

## **Level 1 Treatment Plan**

**Name:** ER

**Date:** 6/24/26

**Diagnosis:** Cerebellar Degeneration

**Age:** 50

**Activity Name:** Adaptive Equipment Training Using a Rocker Knife

**Steps** (including expected timeframe to complete, add steps as needed):

1. Gather materials (1 minute)
2. Explain, demonstrate, and educate on how to properly use the knife (3 minutes)
3. Have ER practice using the knife (3 minutes)
4. Discuss whether the knife is something the client likes/prefers, and if so, provide education on where one may be obtained (1 minute)
5. Clean up (2 minutes)

**Tools Needed:** Rocker knife and a cutting board or plate

**Expected Outcomes** (Including how to grade activity up/down as needed, add outcomes as needed):

1. ER will report they prefer the rocker knife over a standard knife
  - a. Grade up: Use a standard knife
  - b. Grade down: Use an adaptive cutting board for extra stabilization of the food
2. ER will demonstrate proper use of the rocker knife
  - a. Grade up: Use a standard knife
  - b. Grade down: Use a lower surface to eliminate the need to flex the elbow
3. ER will identify one place to buy a rocker knife for at home
  - a. Grade up: Have the client search on Google where to buy
  - b. Grade down: Provide a visual paper of where to buy

**Any Cultural or Ethical Considerations:** N/A (Not enough information on the client)