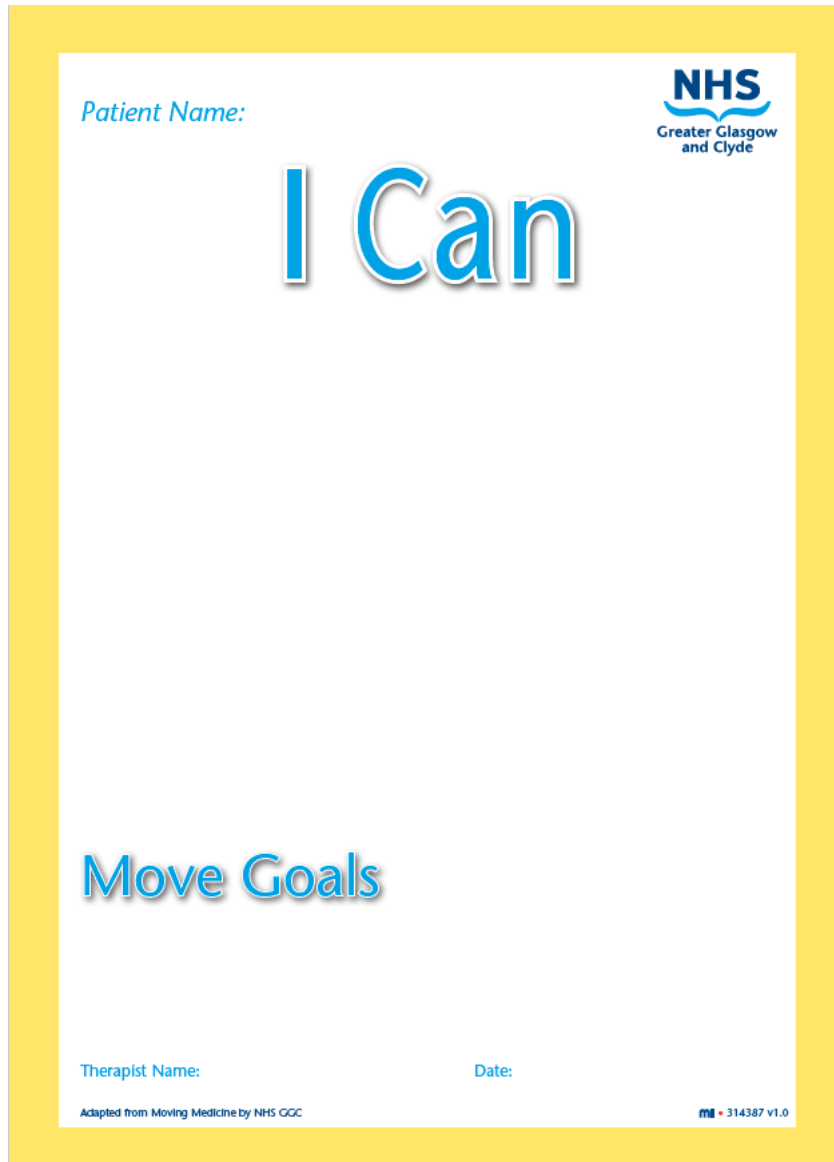


SUPPORT MATERIAL FOR USING I CAN POSTERS

This document is to assist you in working with the “I CAN” poster.

The I CAN poster can be ordered from Medical Illustrations (medilgri@ggc.scot.nhs.uk) using code MI 314387v1.0. Your team will be responsible for the cost of any printing ordered. Please check the [Active Wards Staffnet Page](#) for the latest version of the poster.



The poster is a white rectangular sheet with a yellow border. It features the following elements:

- Top Left:** The text "Patient Name:" in blue.
- Top Right:** The NHS Greater Glasgow and Clyde logo, consisting of the letters "NHS" in blue above the text "Greater Glasgow and Clyde" in a smaller blue font.
- Center:** The large, stylized text "I Can" in blue with a white outline and a slight drop shadow.
- Bottom Left:** The text "Move Goals" in blue with a white outline and a slight drop shadow.
- Bottom Left (smaller text):** "Therapist Name:" in blue.
- Bottom Right (smaller text):** "Date:" in blue.
- Bottom Left (smaller text):** "Adapted from Moving Medicine by NHS GGC" in a very small blue font.
- Bottom Right (smaller text):** "mi • 314387 v1.0" in a very small blue font.

Practical Use:

Display where staff are able to see easily and user friendly (e.g. no abbreviations, plain language and not too much information).

Document clearly current "I CAN" instructions and MOVE goals in the patient's notes.

Can be used for both PT and OT information for the patients.

Consider information to be included:

- Which walking aid is used (if any)
- Distance the person is able to walk
- Any special instructions e.g. splints to be worn for mobility (i.e. "Please put my splints on before I walk")

! Remember to sign and date at the end of the page.

Examples:

I CAN example:

I CAN... 'walk by myself with a Zimmer' or 'get washed and dressed independently'

(If a patient is bedbound – consider using different wording e.g. the phrase "I CAN.....sit up in bed")

A MOVE goal is what can be achieved now to encourage people to move more e.g.:

'walk 20m to the day room x2 daily' or 'complete my seated exercise programme x3 daily' or
'stand up x 5 every hour'