

# Managing Day-to-Day Care Tasks at Home, increasing safety with ADLs, transfers, and gait.

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# Overview

- We will discuss general safety concerns related to ADLs, transfers, and gait
- Review safety concerns in home environment
- Discuss available assistive devices
- Review general techniques for transfers and gait
- Address caregiver fatigue/burnout

# Bed railing



# Door Alarm



# Chair/bed alarm



# Tub transfer bench



# Shower chair



# Bedside commode





# Adaptive eating utensils



# Long shoe horn, dressing stick, sock aid, reacher



# Home Safety

- Keep dangerous items out of reach
- Keep medications in a safe place
- Have the car keys hidden

# Home Safety

- Take all throw rugs up
- Keep nightlights on at night in all rooms the person would be getting up in
- Keep pathways clear that the person would be walking through
- Grab bars installed around toilet and in tub/shower

# Gun safety

- Guns need to be unloaded and kept locked up
- Keep ammunition in a separate location and locked
- Keep the keys in a safe/hidden location
- Consider keeping guns outside of the home

# Wondering risks

- Place the locks on doors out of reach
- Put alarms on windows and doors
- Remove the locks on bathroom and bedroom doors
- Medical alert bracelet
- Carry a card in the wallet that has their name, phone number, and address on it

# How to help with Activities of Daily Living

- Use short and direct sentences when giving directions
- Tell them what you are going to do before you start to help them
- As time allows, let them help as much as possible to keep their independence
- Offer simple choices
- Try to stick to a schedule
- Give positive feedback and reinforcement

# Caregiver fatigue

- Take time every day for yourself
- Use any resources to help you that are available
- Don't be afraid or feel bad to ask for help
- Family, friends, church members, take help when offered



# Resources

- [Dementiacarecentral.com](http://Dementiacarecentral.com)

# Safety Considerations for Mobility

- Strive for low stimulation environment
- Consider obstacles in the area such as rugs
- Use one step commands
- Utilize visual and tactile cues as needed
- Allow for increased time
- The more familiar a task the easier it may be
- Be open to a change in plans!!

# Assistive Devices

## Gait Belt



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# Assistive Devices

- Single Tip Cane



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# Assistive Devices for

- Quad Cane



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# Assistive Devices

- Rolling Walker



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# Assistive Devices

- Rollator



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# Safety Considerations for Transfers/Gait

- Body mechanics
- Use assistive devices as needed
- Be mindful of hearing/vision deficits
- Watch for agitation-consider reasons
- Communicate with appropriate language
- Set yourself up for success!



# Transfers

- Supine to sit



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- Allow for independence
- Trunk will follow lower extremities
- Use features of bed if available

# Transfers

- Sit to stand
- Scoot to edge of surface
- Feet flat on floor
- Use arm rests to push up
- Look straight ahead



# Transfers

- Stand to sit

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- Bring the assistive device with you the entire transfer
- Wait to feel both lower extremities on surface
- Reach back for surface

# References

- Guccione, A., Wong, R.A., & Avers, D.A.(2012). Geriatric Physical Therapy, p.150.

The background features a series of concentric circles in light gray, some solid and some dashed, creating a ripple effect. A blue speech bubble with a white border is positioned in the center, containing the text.

# Body Language and Burnout

Watch what you're (*NOT*)  
saying...



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# Communication

- Body Language
- Physical Contact
- Non-verbal communication

# Body Language

- Postures
  - Approach in their view, give time to process, meet at eye level
- Movements/Gestures
  - Slow gestures for: “introduction, invitation and initiation”
- Limbs
  - Open and relaxed
- Stance/Space
  - Don’t invade, invite 😊



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# Physical Contact



## Space- Don't invade, invite

- Remain respectful but efficient and safe
- Non circumferential grip
- Open palm
- Avoid standing over

## Force

- Pressure rather than pull
- Guide rather than heave
- Slow with verbal cues



# Non-Verbal Communication

- Tone
- Volume
- Facial Expression



# Clear the Air



- **Quiet environment**
  - Limit distractions
- **Clear communication**
  - Eye contact, focusing touch/gestures
- **Simple requests**
  - Single step, direct verbiage



# Caregiver Burnout

- **Symptoms:**
  - Denial, anger, social withdrawal, anxiety, exhaustion, irritability, sleeplessness, health problems...
- **Solutions:**
  - Resources, support, find time for yourself, exercise, plan for the future...