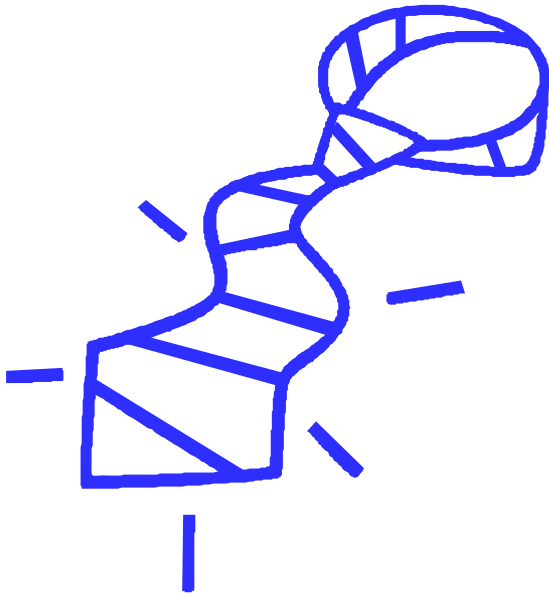


Fastenings



BUTTONS

Unbuttoning: Standard technique.

Objective: Student will unbutton several buttons.

Materials: Use a large, easy to handle buttons.

Position: Sitting or standing.

Task Analysis: Backward chaining. Trainer props student through entire learning process, leaving last part or parts for student to complete.

Note: Student will learn front buttons first, then smaller front and side buttons, and finally back buttons.

1. Student pulls halfway removed button from buttonhole.
2. Student pulls a button from buttonhole when started.
3. Student unbuttons independently.



Unbuttoning: Adapted technique.

Skill: Unbuttoning.

Adapted Technique: One hand and assist method.

Materials: Button shirt.

Recommended Student: Any student, particularly the student who has use of only one hand.

Position: Sitting or standing, well balanced.

Procedure: Presented in forward chaining. Backward chaining may also be used in instruction.

1. Student grasps the shirt near buttonhole and starts button through buttonhole with index finger and thumb.
2. Student pushes button completely through buttonhole.



BUTTONS

Buttoning: Standard technique.

Objective: Student will button several buttons.

Materials: Use a large, easy to handle buttons.

Position: Sitting or standing.

Task Analysis: Backward chaining. Trainer props student through entire learning process, leaving last part or parts for student to complete.

Note: Student will learn front buttons first, then smaller front and side buttons, and finally back buttons.

1. Student will pull the buttonhole edge of shirt over the button that is halfway through.
2. Student will pinch button and pull the buttonhole edge of shirt over the button that is just started in the hole.
3. Student will pinch button and start it through hole to button.



Buttoning: Adapted technique.

Skill: Buttoning.

Adapted Technique: One handed method.

Materials: Button shirt.

Recommended Student: Any student, particularly the student who has use of only one hand.

Position: Sitting or standing, well balanced.

Procedure: Presented in forward chaining. Backward chaining may also be used in instruction.

1. Student grasps buttonhole between thumb and index finger.
2. Student brings buttonhole over to other side of shirt to alignment with button.
3. Student uses index and middle fingers to push button through the buttonhole towards the thumb.
4. Student buttons button completely.



ZIPPERS

Unzipping: Standard technique.

Objective: Student will unzip a zipper.

Materials: Use a large, easy-to-close separating jacket zipper (½ inch wide).

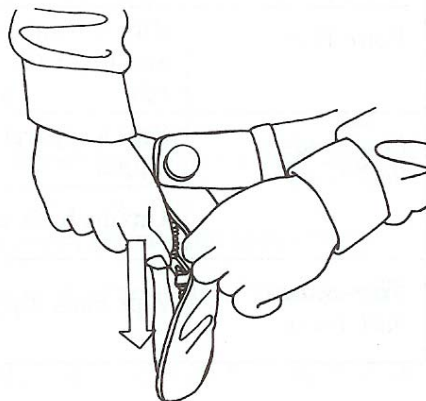
Position: Sitting or standing.

Task Analysis: Backward chaining. Trainer props student through entire learning process, leaving last part or parts for student to complete.

Note: Boy: After he can unzip a jacket zipper, introduce front pants zippers.

Girl: After she can unzip a front jacket zipper and a side or a front pants zipper, a back dress zipper may be introduced.

1. Student unzips zipper when three-fourths unzipped.
2. Student unzips zipper when half-way unzipped.
3. Student unzips zipper when one-fourth unzipped.
4. Student unzips zipper when guided to grasp the pull tab.
5. Student unzips zipper independently.



ZIPPERS

Zipping: Standard technique.

Objective: Student will zip a zipper.

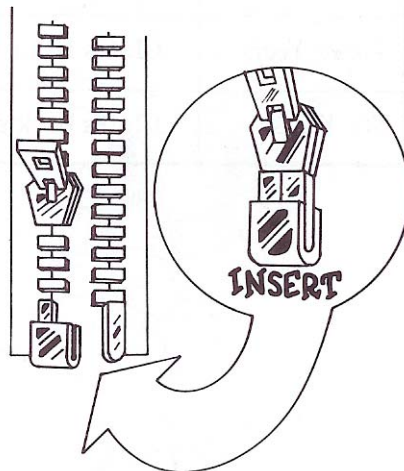
Materials: Use a large, easy-to-close separating jacket zipper (½ inch wide).

Position: Sitting or standing.

Task Analysis: Backward chaining. Trainer props student through entire learning process, leaving last part or parts for student to complete.

Note: After the student can zip a separating jacket zipper with the shank already inserted into the slide bottom, introduce the insertion procedure.

1. Student zips zipper when three quarter zipped.
2. Student zips zipper when one quarter zipped.
3. Student zips separating zipper with shank and slide bottom already fastened, with guidance to grasp the pull tab.
4. Student holds slide bottom with one hand, is guided to insert shank into slide bottom, and zips.
5. Student zips separating zipper independently.



SNAPS

Opening a snap: Standard technique.

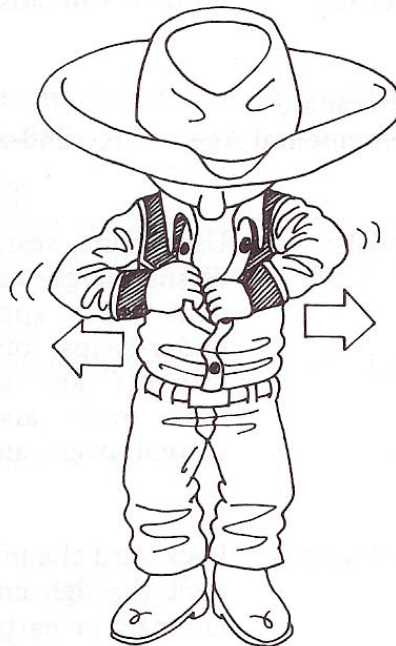
Objective: Student will open a snap.

Materials: Use a shirt, vest or jacket with easy to snap larger snaps.

Position: Sitting or standing.

Task Analysis: Backward chaining. Trainer props student through entire learning process, leaving last part or parts for student to complete.

1. Student will pull both over and under snaps apart.
2. Student will grasp over snap and under snap on the same snap/press stud.
3. Student will open the snap/press stud.



Opening a snap: Adapted technique.

Skill: Open a snap.

Adapted Technique: One hand method.

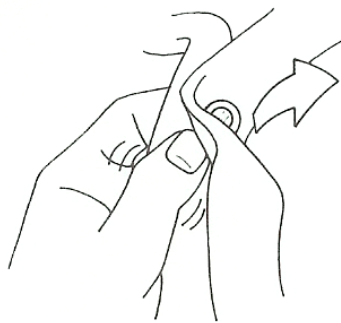
Materials: Garment with snaps.

Recommended Student: Any student, especially the hemiplegic student or one who does not have refined fine motor coordination.

Position: Sitting, well balanced.

Procedure: Presented in forward chaining. Backward chaining also may be used in instruction.

1. Student grasps snap with thumb and index finger as close to the snap as possible where the over and under snaps meet between garment layers.
2. Student pushes one finger down and one up in a lever action to open snap.



Snaps

Closing a snap: Standard technique.

Objective: Student will close a snap.

Materials: Use a shirt, vest or jacket with easy to snap larger snaps. It may help student place appropriate over and under-snaps on a shirt if colour prompts are used (for example first over and under snap red, second over and under snap blue).

Task Analysis: Backward chaining. Trainer props student through entire learning process, leaving last part or parts for student to complete.

Note: Boy: After student snaps front shirt snaps, front pants snaps can be introduced.

Girl: After student snaps front shirt snaps, side or front snaps may be introduced.

1. Student pushes already aligned over and under snaps together.
2. Student holds under snap and brings over snap in alignment with pincer grasp.
3. Student holds under snap and finds appropriate over snap.
4. Student closes snap with appropriate alignment.



Closing a snap: Adapted technique.

Skill: Close a snap.

Adapted Technique: One hand technique.

Materials: Garment with snaps.

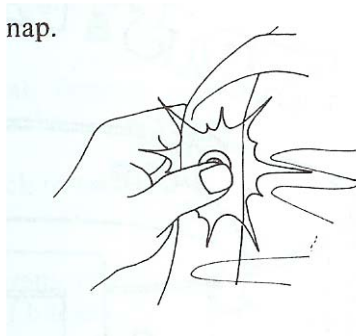
Recommended Student: Any student, especially the hemiplegic student or one who does not have refined fine motor coordination.

Position: Sitting or standing, well balanced.

Procedure: Presented in forward chaining. Backward chaining also may be used in instruction.

1. Student grasps shirt with thumb under lower snap and index finger over the snap.
2. Student aligns over and under snaps with index finger and thumb.
3. Student closes snap.

nap.



Buckles

Unbuckling: Standard technique.

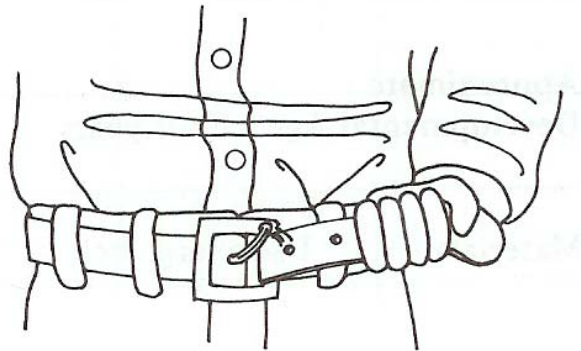
Objective: Student will unbuckle a belt.

Materials: Use a large belt.

Position: Standing.

Task Analysis: Backward chaining. Trainer props student through entire learning process, leaving last part or parts for student to complete.

1. Student removes belt tab from buckle after tooth is unhooked.
2. Student pulls belt tab back to unhook tooth.
3. Student removes halfway removed belt tab from final side of buckle.
4. Student removes belt tab from the final side of buckle.
5. Student unbuckles belt.



Buckles

Buckling: Standard technique.

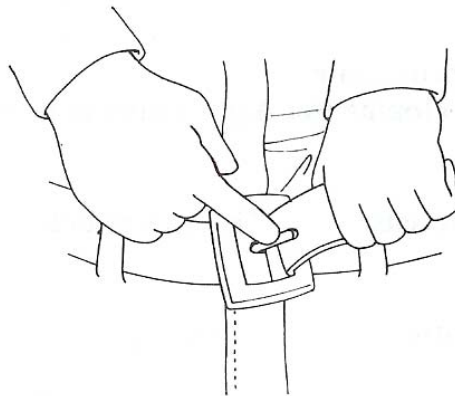
Objective: Student will buckle a belt.

Materials: Use a large belt.

Position: Standing.

Task Analysis: Backward chaining. Trainer props student through entire learning process, leaving last part or parts for student to complete.

1. Student pushes already placed tab end of belt through pant loop.
2. Student pushes tab end of belt through pant loop.
3. Student pushed toothed belt through final side of buckle.
4. Student pushes already aligned tooth in buckle.
5. Student pushes tooth in buckle.
6. Student pulls back already threaded belt tab through initial side.
7. Student pulls already started belt tab through initial side.
8. Student threads belt tab through initial buckle.
9. Student buckles independently.



Tying

Untying: Standard technique.

Objective: Student will untie a bow.

Materials: Normal sized shoelace.

Task Analysis: Backward chaining. Trainer props student through entire learning process, leaving last part or parts for student to complete.

1. Student pulls crossed laces once index finger is latched under.
2. Student latches index finger under crossed laces and pulls.
3. Student pulls one shoelace.
4. Student unties shoe.



Tying

Tying: Standard technique.

Objective: Student will tie a bow.

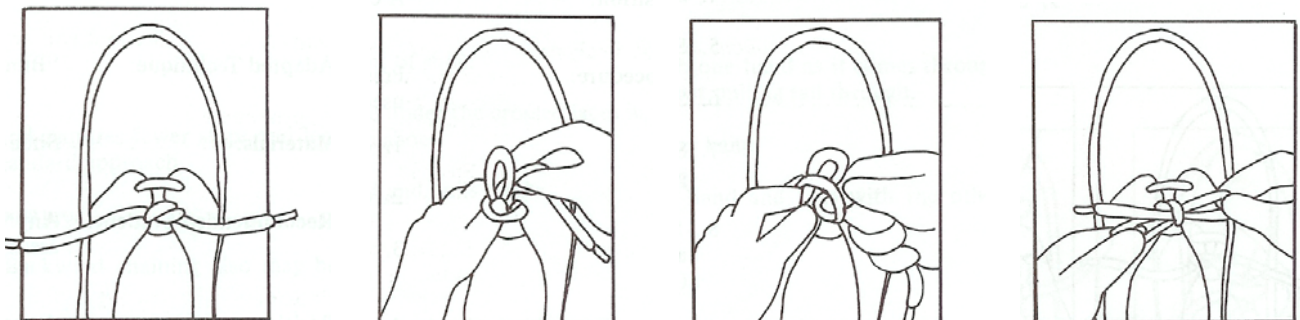
Materials: Long, wide shoelaces, consider colour coding them.

Position: Sitting.

Note: It may be easier to have student practice the technique on a shoe in his/her lap rather than bending to his/her foot.

Task Analysis: Backward chaining. Trainer props student through entire learning process, leaving last part or parts for student to complete.

1. Student pulls both loops tight, once positioned with assistance.
2. Student pulls both loops tight.
3. Student pushes laces through inner circle with index finger toward thumb, making a second loop.
4. Student makes a lace around first loop.
5. Student makes a loop with one lace.
6. Student pulls two laces, making one half knot.
7. Student brings top lace over other lace and into inner circle to create one half knot.
8. Student ties shoe.



Tying: Adapted technique.

Skill: Tie a shoe.

Adapted Technique: “Bunny ears” or “two loop tie” method.

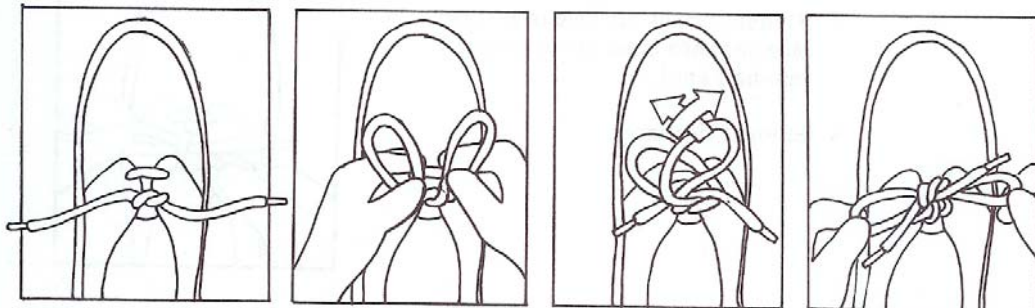
Materials: Shoe and long shoelaces.

Recommended Student: Any student; however, the method requires less refined lead assist action and fewer different steps than the standard approach.

Position: A comfortable, balanced sitting posture.

Procedure: Presented in forward chaining. Backward chaining also may be used in instruction.

1. Student picks up shoelaces.
2. Student crosses laces, laying them across front of shoe.
3. Student puts upper lace under the crossed laces through the cross created with the shoe in a toe to tongue direction.
4. Student grasps a lace in each hand and pulls tight.
5. Student makes one loop.
6. Student makes second loop with the other shoelace.
7. Student crosses loops across the front of shoe, maintaining grasp on the loop (same action as step 2).
8. Student puts upper loop under crossed laces through the triangle created with the shoe, in a toe to tongue direction (same as step 3).
9. Student grasps a loop in each hand and pulls tight.



Tying: Adapted technique.

Skill: Tie a shoe.

Adapted Technique: One loop tie method.

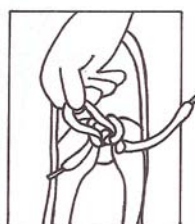
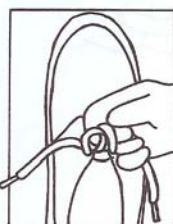
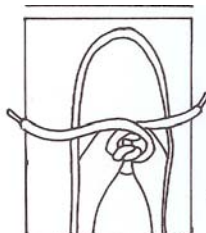
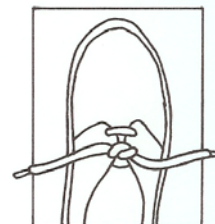
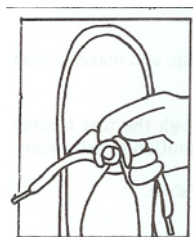
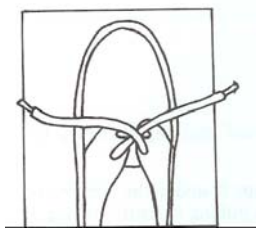
Materials: Shoe and long shoelaces.

Recommended Student: Any student; however, the method requires fewer steps and less lead assist hand usage than the standard approach.

Position: A comfortable, balanced sitting posture.

Procedure: Presented in forward chaining. Backward chaining also may be used in instruction.

1. Student picks up shoelaces.
2. Student crosses laces across front of shoe.
3. Student puts crossed upper lace under the crossed laces in the triangle created by the laces and shoe.
4. Student grasps lace in each hand and pulls tight.
5. Student repeats step 1.
6. Student repeats step 2.
7. Student repeats step 3.
8. Student grasps upper lace with one hand as it comes through the centre of the "knot" without pulling tail through.
9. Student grasps two tails in other hand.
10. Student pulls loop with one hand and tails with the other hand until one loop is tight.
11. Student tucks in tail strings.



Tying: Adapted technique.

Skill: Tie a shoe.

Adapted Technique: One string tie hemiplegic method.

Materials: Shoe and long shoelace knotted from the inside and laced back and forth straight across the shoe toward the tongue. The end of the shoelace in the last lace hole is toward the inside of the shoe, as diagrammed below.

Recommended Student: A hemiplegic student.

Position: Sitting, comfortably balanced.

Procedure: Presented in forward chaining. Backward chaining also may be used in instruction.

1. Student grasps the shoelace and slips it under the last cross lacing in a tongue to toe direction, pulling it tight, making a loop with it near the tongue.
2. Student holds shoelace tail in a pincer grasp, and makes a loop near the cross lace, holding the loop.
3. Student puts that loop toward self through the first created loop, and pulls tight in a back-and-forth motion in a slip knot.
4. Student tucks the shoelace tail in edge of shoe.

