



Occupational Therapy:

INTERVENTION AND INDEPENDENCE

What is Occupational Therapy?

- ▶ A therapy to help people find ways to do things that matter to them
 - ▶ Dressing, bathing, toileting
 - ▶ Housekeeping
 - ▶ Leisure
 - ▶ Community
- ▶ Remediation (fix the problem)
- ▶ Adaptation (work around the problem)

How can we help you?

- ▶ Adaptive equipment
- ▶ Durable medical equipment
- ▶ Energy conservation/work simplification
- ▶ Transfer devices
- ▶ Floor transfer technique
- ▶ Wheelchair tips
- ▶ Exercise
- ▶ Pain management
- ▶ Mental Health

Adaptive equipment

- ▶ Reacher/Grabber
- ▶ Sock aide
- ▶ Long handled sponge
- ▶ Long handled shoe horn

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PRODUCTS ▼

CLINICAL SUPPORT ▼

AIDS TO DAILY LIVING

BATH AND TOILETING

CPM

DINING

EVALUATION

EXERCISE EQUIPMENT

MOBILITY

MODALITIES

ORTHOPEDICS

PEDIATRICS

REHAB SUPPLIES

SENSORY MOTOR

DRESSING AIDS

DRESSING AIDS
DRESSING EDUCATION
GROOMING ACCESSORIES
HIP KITS
MEDICATION SUPPLIES
ORAL CARE
SHOELACES & FASTENERS
SLIPPERS & SOCKS
SOCK & STOCKING AIDS
SHOEHORNS

REACHERS

REACHERS

HOME ACCESSORIES

AUTOMOTIVE AIDS
DOOR KNOB TURNERS
FANS
HOUSEHOLD HELPERS
MEDICAL SUPPLIES
TELEPHONES
TROLLEYS & CARTS
FURNITURE RISER

RESPIRATORY

AIR PURIFIERS & HUMIDIFIERS
NEBULIZERS & SUCTION UNITS
STEAM MIST INHALERS

LOW VISION

LARGE PRINT HOUSEHOLD ITEMS
MAGNIFIERS
TALKING DEVICES

SCISSORS & BOOK HOLDERS & WRITING AIDS

ACTIVITY TABLES
ASSISTIVE TECHNOLOGY
BOOK HOLDERS & PAGE TURNERS
MOUTH STICKS & HEAD POINTERS
SCISSORS
WRITING AIDS

Durable Medical Equipment

- ▶ Only your doctor can prescribe medical equipment for you. DME meets these criteria:
- ▶ Durable (can withstand repeated use)
- ▶ Used for a medical reason
- ▶ Not usually useful to someone who isn't sick or injured
- ▶ Used in your home
- ▶ Has an expected lifetime of at least 3 years

DME that Medicare covers includes, but isn't limited to:

- ▶ Canes (however, white canes for the blind aren't covered)
- ▶ Commode chairs
- ▶ Hospital beds
- ▶ Manual wheelchairs and power mobility devices
- ▶ Patient lifts
- ▶ Walkers
- ▶ If you need these items, ask your doctor for a prescription for them. You can then take the prescription to a local DME company, or see a therapist first for fitting or training
 - ▶ Locally, this includes Alley Healthcare, Morris Hospital Shoppe, Hanger Clinic, Kinetic Healthcare, Pioneer Home Medical
 - ▶ (Marietta Mobility/Steve's Vans can help with driving needs)

Energy Conservation/Work Simplification

- ▶ Pace yourself
 - ▶ Spread heavy and light tasks throughout the day and week
 - ▶ Don't schedule too many activities in one day
 - ▶ Allow yourself enough time to complete a task without having to rush
- ▶ Plan ahead
 - ▶ Gather all items you will need before you start a task
 - ▶ Keep items within easy reach

ECWS continued

- ▶ Simplify your tasks and set realistic goals
 - ▶ Use adaptive equipment when needed
 - ▶ Use appliances to do the work for you
 - ▶ Prioritize which activities are most important to you
 - ▶ Ask for help
- ▶ Avoid fatigue
 - ▶ Get a good night's sleep and elevate your head when sleeping
 - ▶ Do not plan activities right after a meal. Rest 20 to 30 minutes after each meal
 - ▶ Plan rest periods throughout the day, 5-10 minutes out of every hour
 - ▶ Don't wait until you are tired to stop and rest

ECWS continued

- ▶ Avoid unnecessary motion
 - ▶ Minimize arm movements especially above your shoulder height
 - ▶ Keep your elbows low and close to your body
 - ▶ Support elbows on a working surface when working in one place
 - ▶ Limit the need to bend, reach, and twist
- ▶ Use good posture
 - ▶ Sit straight
 - ▶ Proper body alignment balances muscles and decreases stress
 - ▶ A stooped posture makes breathing more difficult

Occupational Therapy TOOLKIT

Energy Conservation with Self Care Activities

Remember to use proper breathing techniques.
Rest frequently and avoid over exertion.

Eating

1. Eat six small meals a day instead of three big meals. This will cut down on the energy you need to chew and digest your food.
2. Eat slowly and completely chew your food.
3. Avoid gas-forming foods that bloat your abdomen and make it more difficult to breathe, such as peas, melons, turnips, onions, cauliflower, apples, corn, broccoli, cucumbers, cabbage, beans, and brussel sprouts.

Grooming

1. Sit to shave, comb your hair and brush your teeth.
2. Avoid aerosols and strong scents.
3. Wash your hair in the shower. Keep your elbows low and your chin tucked.
4. Support your elbows on the counter while grooming or shaving.
5. Use an electric toothbrush and an electric razor.

Bathing and Showering

1. Consider taking your shower in the evening to allow plenty of time.
2. Gather all the necessary items that you will need, including your clothes.
3. Use a bath chair in your shower.
4. Sit to undress, bathe, dry and dress.
5. Avoid over reaching. Use a long-handled brush to wash your back and feet.
6. Use a hand-held showerhead.
7. If your doctor has prescribed oxygen to be use during exercise, then use it when you take a shower.
8. Make certain your bathroom is well-ventilated.
9. Have a towel or robe near by. Consider using hand towels because they are not as heavy. Avoid the task of drying by putting on a terry cloth robe.
10. Use a shower caddy and soap on a rope or place soap in a nylon stocking and tie the stocking to the shower seat or soap dish.

Dressing

1. Before starting, gather all clothes, shoes, etc.
2. Sit to dress.
3. Minimize bending by crossing one leg over the other or use a step stool to put on socks, pants and shoes or use long-handled equipment.
4. Wear slip-on shoes; use a long-handled shoehorn.
5. Avoid restrictive clothes, tight socks, girdles, bras. Use suspenders if belts are too restricting.

Floor transfer technique

- ▶ How to get up from the floor in case of a fall.
 - ▶ 1. By your self with no people to help
 - ▶ If possible, crawl to a solid piece of furniture
 - ▶ Get a strong elbow on the piece of furniture and roll your body onto your stronger knee
 - ▶ Push off of strong knee/elbow to slide back onto the furniture, then push into strong foot to get into seated position

Floor transfer technique continued

- ▶ 2. How to instruct a stranger how to safely help
 - ▶ Gait belts are key. Keep one in a car or purse if out of the house. Remember the tag of the belt faces out.
 - ▶ Make sure the stranger squats and lifts from the legs to avoid injury.
 - ▶ Help the person with your strong side if possible. If you can get to a position on a knee, or have feet positioned behind knees, that's helpful
 - ▶ Have the person slide you up onto a piece of furniture, not try to get you from floor to a standing position
- ▶ 3. Any aids to have around the house to stand or get into a wheelchair.

Transfer devices

- ▶ Stand pivots with gait belts
 - ▶ Sliding boards
 - ▶ Beasy boards
 - ▶ Sara lift
 - ▶ Hoyer lift
-
- ▶ Shower chairs (Tub transfer bench, PVC pipe W/C)
 - ▶ Grab bars
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- ▶ Roller walkers with 2 wheels on front and none on the back
 - ▶ Rollators only when walking long distances and requiring seated rest breaks

Wheelchair tips

- ▶ Most insurances will pay for new wheelchairs every 5 years. Please see a physical or occupational therapist for proper fitting and recommendations. Usually, and ATP (assistive technology provider) will also be at these evaluations. Parts for wheelchairs are also typically only paid for once every 5 years. However, the provider of the wheelchair may have a different warranty or policy. If your chair is ever broken or needs new parts, your best course of action is to contact the company who provided you your wheelchair.

(Sort of like what you do when buying a car)

From last meeting...financial resources

- ▶ West Virginians can contact WVATS at West Virginia Center for Excellence in Disabilities, 959 Hartman Run Road, Morgantown, WV 26505, 800-841-8436. The website address is <http://wvats.cedwvu.org>.
- ▶ Ohio's provider is Assistive Technology of Ohio, 1314 Kinnear Rd, Area 1700, Columbus, OH 43212, phone 614-292-7721, atohio@osu.edu, and at website, <http://atohio.engineering.osu.edu>.

Exercise

- ▶ Research: Isometric resistance, and heavy resistance training can improve endurance and muscle strength.
 - ▶ Significant improvement in muscle strength noted in one study after 12 week exercise program
- ▶ Heavy resistance training recommended for muscles with near normal strength
- ▶ Submaximal endurance training has also shown benefit and recommended for moderate weakness
- ▶ Frequent breaks and rest periods for recovery to prevent overuse effects
- ▶ Yoga, tai chi, chair dancing
- ▶ Aquatic therapy – many patients report benefit from warm water therapy and exercise training: reduced pain/fatigue, reduced risk of injury, improves cardiovascular fitness

Shoulder Isometric Exercises Left - Seated

Isometric Shoulder Flexion

Bend your elbow. Push your left hand into your right hand. Hold for the count of _____. Do not hold your breath.

Complete _____ set(s) of _____.



Isometric Shoulder Extension

Bend your elbow. Push your left upper arm and elbow into the chair back. Hold for the count of _____. Do not hold your breath.

Complete _____ set(s) of _____.



- Isometric Shoulder Abduction**
Bend your elbow. Push your left elbow into the armrest. Hold for the count of _____. Do not hold your breath.

Complete _____ set(s) of _____



- Isometric Shoulder Adduction**
Bend your elbow. Press your left elbow into your body. Hold for the count of _____. Do not hold your breath.

Complete _____ set(s) of _____.



Isometric External Rotation

Bend your elbow. Rotate your left shoulder away from your body and push your forearm against the armrest. Hold for the count of _____. Do not hold your breath.

Complete _____ set(s) of _____.



Isometric Internal Rotation

Bend your elbow. Rotate your left shoulder towards your body and push against your right hand. Hold for the count of _____. Do not hold your breath.

Complete _____ set(s) of _____.



Pain management

- ▶ Joint and soft tissue pain can benefit from assistive devices, braces, and support
 - ▶ A 1:1 evaluation by a therapist would be needed to fit you personally with the best device
- ▶ Modification of extremity use
- ▶ Workplace and home modifications
 - ▶ Wheelchair accessible kitchen with lower cabinet, easy pull drawers, door handles that require less pull, 36" doorframes, barrier free showers
- ▶ Anti inflammatory meds
- ▶ Massage
 - ▶ Must be completed by a professional trained in neurological intervention

Mental Health

- ▶ Leisure engagement
- ▶ Support groups
- ▶ Maintaining valued roles: spouse, parent, friend

How to access services

- ▶ A prescription from a doctor can be taken to any therapy location of your choice.
- ▶ A therapist will complete an evaluation of your current skill level and write goals based on your valued occupations
- ▶ Options for therapy include
 - ▶ Home health
 - ▶ Outpatient
 - ▶ Inpatient (short stay)

Questions?

▶ My contact information:

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