Objective 1: To be able to access the garden safely 3-4 times per week for 60-minute periods

Went to brothers – could do 1.5 hrs in the garden using pole saw, pruning and weeping pair, ratchets. 9/10 – limited by fatigue/standing and walking and mental fitness.

Objective 2: To be able to participate in volunteer work for up to 10 hours per week.

6 hours, x2 days – 9 – 3 – physical fatigued ++ and mental fatigue. On Mondays doing volunteer work for bowers fixing pallets – 3-4 hours. Networking etc.

Objective 3: To be able to mow lawns for up to 1.5 hours, 1x per week.

Biggest mowing lawns 50 mins – 60 mins – driveway and front part – limited by physical fatigue

1.Tend to gardens/lawns 5 (8/10)

2.ADLs 5 (6.5/10) – fatigue, can struggle to get out of bed early and delayed fatigue

3.Work ready 3 (5.1/2) – fatiguability, aptitude

IOA, IMA, BTW.