

Is Interactive Metronome® Right for Me or My Family Member?



The ability to clap to a steady auditory beat (i.e., metronome) is fundamental for many of our abilities. The Interactive Metronome (IM) measures & trains this basic timing ability, which leads to improvement in the areas listed below (individual results vary). To determine whether IM training will help you or your family member, please take a moment to complete this checklist.

COGNITIVE SKILLS (check all that apply)	
<input type="checkbox"/>	Trouble paying attention & concentrating (<i>loses focus, easily distracted</i>)
<input type="checkbox"/>	Trouble remembering things
<input type="checkbox"/>	Slow thinking speed (<i>slow to understand what is being said, slow to respond, slow when completing tasks and communicating</i>)
<input type="checkbox"/>	Trouble keeping track of & managing time (<i>doesn't pay attention to time, late for things, needs prompting to be on time or to complete tasks on time</i>)
<input type="checkbox"/>	Trouble prioritizing (<i>needs to be told what is most important to do first, second, third, etc. in order of importance</i>)
<input type="checkbox"/>	Trouble planning & thinking ahead (<i>lives in the moment</i>)
<input type="checkbox"/>	Disorganized (<i>loses or can't find items, trouble sequencing steps to tasks, etc.</i>)
<input type="checkbox"/>	Tends to procrastinate and has to be reminded often to get started on tasks
<input type="checkbox"/>	Trouble solving problems
<input type="checkbox"/>	Trouble with being flexible when plans change (<i>gets upset, behavioral outburst, gets thrown off track</i>)
<input type="checkbox"/>	Experiences frequent mental fatigue following illness or injury

MOTOR SKILLS (check all that apply)	
<input type="checkbox"/>	Poor legibility of handwriting
<input type="checkbox"/>	Trouble with buttoning, fastening or other tasks requiring fine motor coordination
<input type="checkbox"/>	Tendency to be clumsy or uncoordinated
<input type="checkbox"/>	Impaired balance or gait when walking

SOCIAL SKILLS (check all that apply)	
<input type="checkbox"/>	Impulsive
<input type="checkbox"/>	Aggressive
<input type="checkbox"/>	Trouble staying on the topic (<i>tangential</i>)
<input type="checkbox"/>	Interrupts others when they are speaking
<input type="checkbox"/>	Trouble making eye contact
<input type="checkbox"/>	Trouble getting along with others

ACADEMIC SKILLS (check all that apply)	
<input type="checkbox"/>	Trouble paying attention in class
<input type="checkbox"/>	Easily distracted
<input type="checkbox"/>	Trouble maintaining concentration when reading or studying
<input type="checkbox"/>	Trouble understanding teacher/professor or following verbal instructions
<input type="checkbox"/>	Hard time taking notes during class lectures
<input type="checkbox"/>	Problem with reading, or reads slowly
<input type="checkbox"/>	Trouble keeping papers, notes, books, assignments organized
<input type="checkbox"/>	Forgets to write down, complete or turn in assignments
<input type="checkbox"/>	Problem getting started with assignments (<i>procrastination</i>)

SPEECH & LANGUAGE SKILLS (check all that apply)	
<input type="checkbox"/>	Trouble understanding verbal directions & information (<i>auditory processing & comprehension</i>)
<input type="checkbox"/>	Trouble communicating thoughts/ideas, trouble finding the words to express self
<input type="checkbox"/>	Trouble with articulation, phonics or phonological processing (<i>understanding & producing sounds or associated sounds with letters</i>)
<input type="checkbox"/>	Problem with written language (<i>putting thoughts into words on paper</i>)
<input type="checkbox"/>	Trouble with reading comprehension
<input type="checkbox"/>	Stuttering

PROVIDER INFORMATION	