Selection Optimisation and Compensation worksheet

Select it down

Sometimes, we are faced with losses that challenge our quality of life. Consider what activity/role/hobby you have given up or reduced as a result of a loss of physical ability and is there a way to select part of the activity to ensure you optimise your experience of it. Consider ideas here:

Optimise it

Thinking of the activity and options you considered above. Is the way in which you selected to do it going to increase your use of the activity and hopefully provide opportunity for you to optimise it as a result. Write down how it may help you to optimise it here:

Compensate for it

Can you compensate for the loss in some way by adding in something to help that will enable you to do more of the activity? Is there a way of making use of certain support tools, aids or strategies that can help you to still do the activity. Write down ideas that can help you to compensate here: