

Occupational Therapy TOOLKIT

Clothing Care

Clothing care includes transporting laundry; sorting clothes; pouring laundry detergent; hand washing; operating washing machine; moving wet clothes to dryer; operating dryer; removing clothes from dryer; setting up ironing board; ironing; folding clothes; hanging up clothes; putting clothes away, mending clothes.

Problems:

Impaired shoulder strength and/or ROM
Impaired hand strength, ROM, sensation and/or coordination
Impaired LE function
Limited activity tolerance and endurance
Impaired balance
Visual perceptual impairment
Cognitive impairment

Occupational Therapy Intervention:

Apply different approaches for solving difficulties with clothing care. Including but not limited to...

1. Treat underlying physical, cognitive and/or perceptual problems.
2. Train in compensatory strategies.
 - One-handed
 - Energy conservation
 - Low vision
 - Cognitive compensation
3. Train in the use of adaptive equipment and assistive devices.
 - Laundry cart
 - Reacher to pick out clothes from washer and dryer
4. Provide environmental modifications and adaptations.
 - Sufficient lightening
 - Store supplies within easy and safe reach
 - Low vision modifications to control panel
5. Instruct in task modification - change the task, eliminate the task or have someone else do part or all of the task.
 - Use smaller containers for detergent
 - Wash smaller loads
 - Wear clothes made of easy care fabrics
 - Sit to iron, sort clothes, pre-treat stains and fold laundry.
 - Transfer wet clothes into dryer a few items at a time.
 - Get help to fold large items, such as sheets.
 - Place dirty clothes in washer immediately after wearing

Occupational Therapy TOOLKIT

Health Management

Health management includes making and keeping healthcare appointments; emergency communication (accesses device, activates device, sends message); eating a nutritious diet; knowledge of the disease process; exercising; vision care; hearing care; preventing hypothermia; preventing illness; maintaining skin integrity; tasks specific to disease management (elevating legs, weighing self, testing blood sugar, diabetic foot care, diabetic sick days).

The occupational therapist role in health management is a supportive one to the physician and to nursing. Good communication is important.

Problems:

Impaired hand strength, ROM, sensation and/or coordination
Visual perceptual impairment
Cognitive impairment

Occupational Therapy Intervention:

Apply different approaches for solving difficulties with health management. Including but not limited to...

1. Treat underlying physical, cognitive and/or perceptual problems.
2. Train in compensatory strategies.
 - Reinforce diet during meal preparation training
 - Educate regarding disease process
 - Low vision techniques
3. Train in the use of adaptive equipment and assistive devices.
 - Talking scales
 - Talking blood pressure monitors
4. Instruct in task modification - change the task, eliminate the task or have someone else do part or all of the task.

Provide caregiver/family education and training.

Patient and Caregiver Handouts:

1. Healthcare Provider's Appointments
2. Tips for Making and Keeping Healthcare Appointments

Occupational Therapy TOOLKIT

Light Housework

Light housework includes picking up; dusting; cleaning spills; cleaning the toilet and sink; gathering up trash; sweeping the floor; making the bed; changing light bulbs.

Problems:

Impaired shoulder strength and/or ROM

Impaired hand strength, ROM, sensation and/or coordination

Impaired LE function

Limited activity tolerance and endurance

Impaired balance

Occupational Therapy Intervention:

Apply different approaches for solving difficulties with light housework. Including but not limited to...

1. Treat underlying physical, cognitive and/or perceptual problems.
2. Train in compensatory strategies.
 - One-handed
 - Energy conservation
 - Low vision
 - Joint protection
3. Train in the use of adaptive equipment and assistive devices.
 - Reacher to pick up items from floor
 - Long handled cleaning equipment
4. Instruct in task modification - change the task, eliminate the task or have someone else do part or all of the task.
 - Gather trash frequently
 - Sit when possible
 - Use paper towels to eliminate extra laundry.
 - Break up chores over the whole week, doing a little each day.
 - Divide up each room into smaller areas and tackle these sections.

Occupational Therapy TOOLKIT

Managing Finances

Managing finances includes recognizes coins and bills; manipulating coins and bills; simple addition and subtraction; writing checks; balancing checkbook; depositing and withdrawing money; paying bills; budgeting; estimating cost.

Problems:

Impaired hand strength, ROM, sensation and/or coordination

Visual perceptual impairment

Cognitive impairment

Occupational Therapy Intervention:

Apply different approaches for solving difficulties with managing finances. Including but not limited to...

1. Treat underlying physical, cognitive and/or perceptual problems.
2. Train in compensatory strategies.
 - One-handed
 - Low vision
3. Train in the use of adaptive equipment and assistive devices.
 - Low vision aids
4. Instruct in task modification - change the task, eliminate the task or have someone else do part or all of the task.
 - On-line banking
 - Let someone else manage finances

Occupational Therapy TOOLKIT

Meal Preparation and Clean-up

Meal preparation and clean-up includes accessing cabinets, using appliances, setting and clearing the table, transferring food to table, preparing food, opening jars, cans and packages, pouring hot and cold liquids, cleaning up the work area.

Problems:

Impaired shoulder strength and/or ROM

Impaired hand strength, ROM, sensation and/or coordination

Impaired LE function

Limited activity tolerance and endurance

Impaired balance

Visual perceptual impairment

Cognitive impairment

Occupational Therapy Intervention:

Apply different approaches for solving difficulties with meal preparation and clean up.

Including but not limited to...

1. Treat underlying physical, cognitive and/or perceptual problems.
2. Train in compensatory strategies.
 - One-handed
 - Energy conservation
 - Low vision
 - Cognitive compensation
 - Joint protection
3. Train in the use of adaptive equipment and assistive devices.
4. Provide environmental modifications and adaptations.
5. Instruct in task modification - change the task, eliminate the task or have someone else do part or all of the task.

Levels of Meal Preparation

Simple task cold – bottled drink, pudding cup

Multi task cold – sandwich, cereal with milk, salad

Simple task hot (stovetop, microwave, toaster, toaster oven) – canned soup, TV dinner, toast, coffee

Multi task hot (stovetop, microwave or crock pot) – spaghetti, chili

Multi task hot (oven) – cookies, lasagna, baked chicken

Patient and Caregiver Handouts:

1. Adaptive Equipment for One-Handed Meal Preparation
2. Managing Kitchen Tasks from a Walker
3. Managing Kitchen Tasks from a Wheelchair
4. One-Handed Meal Preparation

Occupational Therapy TOOLKIT

Medication Management

Medication management includes prescription and over-the-counter medication including oral, eye drops, skin creams, injectables and oxygen; ordering new medication and refills from pharmacy; opening and closing the containers; removing pills from containers; taking the medication in the prescribed quantity; taking the medication at the prescribed time; knowing what medications to take and why they are prescribed; reporting problems and adverse effects.

The occupational therapist role in health management is a supportive one to the physician and to nursing. Good communication is important.

Problems:

Impaired hand strength, ROM, sensation and/or coordination
Visual perceptual impairment
Cognitive impairment

Occupational Therapy Intervention:

Apply different approaches for solving medication management difficulties. Including but not limited to...

1. Treat underlying physical, cognitive and/or perceptual problems.
2. Train in compensatory strategies.
 - One-handed
 - Cognitive compensation
 - Low vision techniques
 - Medication lists
 - Written reminders
 - Associate medications with daily activities
 - Leave the pills in a prominent place
3. Train in the use of adaptive equipment and assistive devices.
 - Talking scales
 - Talking blood pressure monitors
 - Pre-filled pill organizers
 - Medication reminder watch
 - Eye drop devices
 - Magnifier for prescription bottles
 - Magnifier for syringes
4. Provide environmental modifications and adaptations.
 - Adequate lighting

Occupational Therapy TOOLKIT

Medication Management

Occupational Therapy Intervention:

5. Instruct in task modification - change the task, eliminate the task or have someone else do part or all of the task.
 - Order non-child resistant packaging
 - Blister packaging
 - Pre-filled insulin syringes
 - Open bottles within a box lid to catch any that may be dropped
 - Telephone call reminders

Provide caregiver/family education and training.

Patient and Caregiver Handouts:

1. Medication Management Resources

Occupational Therapy TOOLKIT

Shopping and Community Mobility

Shopping includes preparing lists; selecting and purchasing items; selecting method of payment; completing money transaction; arranging for home delivery and includes local errands such as food, personal items, bank, library, dry cleaner and the pharmacy.

Community mobility includes arranging transportation; using a wheelchair or scooter in the community; driving a car; obtaining the mail; managing doors; managing curbs; managing ramps; crossing the street safely; transporting items purchased; car transfers; maneuvering on a bus; managing the elevator.

Problems:

Impaired shoulder strength and/or ROM

Impaired hand strength, ROM, sensation and/or coordination

Impaired LE function

Limited activity tolerance and endurance

Impaired balance

Visual perceptual impairment

Cognitive impairment

Occupational Therapy Intervention:

Apply different approaches for solving difficulties with shopping and community mobility. Including but not limited to...

1. Treat underlying physical, cognitive and/or perceptual problems.
2. Train in compensatory strategies.
 - One-handed
 - Energy conservation
 - Low vision
 - Cognitive compensation
3. Train in the use of adaptive equipment and assistive devices.
 - Use the store's electric scooter to shop
 - Adaptations to assist with managing doors and elevators, obtaining mail and transporting purchased items
4. Instruct in task modification - change the task, eliminate the task or have someone else do part or all of the task.
 - Arrange for home delivery
 - Get help reaching for high and low items
 - Get help for carrying heavy items.
 - Ask the clerk to bag the groceries lightly, and pack cold and frozen food together.
 - Make several trips to bring the groceries into the house, take the cold and frozen foods first, rest, then return for the remainder.

Occupational Therapy TOOLKIT

Shopping and Community Mobility

Therapist Resources:

1. Power-Mobility Indoor Driving Assessment Manual published by the Department of Occupational Therapy, Sunnybrook and Women's College, Toronto, Canada, fhs.mcmaster.ca/powermobility/pida.htm
2. Car-fit; www.car-fit.org
3. Roadwise Review, A Tool to Help Seniors Drive Safely Longer. Available from American Automobile Association (AAA)