

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)

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

MOTOR SKILLS (check all that apply)

☐	Poor legibility of handwriting
☐	Trouble with buttoning, fastening or other tasks requiring fine motor coordination
☐	Tendency to be clumsy or uncoordinated
☐	Impaired balance or gait when walking

SOCIAL SKILLS (check all that apply)

☐	Impulsive
☐	Aggressive
☐	Trouble staying on the topic (<i>tangential</i>)
☐	Interrupts others when they are speaking
☐	Trouble making eye contact
☐	Trouble getting along with others

ACADEMIC SKILLS (check all that apply)

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

SPEECH & LANGUAGE SKILLS (check all that apply)

☐	Trouble understanding verbal directions & information (<i>auditory processing & comprehension</i>)
☐	Trouble communicating thoughts/ideas, trouble finding the words to express self
☐	Trouble with articulation, phonics or phonological processing (<i>understanding & producing sounds or associated sounds with letters</i>)
☐	Problem with written language (<i>putting thoughts into words on paper</i>)
☐	Trouble with reading comprehension
☐	Stuttering

PROVIDER INFORMATION

Name: _____

Profession: _____

Facility: _____

Location: _____

Population Served: _____