OUR TEAM

• Patients/loved ones/care-receivers
• Caregivers
• Family
• Friends
• Hired caregivers
• Nurses
• Aides
• Occupational Therapists (O.T.’s)
• Physical Therapists (P.T.’s)
• Speech Therapists (S.T.’s)
ACTIVITIES OF DAILY LIVING (ADL’S)

- Grooming
- Dressing upper body
- Dressing lower body
- Bathing
- Toileting
- Transferring
- Ambulating
- Eating
DIFFERENT TYPES OF ADL NEEDS

- Does the person have cognitive or physical disability or both?
- Is the condition stable or temporary/reversible?
- Is it progressing?
- Don’t overlook the disability community as a resource!
- Today’s presentation focuses on non-bedbound patients
- Trade-off between safety/health and privacy/independence
BIG PICTURE QUESTIONS FOR ADL CHALLENGES

- Time to move?
- Change caregiving situation or caregiver(s)?
- Health factors
- Environmental modifications
- Tools
- What can a Home Health Agency do?
TIME TO MOVE?

- Accessibility of home entry/exit
- Accessibility within home
- Supported environments, different levels:
  - Meals provided
  - Personal assistance
  - Medication assistance
- Full 24 hour care
# Changing Caregiver Situation or Caregiver(s)

## Intermittent Help
- Housework
- Yardwork
- Cooking
- Bathing
- Specific personal care

## Increasing Current Caregiving
- Family
- Friends
- Hiring

## Different Caregiver
- Family vs. non-family
- Personality fit
- Experienced caregiver
- Physical strength
ADDRESS HEALTH FACTORS THAT MAY INDIRECTLY AFFECT ADL’S (FOR BOTH CARE-RECEIVER AND CARE-GIVER)

- Denial
- Pain
- Depression (25-30% of Alzheimer’s disease)
- Anxiety
- Substance abuse
- Insomnia
- Cardio-vascular status
- Fatigue
- Anemia
- Leg swelling
- Exercise
- Obesity
- Compliance with meds/devices
- Vision
- Hearing
- Underlying infection
- Medications
DEPRESSION

- Situational (e.g. grief) vs. chronic
- Seasonal Affective disorder
- Full-spectrum light therapy
- Medication
- Therapeutic activity
- Music
- Outings
- Social events
- Adult day centers
- Spiritual support
- Attending church
- Home visitors / communion / sacrament of the sick
• Balance
• Coordination
• Flexibility
• Reduces fall risk
• Reduces fracture risk
• Improves mood & self-esteem
• Socialization
• Improves care-giver/receiver relationship
• Reduces agitation
• Improves sleep
• Water exercise may be an option
• Pulmonary gym
• Can exercise even if chair/bed bound!
ENVIRONMENTAL MODIFICATIONS

- Put yourself in their place
- “Simplify, simplify, simplify”
- Simplify pathways, use furniture to define pathways
- Reduce clutter
- Simplicity makes finding hidden/lost items easier
- Don’t change too many things at once
- Label drawers with photos

- Improve lighting
- More lighting
- Accessible switches
- Motion activated
- Night-lights
- Eliminate stair-climbing
- Temperature regulation
Environmental Factors: Kitchen

- Non-breakable dishes/cups
- Remove cabinet doors
- Lazy Susan in cupboard
- Tiered/step shelves
- Pull-out shelves
- Jar-openers
- Hooks to hang items in view
- Hot pads
- Mugs
- Colander
- Utensils
Environmental Factors: Kitchen

- Appliances on table instead of counter
- Toaster
- Coffee-maker
- Can-opener
- Pet food on low table instead of floor
- Dispose or lock toxic products
- Choose appliances with automatic shut-off
- Garbage disposal that operates only with cover
- Timers to set limits on stove/appliances
- Scald guard
- Flood alarm
Environmental Factors: Bathroom structural

- Wheelchair accessibility
- Disable door lock
- Grab bars
- Walk-in/roll-in shower
- Fold-down shower seat
- Replace shower door with curtain
- Hand-held shower
- Tub insert (half or full)
- Levers instead of knobs
- Mark faucets “hot/cold”
- Bidet attachment
- Cushion corners/edges with foam pipe insulation
Environmental Factors: Bathroom tools

- Non-skid mat or decals
- Shower chair
- Transfer bench
- Raised toilet seat
- Soap or toothpaste dispenser
- Faucet-grippers
- Mirror issues
- Sound-dampening with curtains, towels, carpet
Environmental Factors: Living Room & Bedroom

• Raising couch/chairs/bed with 2x4’s
• Lift chair
• Transfer pole
• Eliminate rugs
• Hospital bed
• Large clock or "talking clock"
• Bedside commode
• Hoyer lift
• Trapeze
• Overbed table (not just for bed, also for w/c, etc.)
ENVIRONMENTAL FACTORS: ENTRYWAYS

- Ramps
- Lifts (when not enough space for ramp)
- Railings
- Doorknobs – replace with lever-style
- Remove thresholds
- Non-slip strips for stairs, contrasting colors for treads/risers
- Eliminate open-tread stairs
WHAT CAN A HOME HEALTH AGENCY DO?

Continuity Of Staff May Be The Key To Improve Adl’s.

- Occupational Therapist
- Physical Therapist
- Nurses: address related health issues
- Aides
- Social Worker -- Advise on making a change?
- more accessible space
- higher level of care
- better match between patient & CG
WHAT TASKS CAN YOU OFF-LOAD?

- Weekly visit to hairdressers for shampoo
- Nail salon
- Podiatrist for toenail care
- Housecleaning
- Yard work
- Grocery home delivery
- Medication delivery (in pre-filled medisets!)
GROOMING

- Washing face/hands
- Dental care
- Hair care
- Shaving/make-up
- Fingernail care
GROOMING TIPS

• Provide comfortable seating in front of mirror
• Second chair for caregiver
• Maintaining identity vs. simplifying
• Simpler/shorter hairdo
• Less make-up
• Shift to electric razor
• Large-handled toothbrush, razor, nail-clippers
• Electric toothbrush
• Foam swab or “toothette”
• Toothpaste dispenser
• Electric razor
• Ask dental hygienist!
FLOSSING AIDS
• Simplify wardrobe
• Buy a size larger
• Easily washable
• Velcro/elastic
• Zippers or snaps instead of buttons
• Slippers/shoes with non-skid soles
• Tube socks
• Mark front/back
• Button threaders
• Extra long shoe horns
• Sock aids / Donning devices
• Search “adaptive clothing”
DRESSING

- Lay out clothes in the order they go on
- Buy duplicates of favorite clothes
- Reduce number of items in closet/drawers
- Re-locate off-season clothing
- Photos of items pasted to drawers or open shelves
- Plan ahead and allow plenty of time
- Keep instructions simple
BATHING

- Roll-in shower
- Walk-in bathtub
- Tub insert, partial or full
- Hand-held shower head (with adjustable height holder)
- Shower chair
- Transfer bench
- Sliding bathtub seat
- Pole-mounted transfer seat
Bathing Tips To Maximize Comfort/Success

• Daily bathing not necessary for most
• OK to do upper body one day, lower body next day
• Pick best time of day
• Plan plenty of time, lay out items ahead
• Regulate air/water temperature
• Liquid soap instead of bar soap
• Wall-mounted liquid soap
• Use basin/pan for bathing
• Soak feet in warm water
ENVIRONMENTAL INCONTINENCE

TOILETING

- Raised chair/lift chair
- Bedside/chairside commode
- Urinal
- Proximity to bathroom
- Cane/walker readily available
- Raised toilet seat / toilet seat lift
- Easy access clothing
- Night-light
- Reduce visual clutter in bathroom
- Bell/baby monitor
- Contrasting colors (not all white)
TOILETING: AIMING ISSUES

1. Provide grab bar to self-stabilize
2. Provide contrasting color toilet seat
3. Colored electrical tape to outline toilet bowl rim
4. "Target" inside toilet bowl
5. Rubber floor mat
TOILETNG TIPS

Scheduled voiding/Prompted voiding
Watch for signs of needing to go
Limit fluids in evening
Resting during day with feet up can reduce nocturia
Invest in a wet/dry vacuum-cleaner or carpet cleaner
Incontinence pads on chairs, car seat, etc.
Find a continence practitioner! (nurse/O.T./P.T.)
MANAGING URINARY INCONTINENCE

- Avoid alcohol, coffee, artificial sweeteners, other bladder irritants
- Avoid dehydration -- concentrated urine irritates
- Pads / briefs
- Pelvic floor exercises / biofeedback
- General exercise program with core strengthening
- The “knack”
- “Freeze and squeeze”
- Quick flicks
- Screen for infection
MANAGING FECAL INCONTINENCE

- Treat/prevent constipation & diarrhea
- Regular time of day
- Normalize stool texture
  - Avoid foods that cause loose stools
  - Encourage foods that promote formed stools
    - BRAT diet (Bananas, Rice, Applesauce, (white) Toast)
    - Low residue diet
- Antidiarrheal medications

- Ointments to protect peri-anal skin
- “Squatty Potty” or other means to promote pelvic angle
- Many folks with paralysis/neurogenic bowel use a bowel regimen
  - Suppositories or enemas may give more control than oral meds
- Colostomy, last resort option for long-term management
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<td>Slide board / transfer board</td>
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<td>Chair with arms</td>
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<td>Space to bring heels under chair</td>
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<td>Lift chair</td>
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TIPS FOR SAFE TRANSFERRING

1. Tell her what you’re going to do before you do it
2. Get as close as possible
3. Wide stance, one foot slightly in front
4. Count to three
5. Balance your own weight, back straight, knees bent
6. Use legs, not back
7. Don’t twist, pivot
8. Hoyer Lift
9. Ceiling lift
TIPS FOR GETTING IN AND OUT OF CAR

Wheelchair to car transfer:
https://www.youtube.com/watch?v=MAoEmnBHPdo
Learn how to correctly transfer an individual from wheelchair to car, car to wheelchair.

Safe transfer techniques:
AMBULATING

- P.T. eval
- Podiatry eval (calluses, hammer toes, bunions, etc.)
- Well-fitting, well-cushioned, low-heeled shoes
- Pedicure
- Control foot/leg swelling
- Walker (standard, 2-wheeled, 4-wheeled)
- Cane (single-point, quad cane)
- Stair lift
- Walking down stairs backwards
- Environment may be key to success
- Ambulating with assist
MEALTIMES

Social significance

Special place at the table

Special chair

Have patience with slow eating

Expecting spills / poor “manners”
EATING DEXTERITY ISSUES

- O.T. Consult
- Replace clear glasses with colored cups
- Wide-based cups
- Large-handed or weighted utensils
- Slip-resistant placemats
- Double-handled mugs
- Straw / cup with built-in straw
- Sippee cup
- Bib
- Plan for a mess
  - Plenty of towels/washcloths close-by
EATING

- Larger grips
- Angled handles
- Safety guards
- Dulled points on forks
EATING

- SPOONS/FORKS
- SWIVEL
- ROTATE TO PREVENT
- OFF WHEN HANDS ARE UNSTABLE
- FOOD FROM FALLING
EATING

Plates with edge-guards

Attachable edge-guards
EATING INCREASING INTAKE

- Snacks can boost calories, may be easier
- Finger foods
- Experiment with temperature of food
- Check denture fit
- Check for thrush, oral sores or pain
- Speech Therapy consult / Swallow eval / Nutritionist
- Pre-cut food
- Pureed food
- Thickened liquids
- Pediatric-style medicine spoon
- Giving small amounts of liquid with a straw (caregiver fingertip control)
MISCELLANEOUS TOOLS – THE SKY’S THE LIMIT!

• Reachers
• Mediset or talking pill box
• “Clapper” lights
• Extra-large playing cards
  ➢ Card holders
  ➢ Card shufflers
• Large print crossword puzzles, checkbooks & registers
• Large handled crochet hooks, paint brushes
• Self-threading needles
• Simple cookbooks
  ➢ Diet-specific
• **Technology is not a replacement for human interaction**
  ➢ Emergency call buttons, Tele-Vists, etc.
INSTRUMENTAL ACTIVITIES OF DAILY LIVING (IADL’S)

1. Meal preparation
2. Transportation
3. Laundry
4. Housekeeping
5. Shopping
6. Telephone
7. Medications
“EXTRA-CURRICULAR” ACTIVITIES TO SUPPORT ADL’S

- Dusting
- Filing papers
- Looking through catalogs
- Rolling yarn
- Watering plants
- Pets, bird-feeders, landscaping that attracts animals/insects
- Music/Art

- Gardening
- Raking leaves
- Cooking (or “supervising”)
- Washing dishes
- Sorting silverware
- Folding clothes/towels/washcloths
- Matching/rolling socks
- Hanging laundry

Do something unexpected. Break the rules. Have fun!
WHEELCHAIR-ACCESSIBLE GARDENING
TIPS FOR SUCCESS

• Suggest a trial run or time limit
• Choose your battles
• Hugs
• Let the person you are caring for make as many decisions as possible
• Help them admit their memory is poor
• Address spiritual concerns
• Work with healthcare professionals
• Work with others who also care about your loved one
• Take care of your own needs and feelings
  • Recognize when you are overwhelmed
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Join the Shield HealthCare Community

You can find more useful information in our online communities at: shieldhealthcare.com/community

View past and upcoming webinars at: shieldhealthcare.com/webinars
INTERNET RESOURCES

Driving -- https://www.caring.com/articles/when-to-stop-driving

Wheelchair to car transfer: https://www.youtube.com/watch?v=MAoEmnBHPdo
Learn how to correctly transfer and individual from wheelchair to car, car to wheelchair.

Safe transfer techniques: http://www.ideasforot.com/?page_id=184
Occupational Therapy: Tips for Safe Transfers, includes car transfers

Continence-specific resources:

National Association for Continence: https://www.nafc.org/

Find a pelvic health practitioner:
https://pelvicguru.com/2016/02/13/find-a-pelvic-health-professional/

Herman & Wallace practitioner directory:
https://hermanwallace.com/practitioner-directory. Herman & Wallace is a leading educator for pelvic health practitioners. They maintain a list of providers who have taken their classes.

Incontinent Support Resource Center:
http://www.incontinencesupport.info/
This Caring Home: thiscaringhome.org. Provides detailed, room-by-room safety tips and reviews of products.

National Rehabilitation Information Center: http://www.naric.com/ 800/346-2742 (V) 301/459-5984 (TTY)

Alzheimer’s Store: alzstore.com or 800-752-3238. Sells products for people with dementia. Even if you don’t buy, can give you ideas for things you can do yourself.

Nancy Andrews, photographer, website: http://www.nancyandrews.com/

Also look for disease-specific resources and support groups! Contact your local Area Agency on Aging!

Eldercare Locator: eldercare.gov 800-677-1116. Links to local area agencies on aging that oversees local services.

Family Caregiver Alliance: caregiver.org 800-445-8106. Provides information on topics for caregivers. Family Care Navigator helps find local resources in your area.

Paying for Senior Care: https://www.payingforseniorcare.com 641-715-3900 Ext. 606151#, Provides tools, information and creative ideas which help families and caregivers discover the means to care for their elderly loved ones.

Resources for Rehabilitation: http://www.rfr.org. A source for publications that enable people with disabilities and chronic conditions to remain independent.


QUESTIONS?