

Partners in Policymaking Employment Course: Module 3: Finding a Career Meant for You >> Finding the Perfect Fit

WORKSHEET #7: Things I Can Do

My Name: _____

Today's Date: _____

Instructions:

Read through each physical ability. Check any that are not difficult for you to do. If something is difficult for you to do but you want to do it anyway, can you think of any ways to get support?

Area and Function	Description	Check the ones that are not difficult for you:
Staying Balanced	If I'm on a narrow, slippery or moving surface, I can stop myself from falling when:	<ul style="list-style-type: none"> • I stand up • I crouch down • I walk • I run
Climbing	I can go up and down: I can do this using:	<ul style="list-style-type: none"> • Stairs • Ramps • Ladders • Scaffolding • Poles • Ropes • My feet and legs • My hands and arms • Both my feet and legs and my hands and arms
Kneeling	I can:	<ul style="list-style-type: none"> • Bend my leg and come to rest on one knee • Bend my legs and come to rest on both knees • Get up from kneeling without help
Crawling	I can:	<ul style="list-style-type: none"> • Move about on my hands and knees • Move about on my hands and feet
Crouching and Stooping	I can:	<ul style="list-style-type: none"> • Bend downward and forward by bending my legs and spine • Bend body downward and forward by

		bending my spine at my waist.
Feeling	I can:	<ul style="list-style-type: none"> • Tell the size, shape, temperature and texture of objects by touching or handling them, particularly with my fingertips
Lifting	I can:	<ul style="list-style-type: none"> • Lift up to 10 pounds and occasionally lift or carry smaller items like books and small tools. • Lift up to 20 pounds and frequently lift or carry objects weighing up to 10 pounds. • Lift up to 50 pounds and frequently lift or carry objects weighing up to 25 pounds. • Lift up to 100 pounds and frequently lift or carry objects weighing up to 50 pounds. • Lift over 100 pounds and frequently lift or carry objects weighing 50 pounds or more.
Endurance	I can:	<ul style="list-style-type: none"> • Work for up to 4 hours at a time • Work for up to 6 hours at a time • Work for a long period of time - more than 6 - 8 hours at a time
Motor Coordination	I can:	<ul style="list-style-type: none"> • Coordinate my eyes and hands or fingers to perform tasks accurately • Extend my hands and arms in any direction • Look at a drawing and think of the object in three dimensions
Using My Hands	I can:	<ul style="list-style-type: none"> • Move fingers my rapidly • Work accurately with small objects. • Pick up, pinch, or use my fingers (not just my whole hand or arm) • Hold something with my hand or hands • Grasp something with my hand or hands • Turn something with my hand or

Checking Details	<p>I can find important information when:</p> <p>I can find errors when:</p>	<ul style="list-style-type: none"> • Someone's talking to me. • When I read materials. • When I look at charts. • I compare charts and objects. • I proofread words. • I proofread numbers.
Numbers	I can:	<ul style="list-style-type: none"> • Add and subtract numbers quickly and accurately • Use formulas to find interest rates, sales tax and other important calculations

Are there any physical abilities that are difficult for you to do but you would like to do anyway? If yes, list them below and include ways to get support.

Physical ability that is difficult to do	Ways you could get support

– Adapted from California State University Northridge's Job Seeking Skills for People with Disabilities: A Guide to Success