

Maximizing Functional Independence: Modifying Tasks and Using Adaptive Equipment/Mobility Aids

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Occupational Therapy

- Therapy based on engagement in meaningful activities of daily life (such as self-care skills, education, work, or social interaction) especially to enable or encourage participation in such activities despite impairments or limitations in physical or mental functioning
(<https://www.merriam-webster.com/dictionary/occupational%20therapy>)
- Part of a rehabilitation team that includes physical therapists, speech language pathologists, physicians, social workers,...

OT Domain: Occupations

☐ Activities of Daily Living (ADL)

☐ Instrumental Activities of Daily
Living (IADL)

☐ Rest & Sleep

☐ Education

☐ Work

- volunteer or paid
- vocational exploration

☐ Play

☐ Leisure

☐ Social Participation

Topics to be Discussed

- Energy Conservation
- Compensatory Techniques
- Adaptive Equipment
- Mobility
- Transfer Equipment



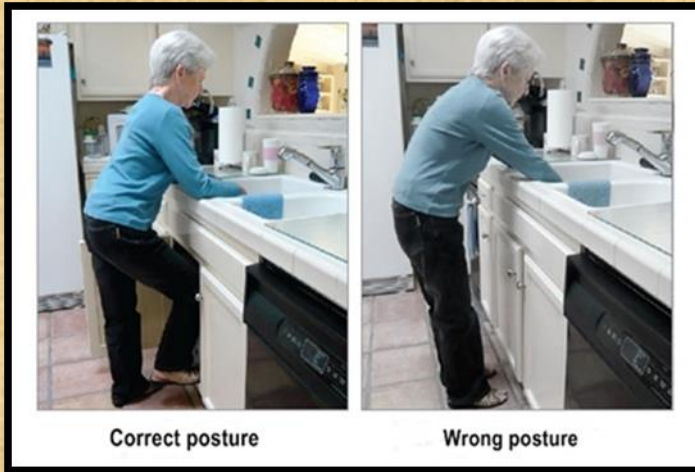
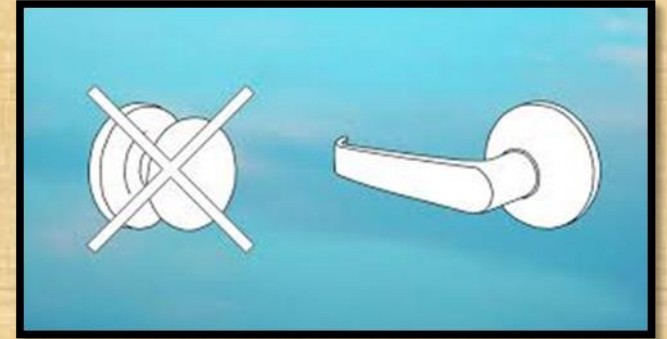
Energy Conservation

- Pace Yourself: rest **before** you feel tired
- Spread out activities over the entire day
- Organize work areas
- Use proper body mechanics



Compensatory Techniques

- Around the house



Compensatory Techniques

- Dressing:
 - Slip on shoes
 - Elastic waist pants
 - Button up vs pullover clothing
- Grooming:
 - Sit sink side
 - Rest elbows on counter
 - Electric razor/toothbrush

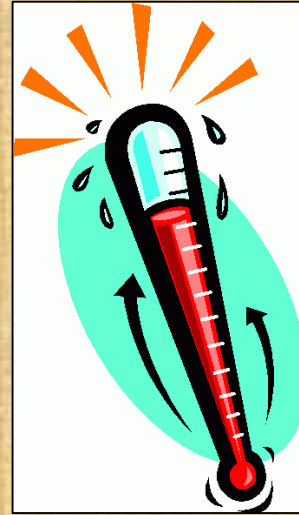


Keep your arms and elbows off the table



Compensatory Techniques

- Bathing:
 - Terry cloth robe for drying off
 - Moderate temperature water
- Seating
 - Higher/firmer surfaces
 - Chairs with arms



Adaptive Equipment



- Bathing
 - Transfer Bench
 - Grab Bars
 - Handheld Shower Head
 - Long Handled Sponge



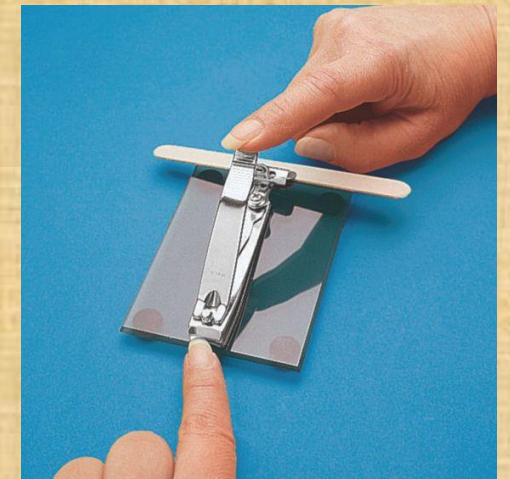
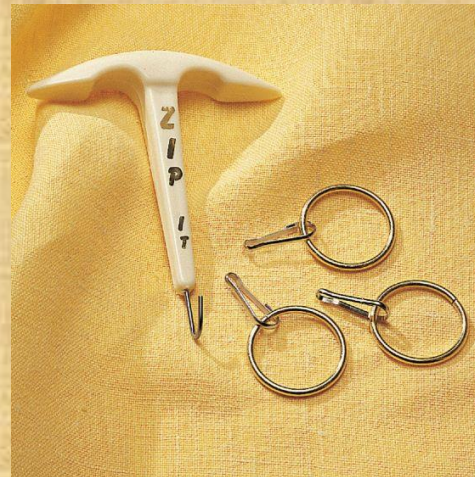
Adaptive Equipment

- Roll-in Shower Chairs



Adaptive Equipment

- Dressing/Grooming
 - Sock Aide
 - Reacher
 - Dressing Stick



Adaptive Equipment

- Household Activities

- Power Grips
- Key Extenders
- Perching Stool



Adaptive Equipment

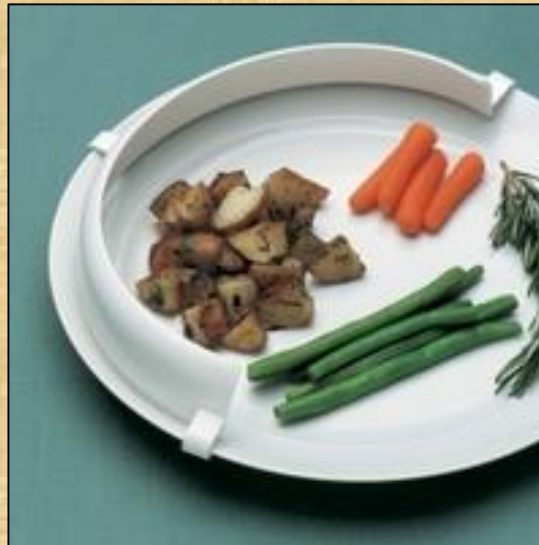


- Transfers
 - Leg Lifter
 - Handy Bar
 - Toilet Safety Frame
 - Uplift Seat Cushion



Adaptive Equipment

- Dining
 - Preparation Knife
 - Built-Up Handled Utensils
 - Scooped Bowl/Plate or Food Bumper
 - Jar Openers/Jar Pop



Community Resources

- Grocery Delivery and/or Drive in windows
- Prepared Meal Delivery Services
- Volunteer Organizations
 - Habitat for Humanity
 - Rebuilding Together
 - Patient advocacy groups
 - Equipment closets
 - Fraternal organizations



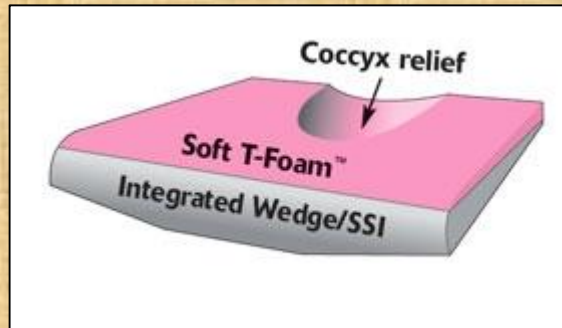
Mobility

- Manual or Power Wheelchair?
 - Strength
 - Transport Chair or Standard Wheelchair
 - Cost



Mobility - Seating

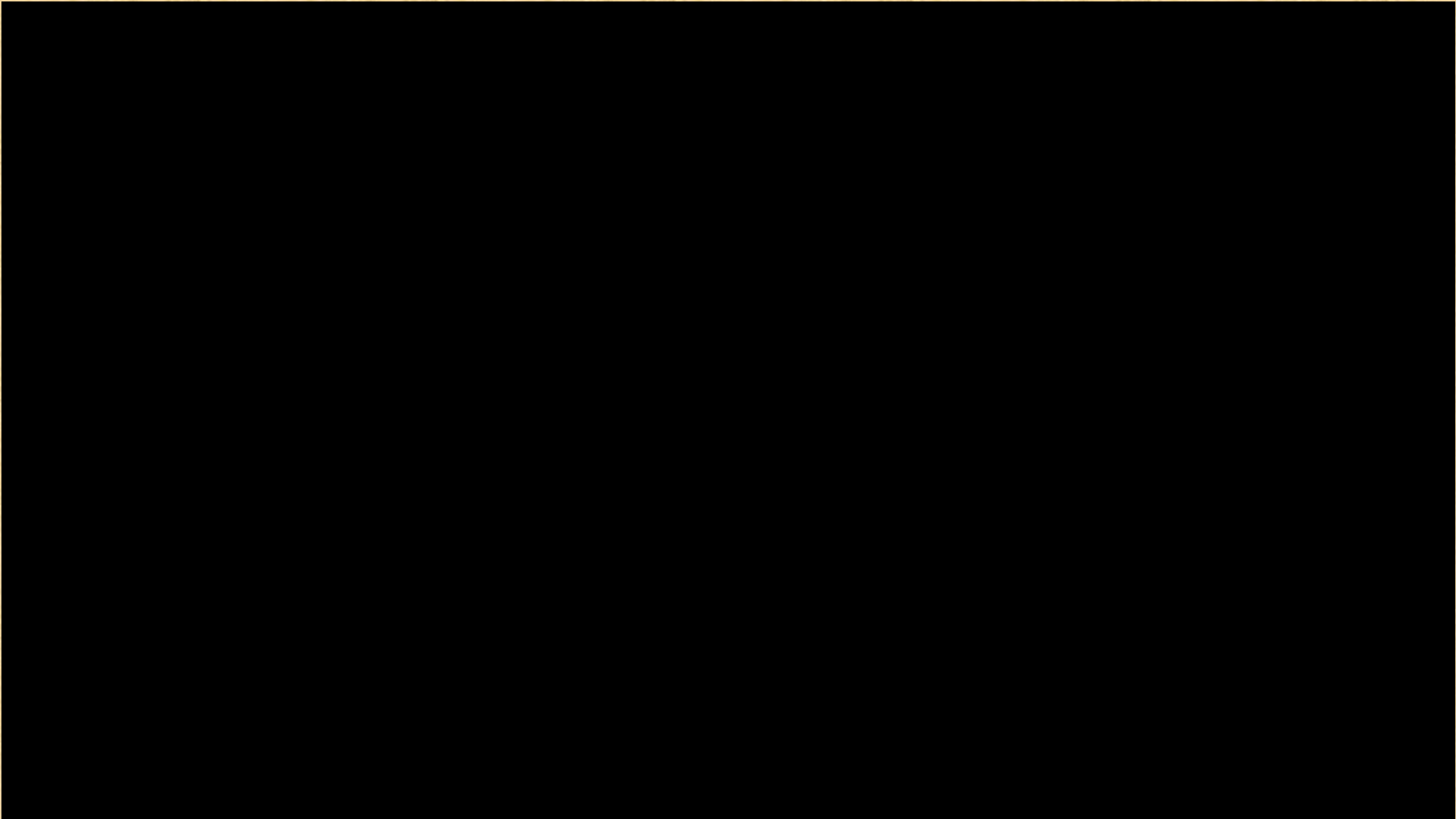
- Seating
 - Seat Cushions
 - Seat Backs/Positioning
 - Seating Clinics



Mobility

- Light Weight, Foldable Power Chairs
 - Smart Chair by KD Healthcare Company
 - Move Lite
 - Zinger
 - Air Hawk





Mobility

- Standard Power Wheelchairs
 - Larger – transportation issues??
 - Tilt in Space
 - Elevating Seat



Transfer Assistance

- Standers
 - Get-U-Up Hydraulic Stand-Up Lift
 - EasyStand Strapstand
 - Sara Stedy
- Lifts
 - Moveable
 - Permanent



Summary

- Practice the 3 P's: Planning, Prioritizing, Pacing
- Work smarter, not harder: Use new/different techniques for completing tasks
- Gadgets are your friends: Adaptive equipment can help with energy conservation and safety
- Mobility: Choose what fits your lifestyle and abilities
- Transferring: Safety is key

There is nothing so useless as doing efficiently that which should not be done at all.
-Peter Drucker, management consultant, professor, and writer (1909-2005)

References

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