

# Overlapping Grid Pattern

A Tactile Systematic Technique

## Method:

1. Place your hand(s) at the edge of the surface.
2. Make a loose fist or use the backs of your relaxed hand(s). You can either use one or two hands, depending on the task. Keep hands either on the surface or slightly above, again depending on the activity.
3. Gradually using a systematic pattern, move your fist(s) or hand(s) from front to back in systematic strokes that are overlapping and left to right, ensuring full coverage of the area.
4. If a rounded surface such as a bathroom sink or the inside of a washer /dryer, use a circular pattern moving from top to bottom.
5. If looking for an object, start near your body and work in one quadrant moving outward in a fan pattern. Move to another quadrant if the item has not been located.
6. The grid pattern can also be used with a foot or object to search for fallen items.

What tasks or activities could you complete using the over-lapping grid pattern? Allow the consumer to identify these.

Below is a comprehensive, but not a complete list of ways the overlapping grid-pattern technique is helpful:

- Finding a dropped object on the floor
- Finding an object, such as a glass, on a table or counter
- Cleaning a counter, sink, dishes
- Sweeping, mopping, and vacuuming a floor
- Cleaning windows
- Cleaning a car
- Finding clothes in the washer and dryer
- Ironing
- Finding objects in the fridge or a drawer
- Pouring cake dough into a pan
- Frosting cakes or cupcakes
- Putting toppings on a pizza or decorating cookies

- Applying cosmetics and moisturizer
- Shaving
- Raking or mowing the grass
- Pruning a rose bush
- Planting seeds or picking produce
- Washing a pet
- Washing or changing a baby's diaper
- Crocheting
- Painting

Once you have discussed all the ways the grid pattern can be used, teach a few additional tasks they can use this for, such as finding a glass.

Finding a glass:

- Place your right hand at the edge of the table palms facing you.
- Use the backs of your relaxed hand. Keep your hand slightly above the table.
- Gradually, using a systemic pattern, move your hand from front to back and left to right, ensuring full coverage of the area until you locate your glass or cup.
- Once found, place the glass in a consistent area that is easy to locate.

Review practical ways they might implement the grid pattern in their daily lives and ask them to report back to you on how they used the technique within the next few days.