User Guide

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iamable is a web-based application (app) that has been created with input from physiotherapists and occupational therapists with expertise in the areas of rehabilitation and chronic disease self-management.

The purpose of ***iamable*** is to help you manage your chronic condition and maintain or improve your level of function. Using ***iamable*** will help you:

- Set activity goals for yourself
- Reduce your risk of falls
- Manage stress & pain
- Manage fatigue
- Increase your physical activity level
- Exercise with your condition

What you will need to get started:

- A computer, tablet or cellular phone
- An internet connection
- Your email address and password

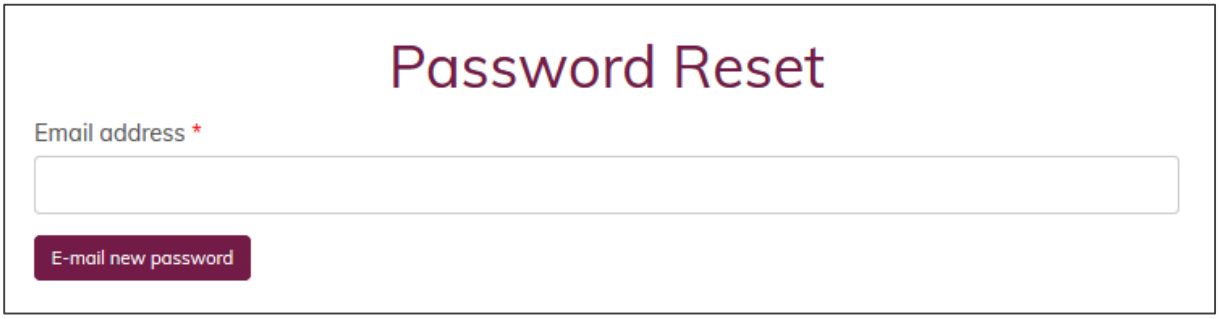
Log in

Open your browser. Go to http://iamable.ca/user/login

To sign in:

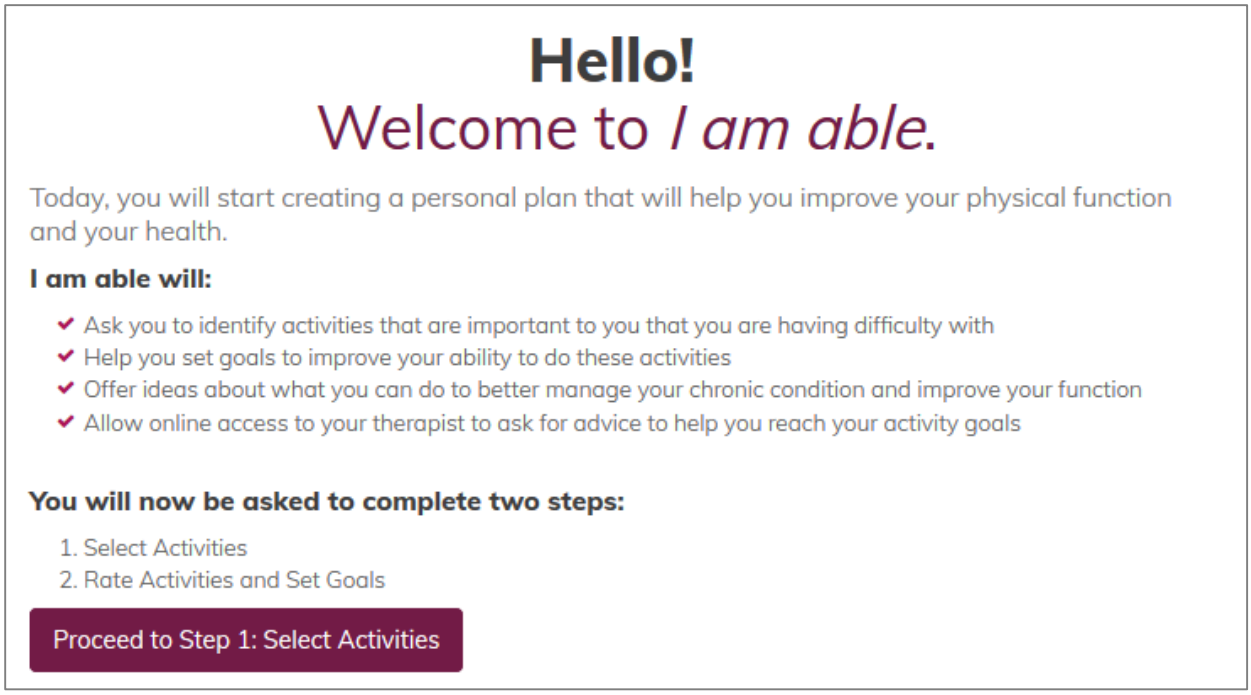
1. Enter your email address.
2. Enter your password.
3. Click Log in.

If you forgot your password, you can reset it by clicking the **Forgot your password** link.



Enter your email address, then check your email for instructions on how to reset your password.

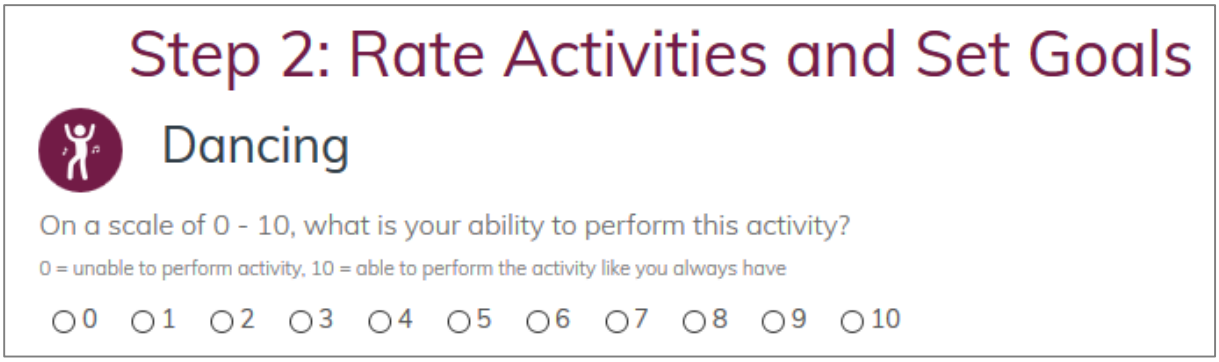
1. Click the button to Proceed to Step 1: Select Activities.



2. Select **up to 3** important activities that you are currently having difficulty doing because of your health. Once you have made your selection(s), click Next.

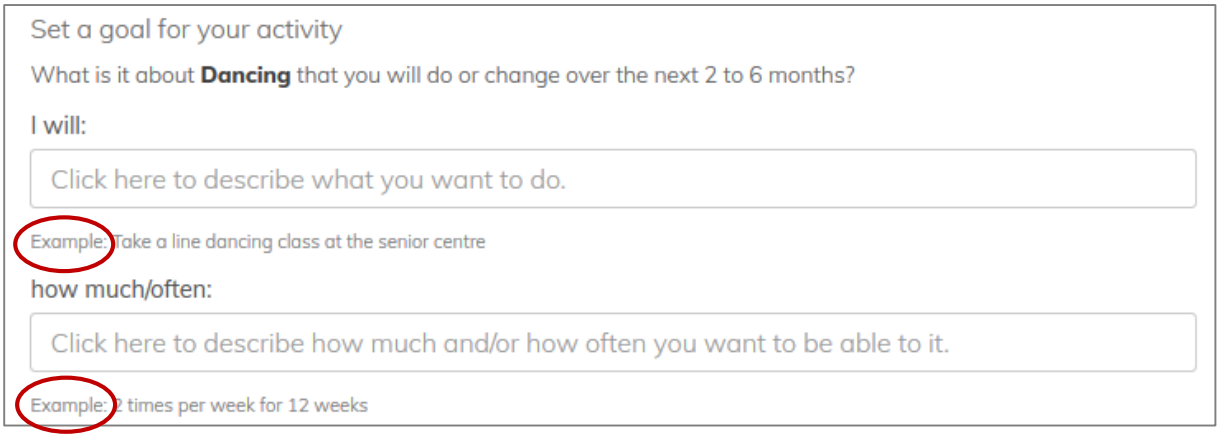
Note: You don't have to select all 3 activities now. You can add a new activity at any time (see page 7 for details). For help selecting an activity, click the button to watch a video.

3. Rate your ability to perform the activity you selected on a scale of 0-10.



4. Set a goal for your activity.

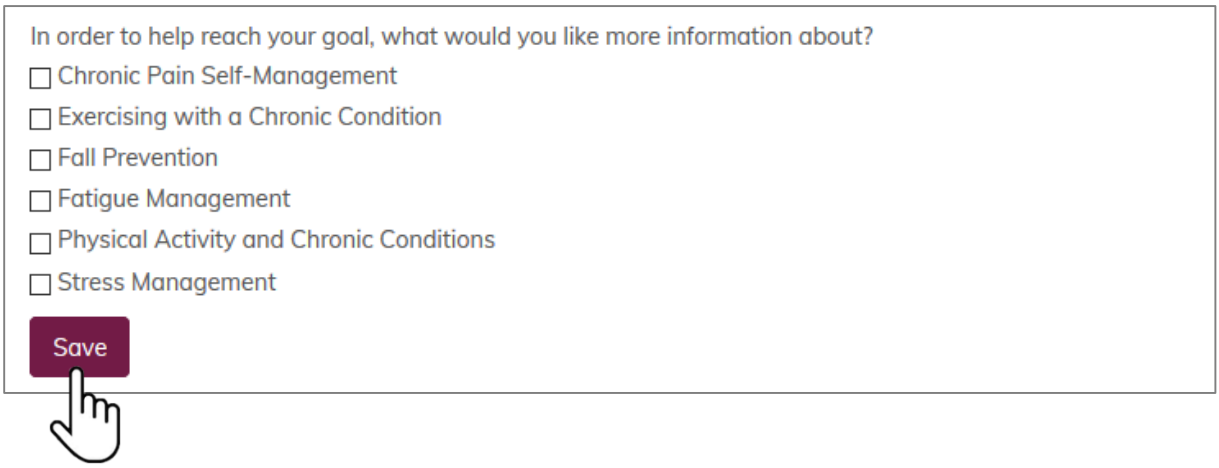
Note: The more detail you add to your goal, the easier it will be for you to know if you have achieved it or not. Look at the example provided for help.



5. Select a time frame for completing your goal. Make sure you select a timeline that is realistic.

6. Select Self-Management Modules

   - What information do you need to help you reach your goal? There are a variety of Self-Management Modules available in this app. Select all of the modules that apply, then click Save to progress to the next screen.

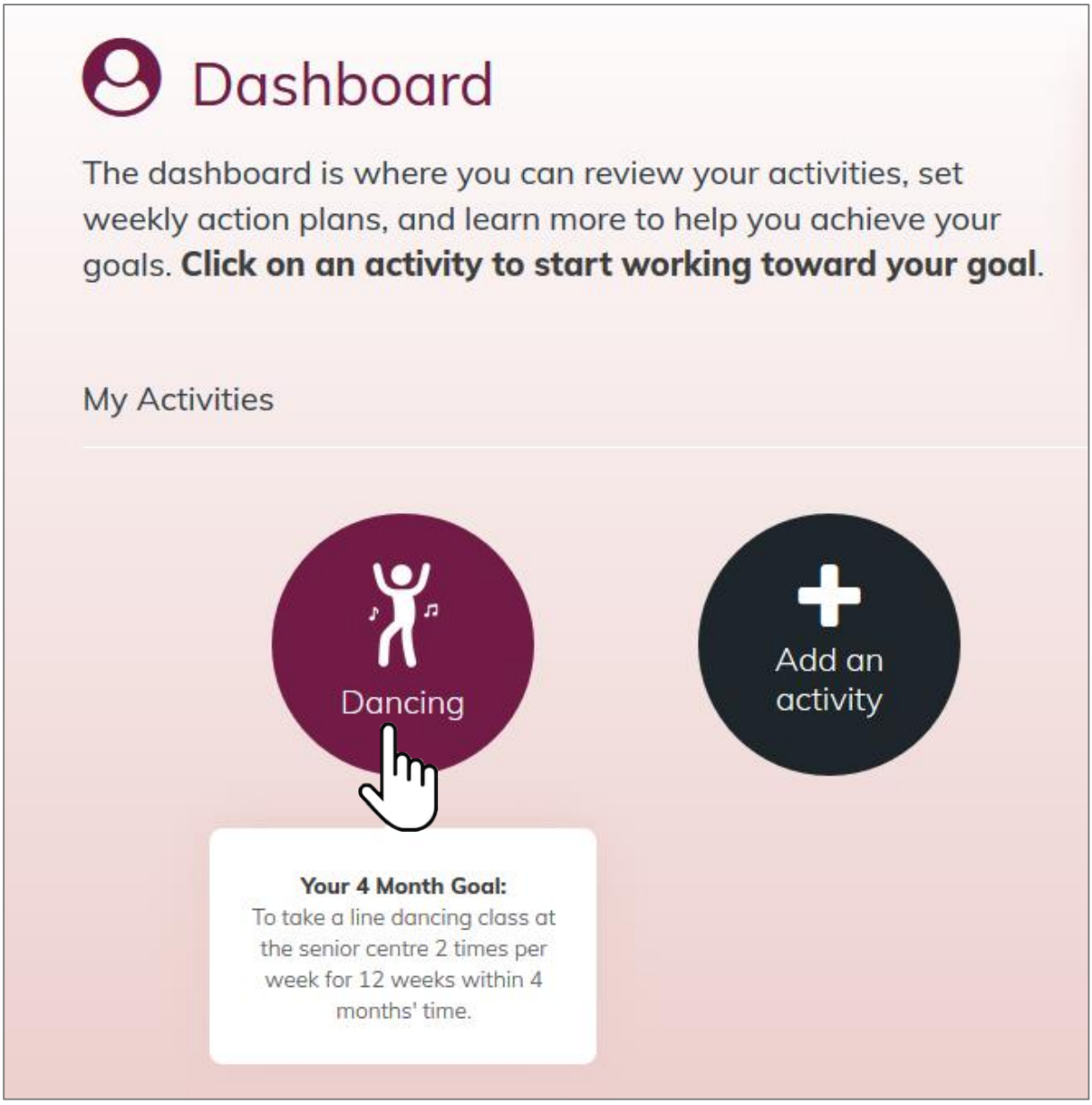


7. Adding a new activity

   - Adding a new activity is easy. From your Dashboard, click on the Add an activity button.

Start working toward your activity goal

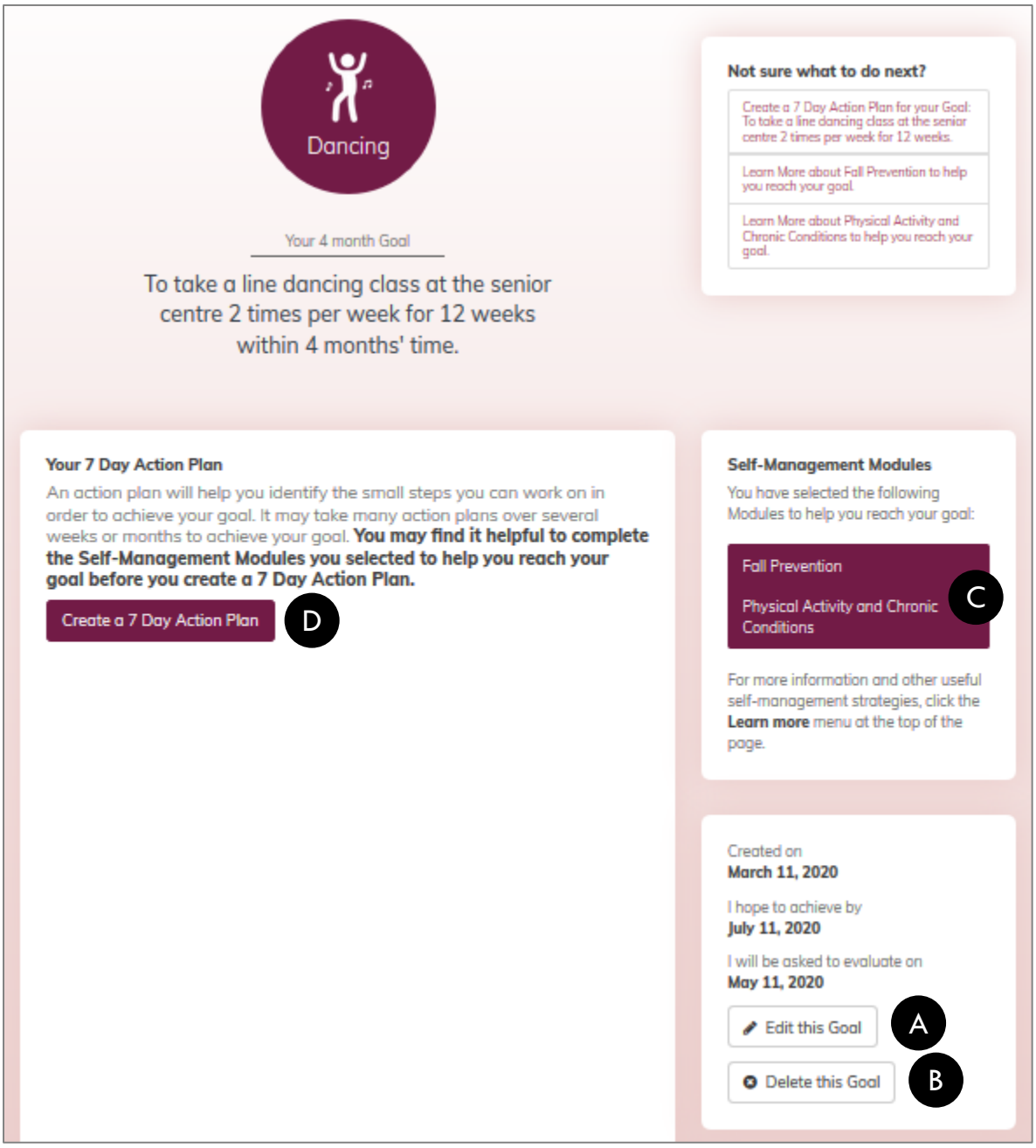
Click on the activity icon of your choice to start working toward your activity goal.



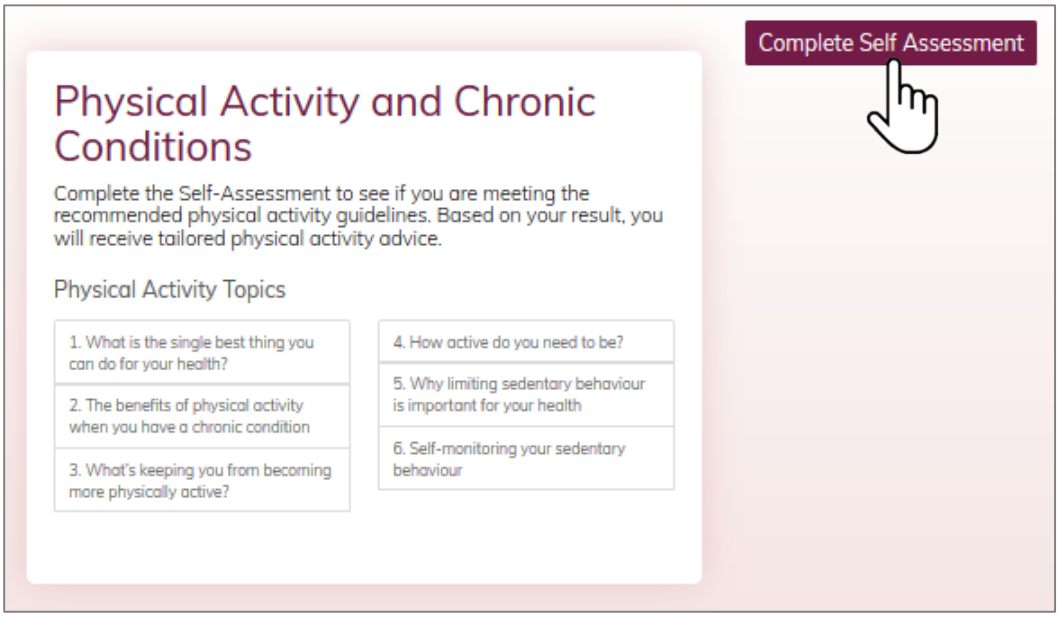
Main activity screen

You have several options once you reach this screen.

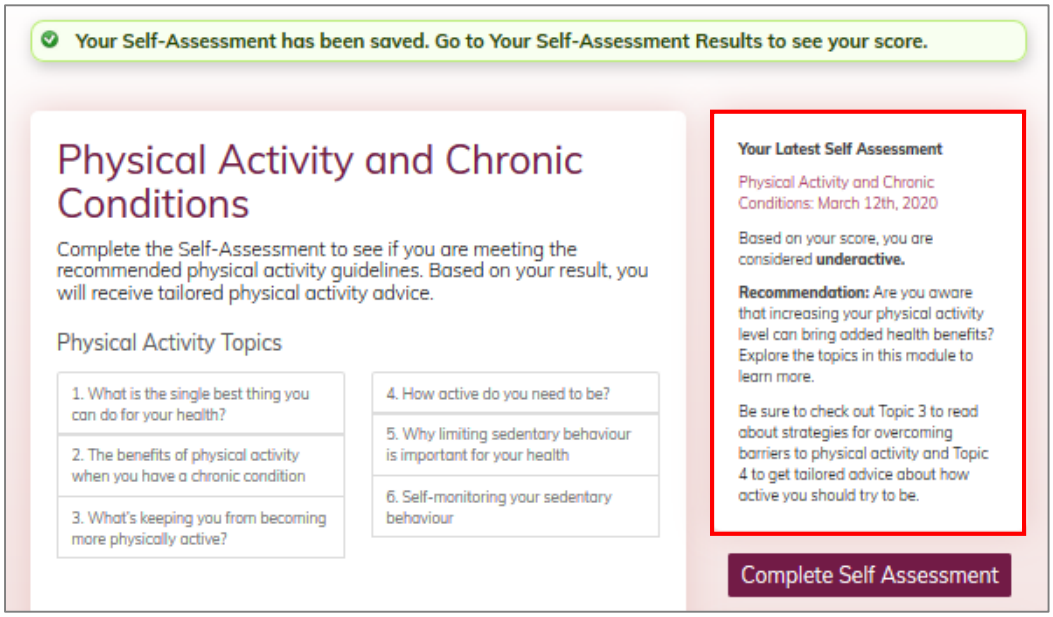
1. Review your goal. You have the option to Edit (A) or Delete it. (B)
2. Select a Self-Management Module to complete. (C) In this example, the options would be Fall Prevention or Physical Activity and Chronic Conditions.
3. Create a 7 Day Action Plan. (D) It is suggested that you create an action plan **after** looking at the information in the Modules.



1. Complete the self-assessment
   - Click the Complete Self-Assessment button
   - Complete the self-assessment questionnaire
   - Click Submit

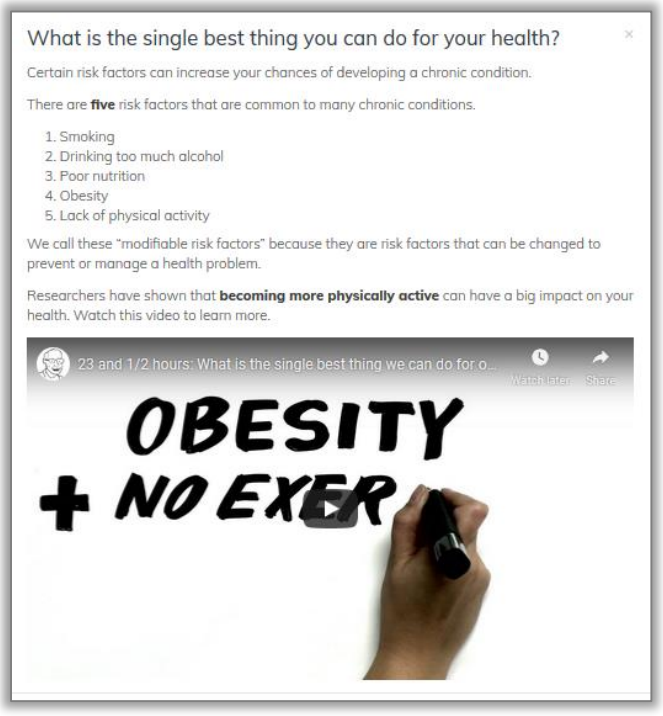


2. Review the results of your self-assessment.
   - The app will interpret your score and provide you with a recommendation.
   - The app will suggest which Topics you may want to focus on.

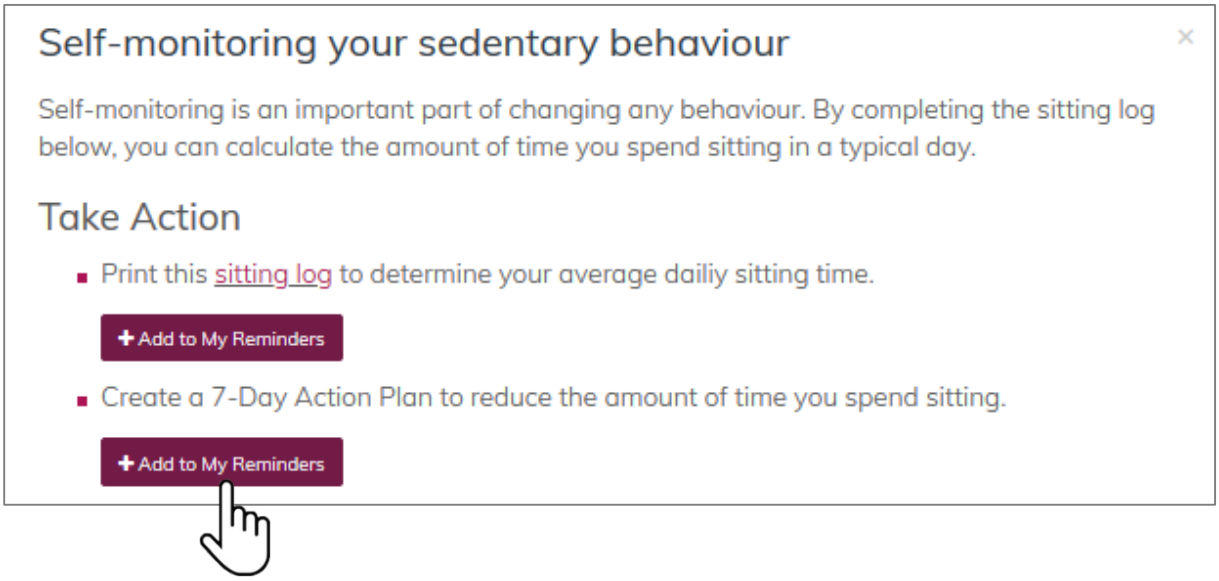


Module topics

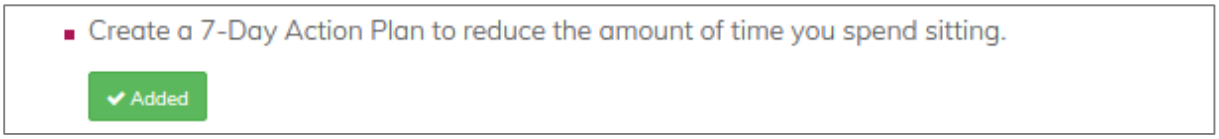
Each of the modules has a number of topics for you to explore. In this example, the Physical Activity and Chronic Conditions module has 6 topics. Click on the topic to learn more.



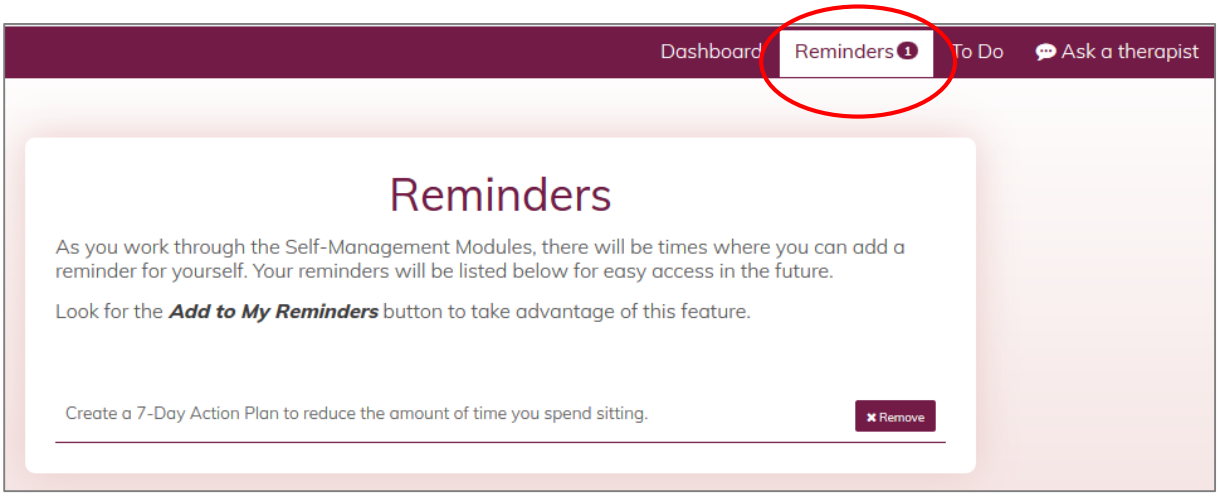
As you work through the module topics, you will see that some of the Take Action items can be added to your Reminders.



1. Click the Add to My Reminders button to add an action item to your Reminders page.



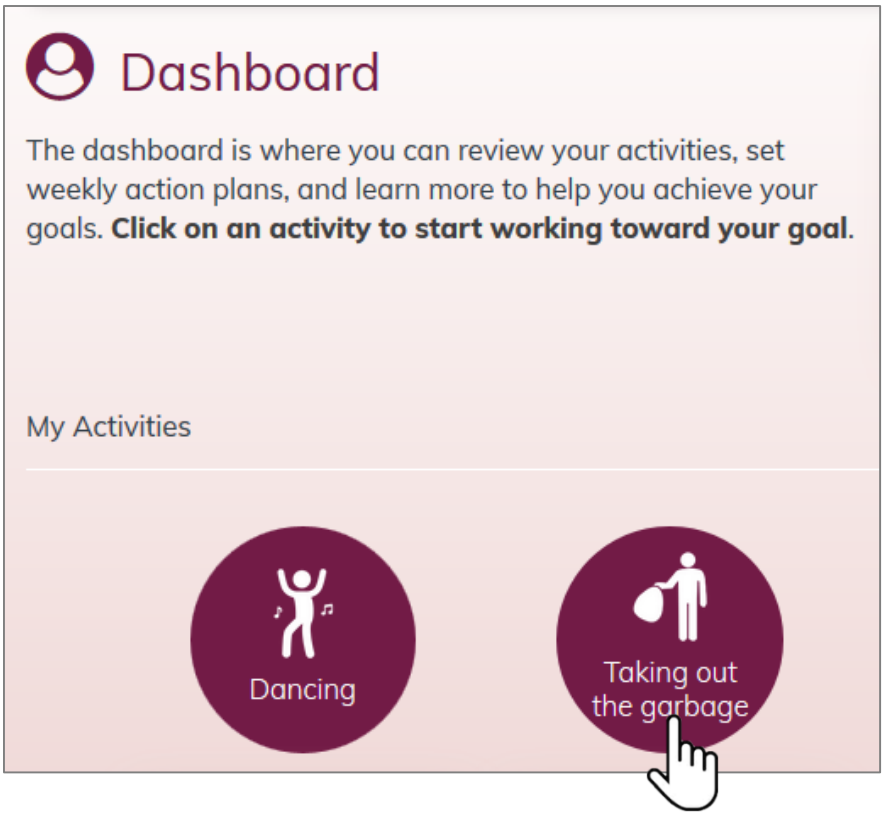
2. To access the action item in the future, click on the Reminders tab in the menu bar at the top of the page.



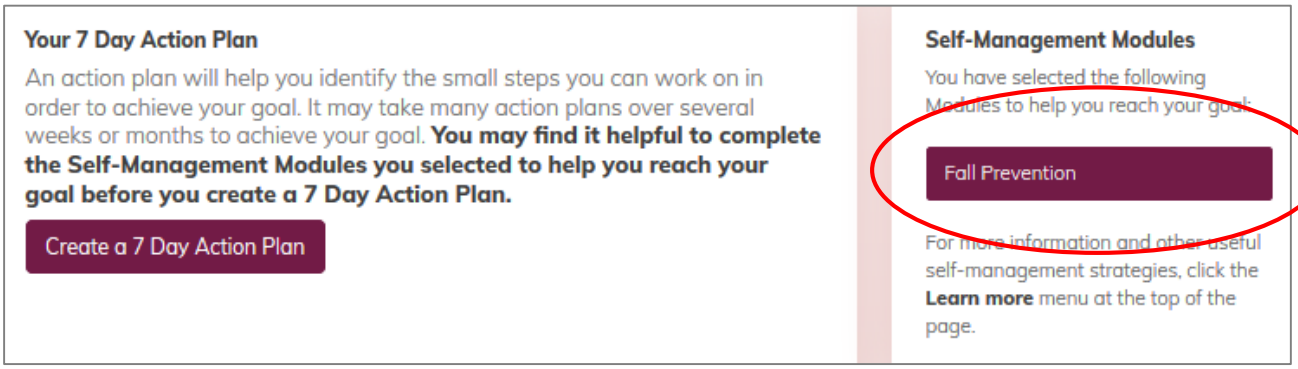
An action plan will help you identify the small steps you can work on in order to achieve your goal.

To create an action plan:

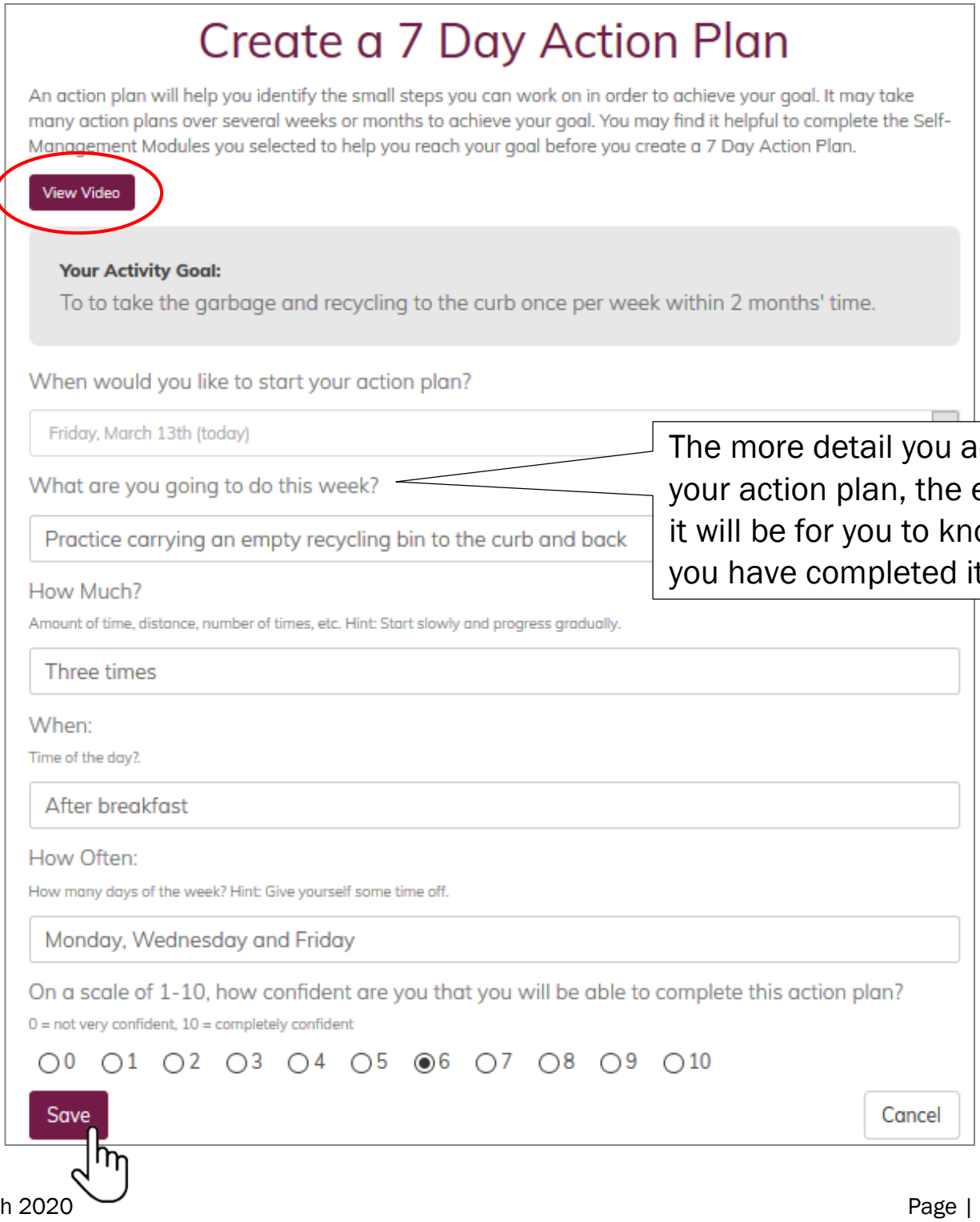
1. Select an activity you want to focus on.



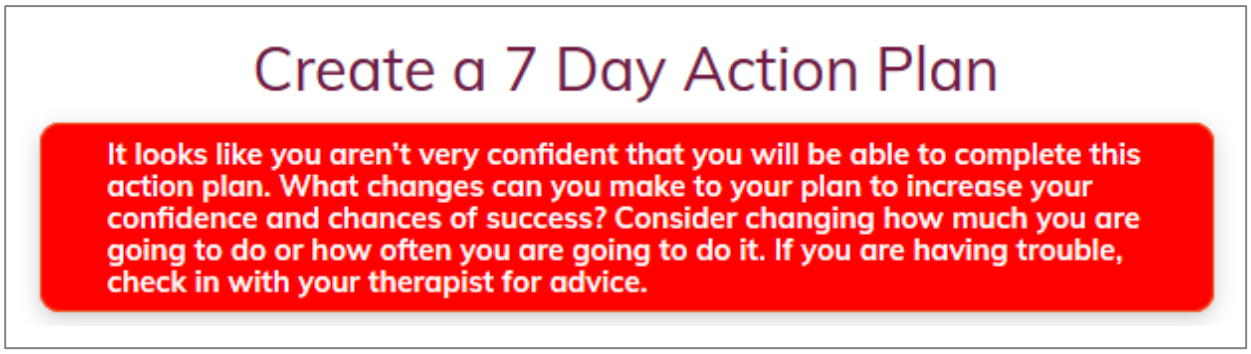
2. Review the Self-Management module(s) you selected that will help you reach your goal.



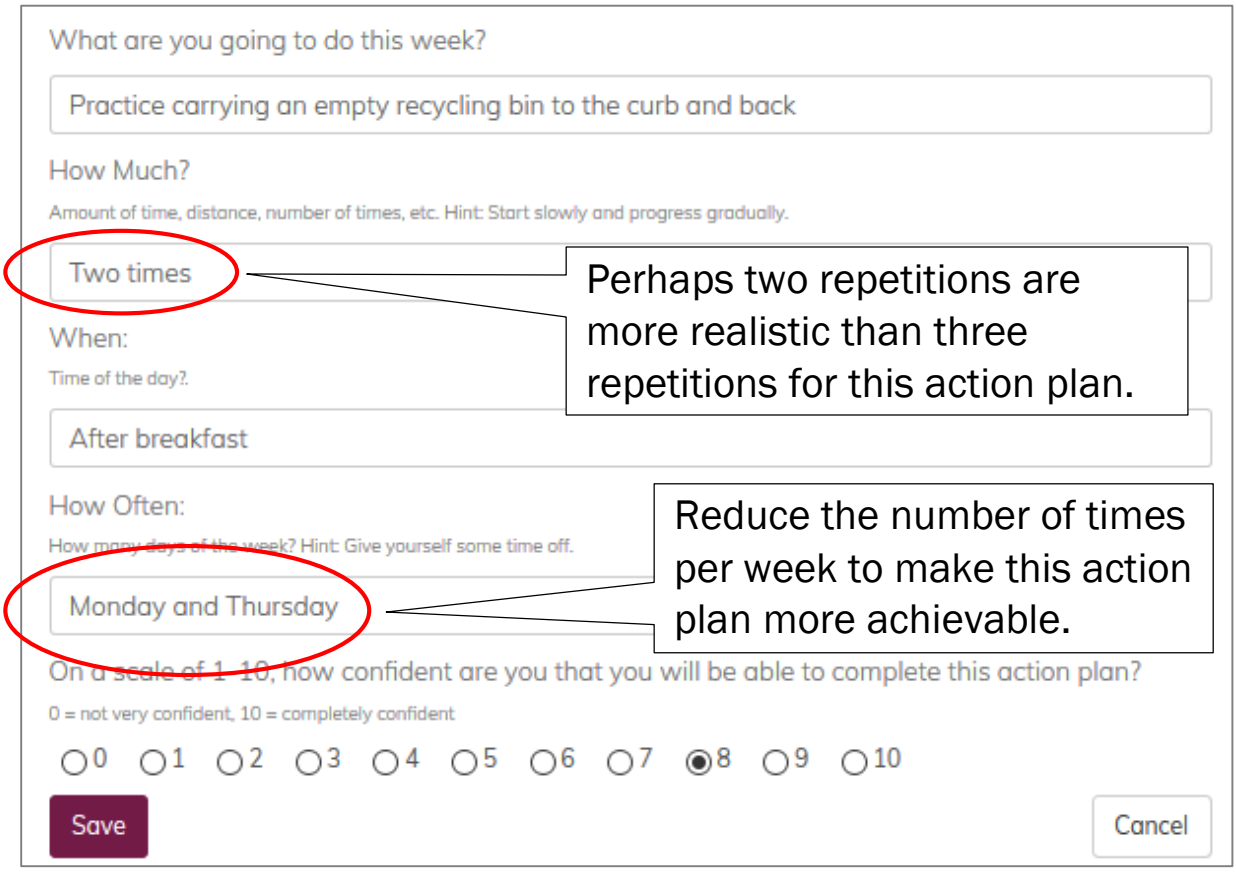
3. Click on the Create a 7 Day Action Plan button.
4. Complete the form and click Save.
5. For help creating an action plan, click the button to watch a video.



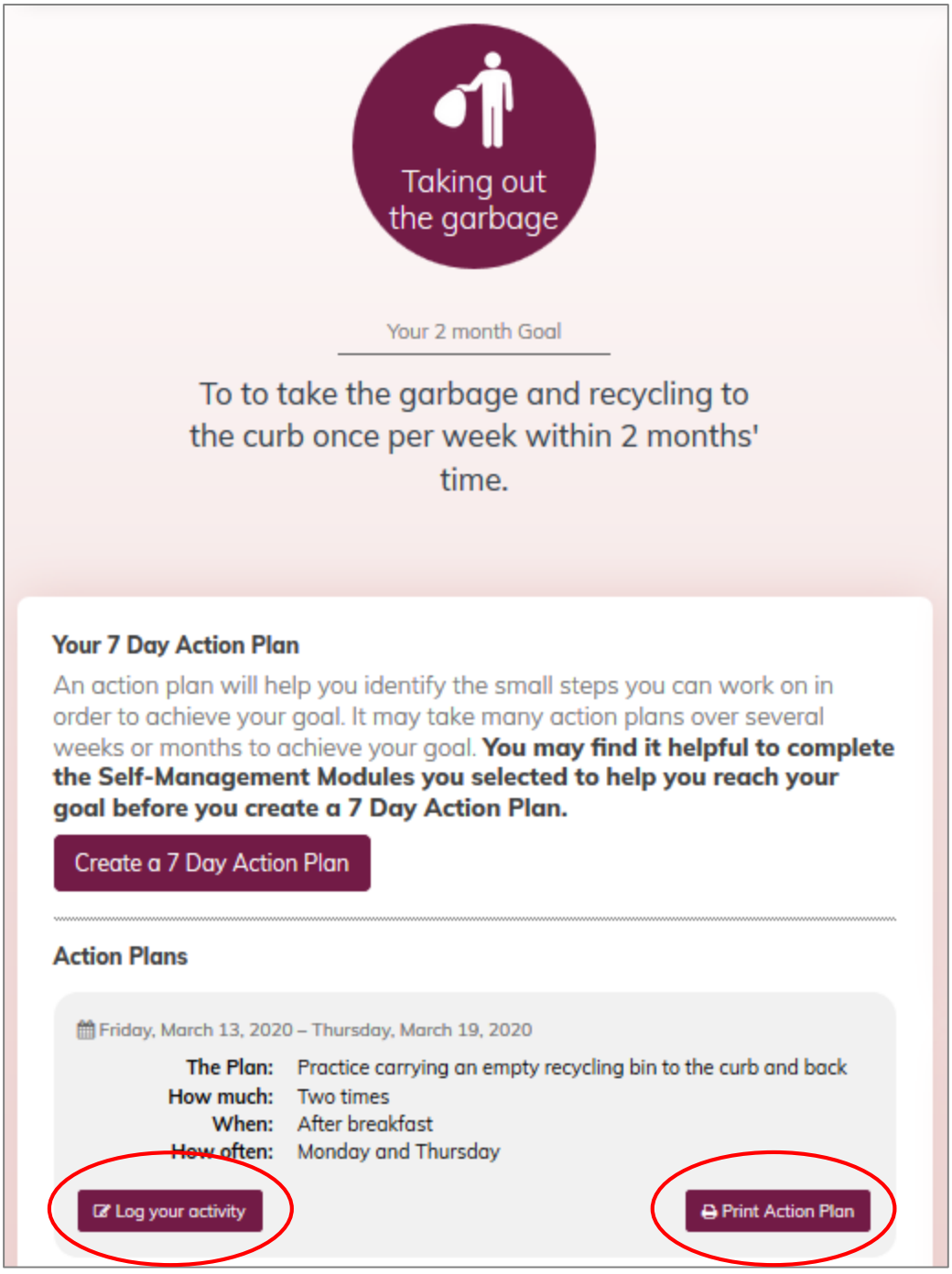
6. Revise your action plan
   - If your confidence rating is **less than 7/10**, this message will appear.



   - You will be asked to think of ways to change your plan to increase your confidence level.
   - Make the necessary changes, select your new confidence rating and click Save.



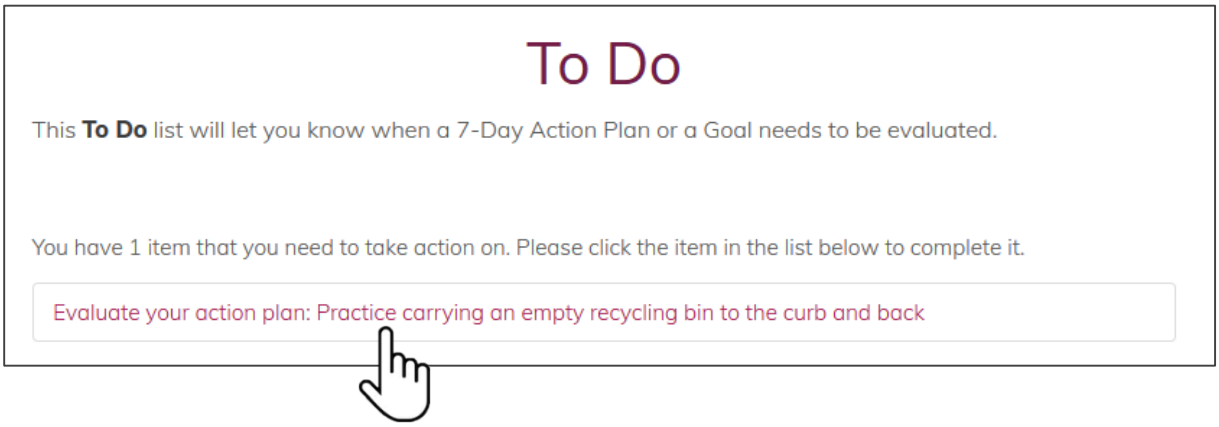
7. Log your activity
   - Your new action plan will appear on your activity page.
   - You have the option to log your activity online or print your action plan and log your activity on paper.



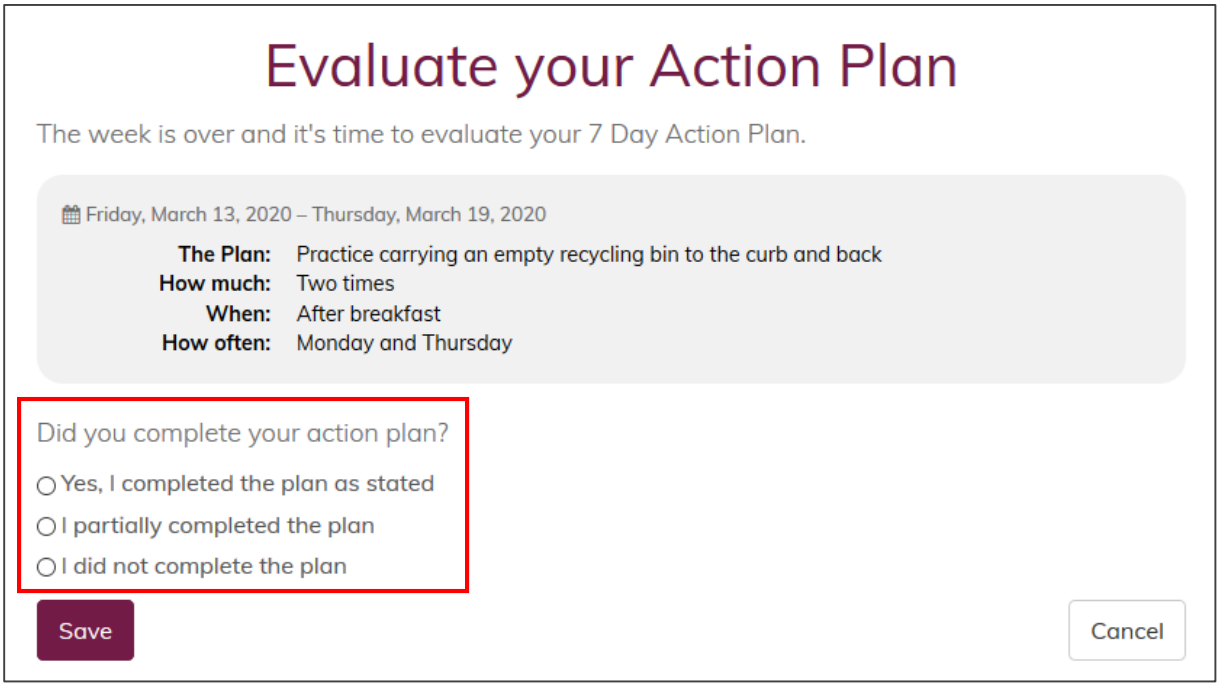
- You will receive an email notification when it is time to evaluate a goal or action plan.
- Log in to the ***iamable*** app and click on the **To Do** tab at the top of your screen.

Evaluating your 7 Day Action Plan

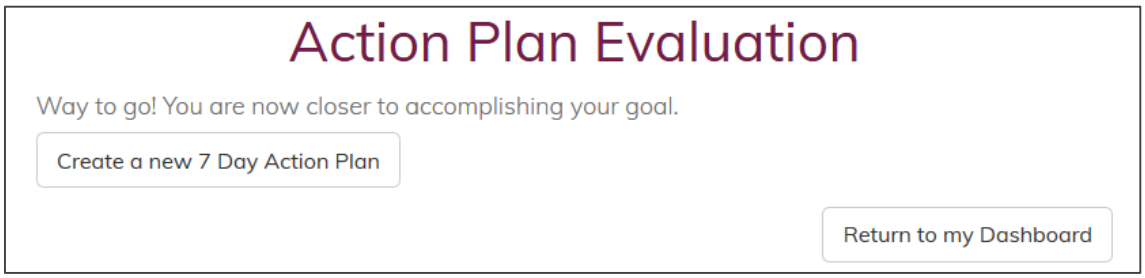
- Action plans are evaluated 7 days from their start date.



- Did you complete your action plan? Select your response, then click save.

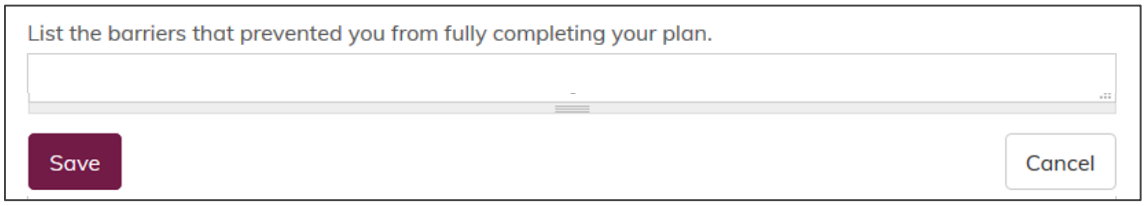


- If you answer *yes, I completed the plan*, you will see this screen.

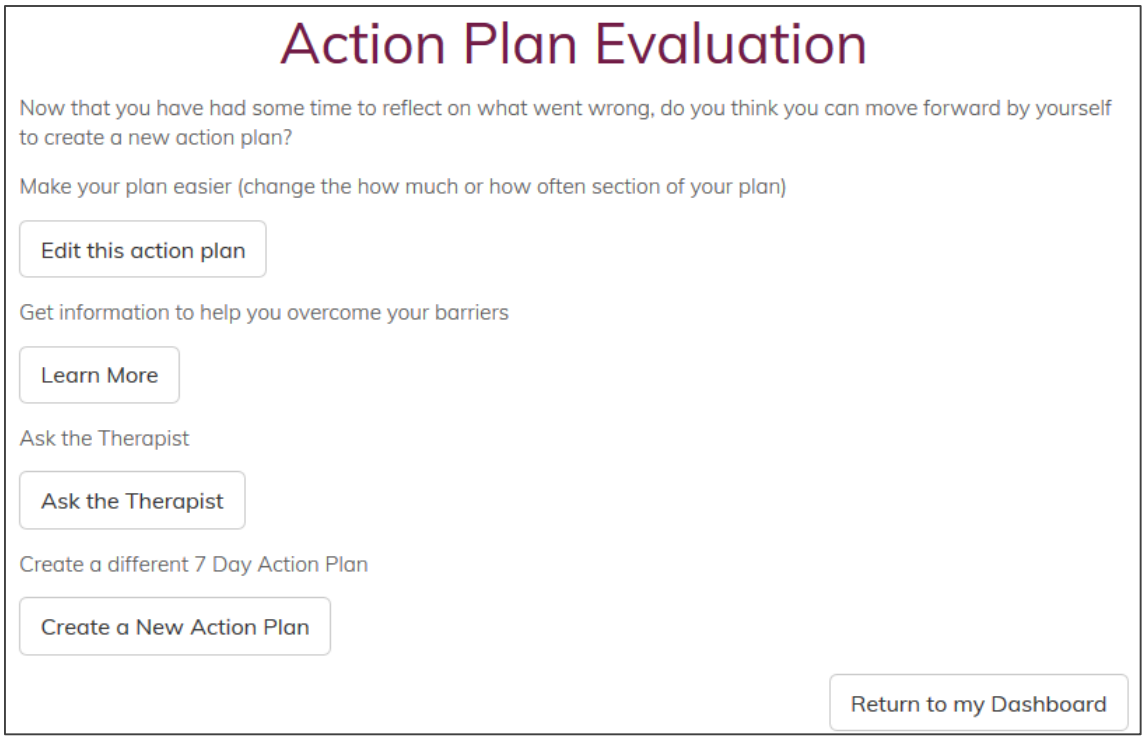


  - You now have 2 options: 1) create a new action plan for the same activity or 2) return to the Dashboard.

- If you answer *I partially completed the plan* or *I did not complete the plan*, you will be aske to reflect on barriers to your success.

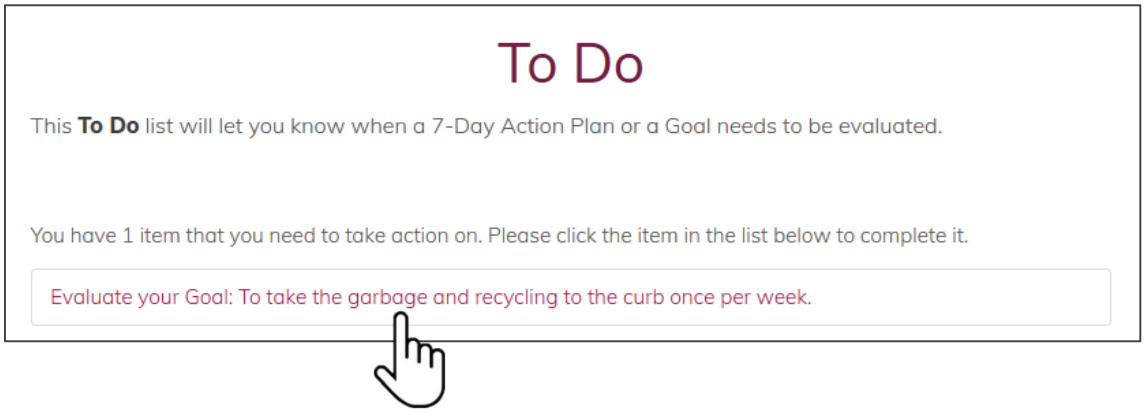


  - You now have 5 options: 1) edit your current action plan, 2) select a module to learn more, 3) ask a therapist for help, 4) create a new action plan or 5) return to the Dashboard.



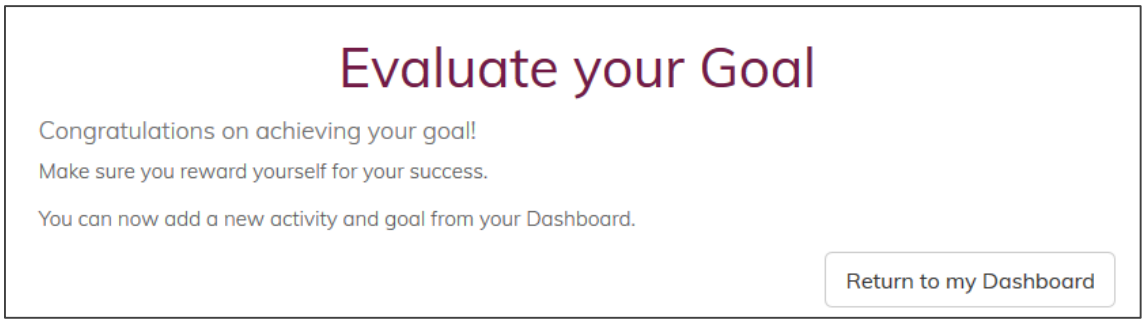
Evaluating your activity goals

- Activity goals are evaluated every 2 months.
  - Remember, when you first created your goal, you selected a time frame of 2, 4 or 6 months.
  - This means that 2-month goals will be evaluated once; 4-month goals will be evaluated twice; 6-month goals will be evaluated 3 times.

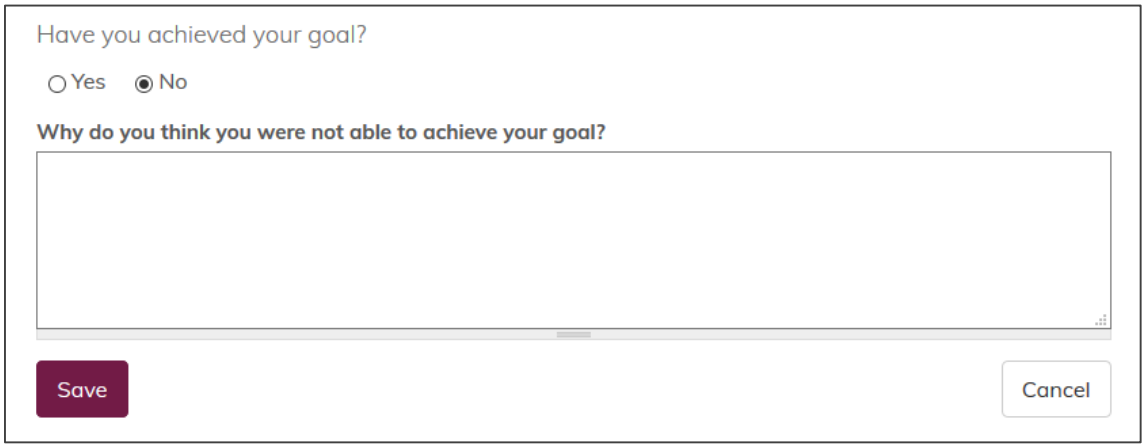


- You will be asked to re-rate your ability to perform the activity you selected on a scale of 0-10.
- You will also be asked whether or not you achieved your goal.

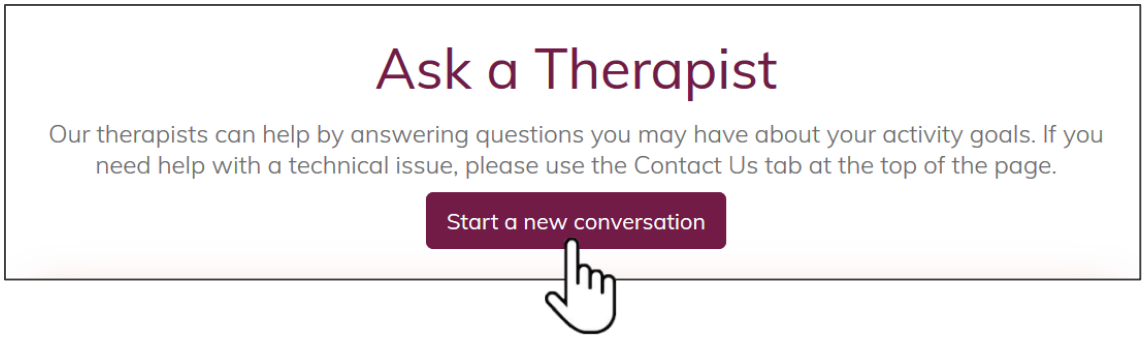
- If you answer *yes*, you will see the message below. This activity goal will be removed from your Dashboard.



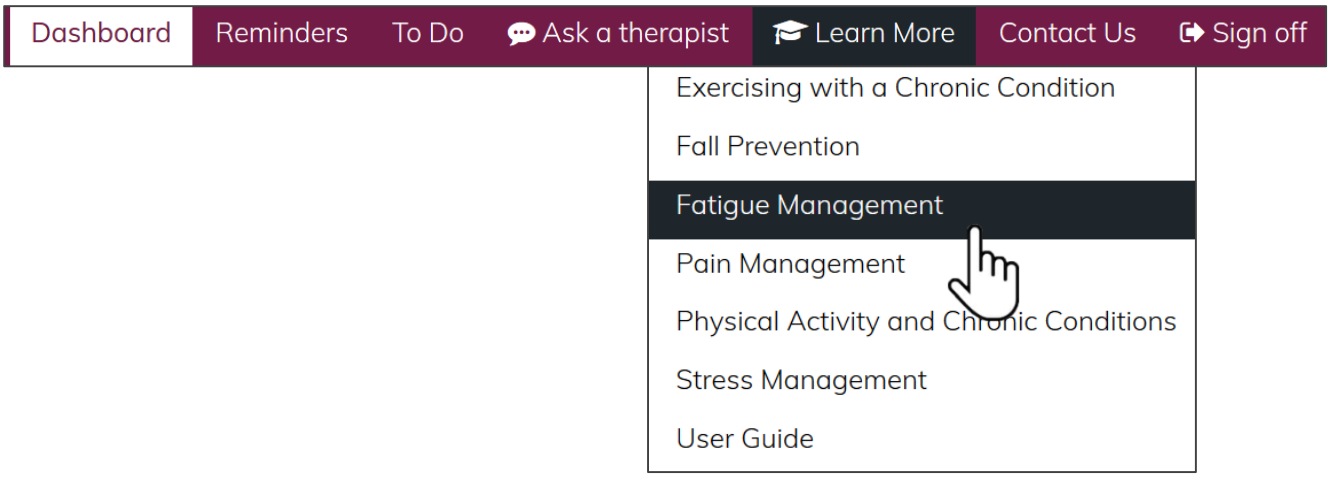
- If you answer *no*, you will be asked to reflect on barriers to your success.



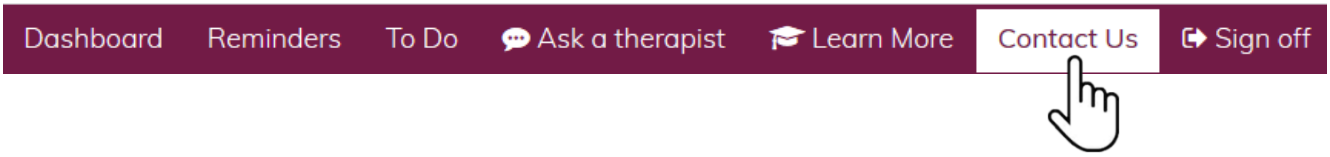
- As you are setting goals, working through the modules or creating action plans, you may have questions for your physiotherapist or occupational therapist.
- Use the **Ask a Therapist** feature at the top of your screen to start a conversation with your therapist.



- When you first set your activity goals, you were asked “In order to help reach your goal, what would you like more information about? You will have selected from the list of 6 self-management modules available.
- Use the **Learn More** tab at the top of your screen to access all 6 of the Self-Management Modules as well as the User Guide.



- Use the **Contact Us** tab at the top of your screen to send a message to the research team.
- You should use the Contact Us feature if you need technical help or have a question or comment about the ***iamable*** app.



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