



# USER OUTCOMES

## HOW CAN MAPHABIT HELP?



With our patented visual mapping system, MapHabit can help you and your family achieve daily goals and activities of daily living.

## BASIC ACTIVITIES OF DAILY LIVING



### TRANSFERRING

- Individual is safely supported in transferring by his/her staff.
- Individual learns steps needed to safely transfer independently.
- Individual is able to visualize through assistive technology and the MapHabit application a step-by-step process on how to make safe transfers independently.
- Individual's caregivers and support staff are trained on the transfer support the individual needs to ensure safety during transferring.



### GETTING DRESSED

- Individual dresses for his/her day and chooses clothing appropriate for the daily activity and weather.



### BATHING

- Individual is able to bathe independently with prompts.
- Individual's caregivers and/or support staff are trained on his/her bathing support needs to ensure safety.



### USING THE RESTROOM & INCONTINENCE

- Individual uses the restroom independently.
- Individual is prompted to use the restroom throughout his/her day using the MapHabit App.
- Staff receive reminders to prompt the individual to use the restroom on an hourly interval using the MapHabit App.
- Individual is able to visualize through assistive technology and the MapHabit application a step-by-step process on how to clean up from incontinence independently.
- Individual is able to clean up following incontinence independently.



### FEEDING

- Individual learns the skills needed to map out their mealtimes and tasks associated with preparing for a meal (i.e. washing hands)
- Individual can use the correct utensils at the table.
- Individual can wipe face if needed while eating.

**Individual is independent in their daily routine.**

**INSTRUMENTAL  
ACTIVITIES OF DAILY LIVING**

# INSTRUMENTAL ACTIVITIES OF DAILY LIVING



## TRANSPORTATION

- Individual accesses his/her community using public transportation.
- Individual learns the bus schedule that is required for him/her to safely receive transportation to/from their job.



## SHOPPING, MEAL PREPARATION, HOUSEWORK & PERSONAL FINANCES

- Individual creates a weekly shopping list to manage his/her monthly budget.
- Individual shops within his/her community.
- Individual prepares food of his/her choosing.
- Individual learns how to prepare 1 new recipe per month of his/her choosing.
- Individual cleans up after meal prep.
- Individual is able to wash his/her own clothes.



## MANAGING MEDICATIONS

- Individual manages his/her own daily medication routine.
- Individual is prompted to take his/her daily medications.
- Individual learns to identify his/her medications using assistive technology and pictures of each medication.



## MANAGING COMMUNICATION WITH OTHERS

- Individual is able to visualize his/her community using assistive technology and the MapHabit application.
- Individual has the support he/she needs to access the community.
- Individual receives support from trained caregivers and/or staff on his/her individualized support needs.
- Individual, his/her caregivers and his/her team are able to effectively communicate changes in the individual's daily routine using assistive technology and the MapHabit application.
- Individual's OT/PT communicates to individual's caregivers and/or staff, through interactive videos, the safest way to support the individual in transferring, bathing, toileting, and dressing.



## TRANSITION, MEANINGFUL EMPLOYMENT, JOB COACHING

- Individual is a valuable employee.
- Individual uses assistive technology to map out the step-by-step process for completing his work day.
- Individual learns new skill each month to prepare for post-secondary employment opportunities.

## QUESTIONS?

Contact us at [support@maphabit.com](mailto:support@maphabit.com)

