart and post somewhere central**

If you like visuals, transfer the goals and dates onto a large graph, so you can track it every day. Use bright colors to make progress more visible at a glance.

7. **Reference regularly**

Check the graph regularly when you start to get discouraged. Chances are good that you will see that you are making progress more regularly than you realize.

You will probably see several changes in colours every month. Progress does go through peaks and valleys, but overall, it does tend to be fairly regular.

Recuperation and Recovery Tracking



Day-to-Day				
Do you have difficulty?				
√	Activity/Capability	Cannot ☹	With Help ☺	Alone ☺
	Toileting Undressing Dressing Clean teeth Wash face/hands Overall wash Make up or shave			
	Drinking Eating Preparation of snack Preparation of hot drink Meal preparation			
	Get comfortable/shift self Bed to chair In/out of bath Floor to chair Get in/out of car Indoor mobility			
	Get out of the house Outdoor mobility Driving Public transport			

Recuperation and Recovery Tracking



Day-to-Day				
Do you have difficulty?				
√	Activity/Capability	Cannot ☹	With Help ☺	Alone ☺
	Bed-making Light cleaning Laundry Shopping Carry shopping Heavy cleaning			
	Cope with money Use Telephone Handle personal business Write Speak			
Do you have difficulty?				
√	Activity/Capability	Not at all ☹	Briefly ☺	All I want ☺
	I enjoy social activities I enjoy new hobbies I enjoy my old hobbies I perform work functions I exercise I can talk/visit with others I read I can concentrate I sleep well			

Recuperation and Recovery Tracking



Mood/State of Mind				
Do you have difficulty?				
√	Activity/Capability	Always ☹	Sometimes ☺	Never ☺
	I have mood swings I experience depression I experience anger I have mild pain I have moderate pain I have severe pain I feel like a burden to others I feel helpless I am fatigued I feel unproductive			
Physical Fitness				
Do you have difficulty?				
√	Activity/Capability	Always ☹	Sometimes ☺	Never ☺
	Lifting moderate weight from the ground to waist Lifting arms above eye level Touch your feet Walking on steep inclines Walking up/down stairs Making sharp turns when running Walking 1 kilometer			

Recuperation and Recovery Tracking



Physical Fitness				
Do you have difficulty?				
√	Activity/Capability	Always ☹	Sometimes ☺	Never ☺
	Walking for 15 minutes or more			
	Standing up from an armless chair			
	Walking on grass			
	Picking items up from the floor			
	Getting up from the floor			

Recuperation and Recovery Tracking



Goal Tracking

Goal	J	F	M	A	M	J	J	A	S	O	N	D
1.												
2.												
3.												
4.												
5.												
6.												
7.												
8.												
9.												
10.												
11.												
12.												
13.												
14.												
15.												
16.												
17.												
18.												
19.												
20.												