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

> Alicia Bishop, OTR Megan Engle, PT, DPT, GCS Kimberly Lemmons, PT, DPT, NCS Jennifer Wilson, OTR



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



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



This Photo by Unknown Author is licensed under CC BY



Assistive Devices

Single Tip Cane



This Photo by Unknown Author is licensed under <u>CC BY-SA-NC</u>



Assistive Devices for

Quad Cane



<u>This Photo</u> by Unknown Author is licensed under CC BY-SA-NC

Assistive Devices

Rolling Walker



This Photo by Unknown Author is licensed under CC BY-NC-ND



Assistive Devices

Rollator



<u>This Photo</u> by Unknown Author is licensed under <u>CC BY-ND</u>



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



- 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

This Photo by
Unknown Author is
licensed under <u>CC</u>
BY-SA



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

References

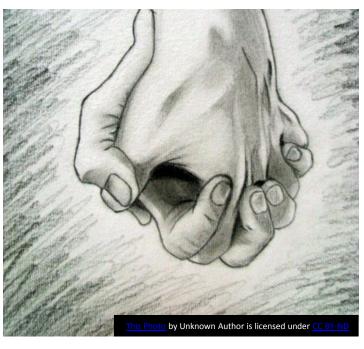
Guccione, A., Wong, R.A., & Avers, D.A.(2012).
 Geriatric Physical Therapy, p.150.



Body Language and Burnout

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





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 ©







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



Symptoms:

 Denial, anger, social withdrawal, anxiety, exhaustion, irritability, sleeplessness, health problems...

Solutions:

 Resources, support, find time for yourself, exercise, plan for the future...