



Velcro Playing Cards

A playing card Velcro board addresses performance skills such as visual scanning, standing tolerance, fine motor/gross motor coordination, attention, range of motion, reaching and balance in adults and older adults. These performance skills fall into 3 categories of motor, process and communication/interaction skills.

Acute rehabilitation unit clients with the following diagnosis that may benefit:

- Traumatic Brain Injury
- Cognitive Impairment
- Gait Abnormality
- Cerebral Vascular Accident
- Generalized Weakness
- Spinal Cord Injury

Common ARU performance deficits:

- Pain
- Decreased dynamic and static standing balance (Hsieh, Nelson, Smith & Peterson 1996)
- Decreased trunk control (Hsieh, Nelson, Smith & Peterson 1996)
- Impaired activity tolerance
- ROM and strength deficits (UE & LE)
- Visual and visual perceptual (Berger, Kaldenberg, Selmane, & Carlo, 2016)



Key terms:

- * **Visual Scanning:** Visual scanning involves both eye movements and fixation. This skill is the primary resource by which the CNS finds visual information from the environment. Clients with visual scanning disorders interfere with their independent performance of many daily activities, such as writing, driving, and self-care (Brooks, J., Seeanner, J., Hennessy, S., Manganelli, J., Crisler, M., Rosopa, P., . . . Tanner, S.,2017).
- * **Motor:** when clients move and interact with task objects and environments. Motor skills include posture, mobility, coordination, strength and effort, and energy (American Occupational Therapy Association, 2002).
- * **Process:** when clients manage and modify actions while completing a task. Process skills include energy, knowledge, temporal organization, organizing space and objects, and adaptation (American Occupational Therapy Association, 2002).
- * **Communication/Interaction skills:** when clients convey their intentions and needs and

coordinates social behavior to act together with people (American Occupational Therapy Association, 2014).

How to make your own Velcro playing cards:

- Materials:
 1. Poster/cardboard
 2. Cardstock (black)
 3. 2 decks of playing cards
 4. Velcro circles
 5. Glue
 6. Scissors
- Steps:
 1. If using cardboard, glue black cardstock to the cardboard giving it a background.
 2. Velcro or glue 1 deck (52) cards to the poster; face up.
 3. Add a small piece of Velcro to each card (face) that is glued to the poster.
 4. Take the second deck (52) cards and add a piece of Velcro the back of each card.
 5. Match each card to its match and ENJOY!

Activities/ Interventions to do while standing or sitting:

- Matching
- Memory
- War
- Rummy
- Card Hunt (Clients complete simulated community mobility to find cards and match to board)
- Money management-IADLs
- ADL Practice (Label certain cards to match ADLs that the client wants to practice/work on)

References

American Occupational Therapy Association (2014) Occupational therapy practice framework: Domain and process (3rd ed). *American Journal of Occupational Therapy*, 68(Suppl 1), S1– S48. doi org/10 5014/ajot 2014 682006.

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