

'I CAN' user guide

The 'I CAN' sheet should be laminated and kept with the patient, ideally on the whiteboard next to the bed.

Use a dry-wipe marker.

Write the patient's initials at the top of the sheet - do not use the full name or sticky label on the top.

In the top section write down the activities that the patient is currently able to achieve.

Examples might include:

- ✓ - dress the top half independently
- ✓ - get out of bed independently
- ✓ - sit out of bed to eat dinner
- ✓ - walk to the bathroom using a frame

Indicate BMAT or transfer level – see overleaf for linking ideas of the I Can with BMAT levels

Tick the level of exercises that have been issued and that are currently being practiced.

Indicate what, if any, sensory aids are being used.

Make sure the date is filled in – the sheet should be updated on a daily basis, and especially if there have been changes to functional ability.



I CAN activities linked to BMAT levels

BMAT level	Transfer method	Linked I CAN..... activities	Exercise programme
1 bed-fast	Hoist	Sit up in bed for meals Feed myself Wash face and clean teeth in bed, brush or comb hair, etc Moving on the bed, rolling, etc Using bedpan/urinal Leisure activities in bed	Bed exercises
1 chair-fast	Hoist	Hoist out of bed to sit in the chair Sit out in chair for meals Feed myself Wash upper face and upper body in chair, clean teeth, brush hair, etc Dress upper body sitting in chair Clean teeth in chair Leisure activities in chair, eg read newspaper, audiobooks etc	Bed exercises Start chair exercises
2	Stand hoist	Get out of bed to sit in chair using Sara stand hoist Sit on edge of bed or in chair for meals Feed myself Wash and dress upper half whilst sitting in chair, clean teeth, brush hair, etc Leisure activities in chair, eg read newspaper, audiobooks etc P/U standing to urinal B/O on commode	Chair exercises
3	Sara Stedy	Get out of bed using Sara Stedy Sit on edge of bed or in chair for meals Feed myself Wash and dress upper half whilst sitting in chair, clean teeth, brush hair, etc Leisure activities in chair, eg read newspaper, audiobooks etc P/U standing to use urinal B/O on commode	Chair exercises
4	Step – with or without aid	Step round to chair using aid as required Sit on edge of bed or in chair for meals Feed myself Wash and dress upper half whilst sitting in chair. Clean teeth, brush hair, etc sitting in chair Stand to participate in washing and dressing lower half. Leisure activities in chair, eg read newspaper, audiobooks etc P/U standing to urinal;B/O on toilet Put on own trousers	Chair exercises
5	Independent mobility with or without aid	Walking, with aid if required, to and from bathroom and shower. Washing independently in shower. Able to get on/off the bed without help Feed myself Prepare own light snack/drink Put on own trousers	Standing exercises