

3rd Annual Caregiver Conference: Safe and Effective Mobility Strategies



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Objectives

- How to set up a home environment to avoid falls
 - Back safety considerations when mobilizing
 - Review of basic transfer strategies to keep an active lifestyle of your person with dementia
 - Know when to mobilize and know when it is not safe
 - Realistic expectations for an in-home PT consult
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Home Environment

No

- Darkness
- Throw Rugs
- Pets
- Clutter
- Slick floors
- Furniture walking

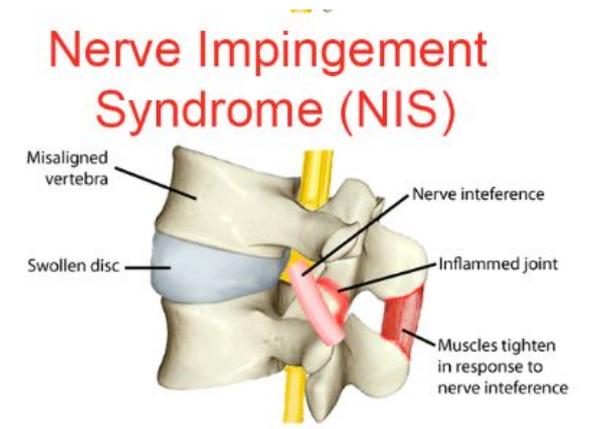
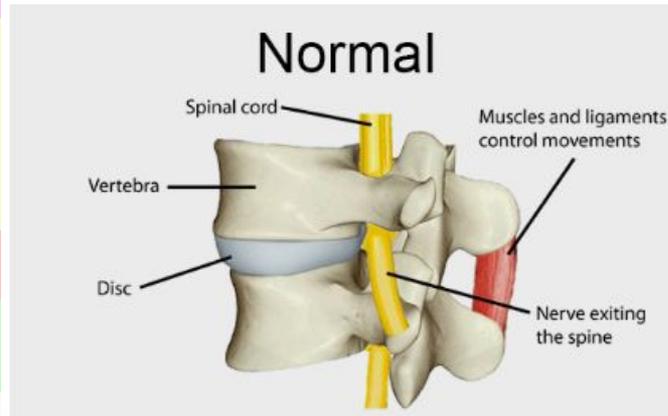
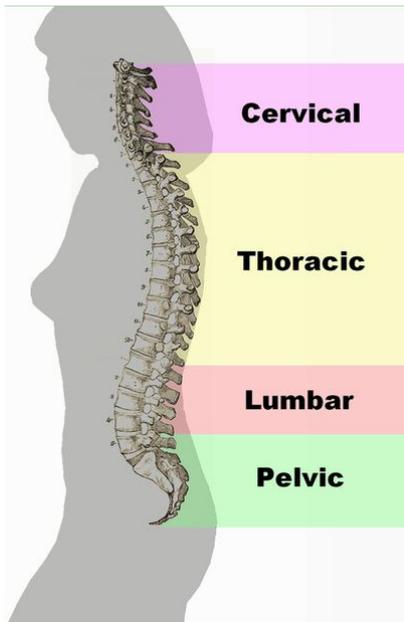
Yes

- Night Lights
- Clear hallway
- Grab bars
- Even terrain
- Cell phone handy
- Use assistive device

Back Safety Considerations

- Proper Body Mechanics:

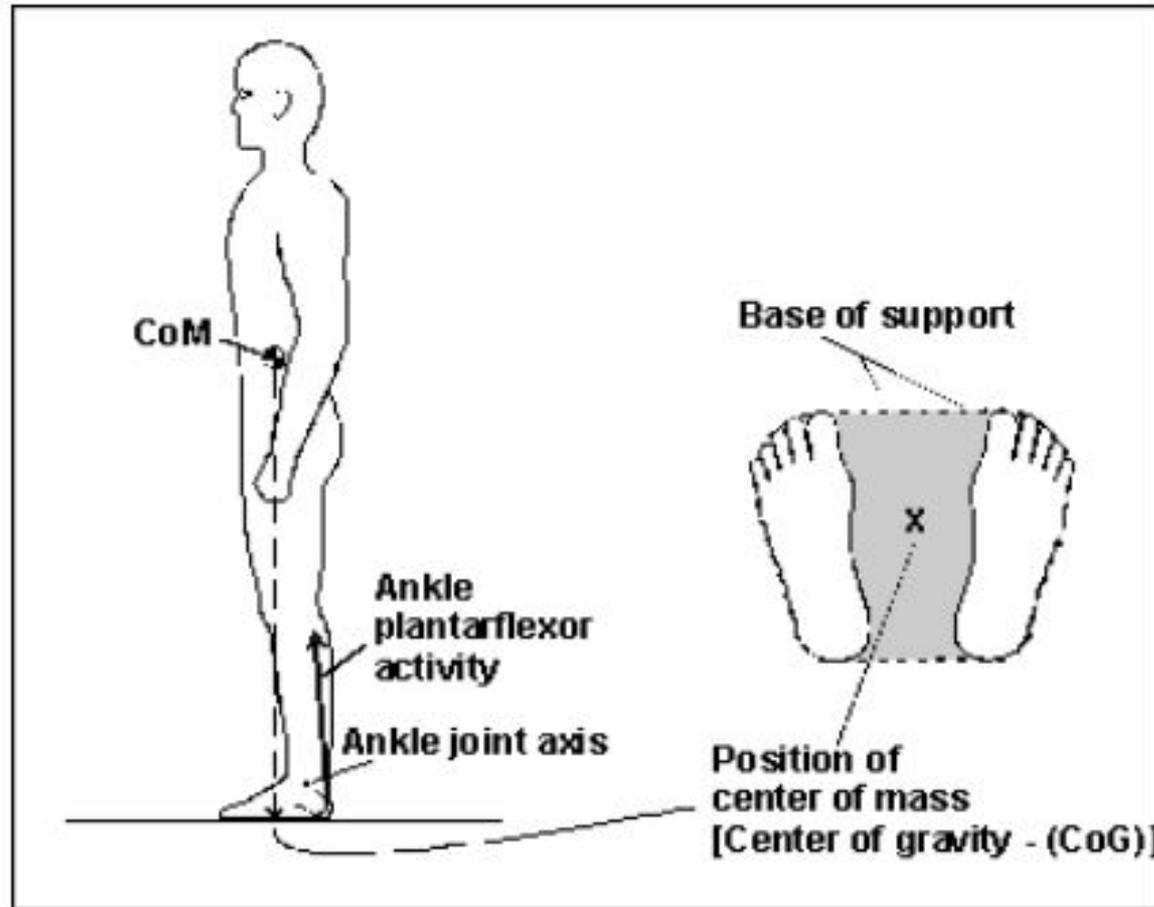
- The use of one's body to produce motion that is safe, energy conserving, and anatomically and physiologically efficient
- Leads to the maintenance of the body's balance and control



How to help avoid back pain

- Include physical activity in your daily routine
 - Healthy weight
 - 75-150 min vigorous to moderate aerobic exercise
 - Strength training 2x/week (core)
- Pay attention to posture
 - Do not slouch
 - Support lower back (pillow, towel)
- Lift properly
 - Use knees
 - Object close to body
 - Back straight

Base of Support vs. Center of Mass



Basic Transfer Strategies

- Gait Belt
 - Proper footwear
 - Plan the transfer
 - Use the brakes
 - Check strength before you lift
 - Communicate your intent
 - Ask for help (from others or your loved one)
 - Too long is too long
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When is it NOT safe to mobilize?

- Too weak (assess strength)
 - Loved one is not cooperating
 - Not enough help available
 - Skin breakdown
 - Injury
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Home Physical Therapy Consults

Unrealistic Expectations

- Therapist will come everyday
- Loved one will gain strength quickly
- Loved one will improve function quickly
- Loved one will be cooperative
- Therapist will know your home dynamics

Realistic Expectations

- Evaluating therapist will interview patient and caregiver
- Therapist will want to know your goal
- Assessment of safe mobility
- Review of basic range of motion, strength, and transfers
- Leave a home program for you to review daily

Great link from the National Institute on Aging

<https://www.nia.nih.gov/health/safety/home-safety-checklist-alzheimers-disease>



Thank you!