

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# DO YOU REALLY KNOW OT?

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|--|-------------------------------|
| 1. A process to better complete a task   | A. HOUSEKEEPING               |
| 2. Cooking, cleaning, budgeting (as examples)  | B. ADAPTATION                 |
| 3. Kohlman Evaluation of Living Skills   | C. COMPENSATORY TECHNIQUE     |
| 4. Can be used to put on pants, or pick up a pencil off the floor  | D. ACTIVITIES OF DAILY LIVING |
| 5. Used to put on socks or ted hose  | E. ERGONOMICS                 |
| 6. Strategy or Modification used to improve function, skill, weakness  | F. SOCK AID                   |
| 7. Taking a task slowly, resting as needed   | G. KELS                       |
| 8. A way to minimize muscle fatigue, joint stress and pain; using your body efficiently                                    | H. PACING                     |
| 9. The Science of fitting a work space to a user's needs: to increase efficiency and productivity and to reduce discomfort | I. REACHER                    |
| 10. Grooming, toileting, bathing, dressing   | J. ENERGY CONSERVATION        |