

Compensating for Movement Changes: Tips & Tools

February 2022

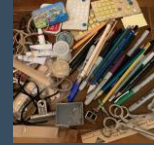
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Before We Get Started...

Grab a:

- Scrap piece of paper
- Pen/pencil
- Shoes/socks
- Clip (chip, hair, clothespin, binder)



Occupational Therapy (OT)

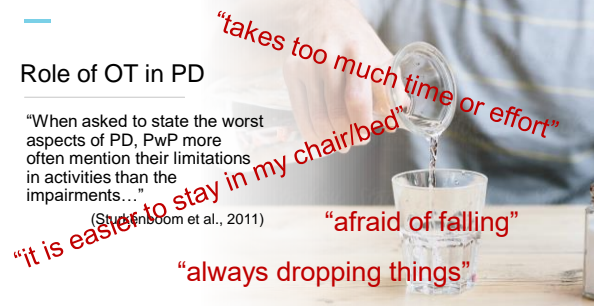
"Achieving health, well-being, and participation in life through engagement in occupation..." (AOTA, 2014)

- Help individuals be as independent as possible with the things they need and want to do
- Improve participation in activities of daily living
- Improve quality of life

Role of OT in PD

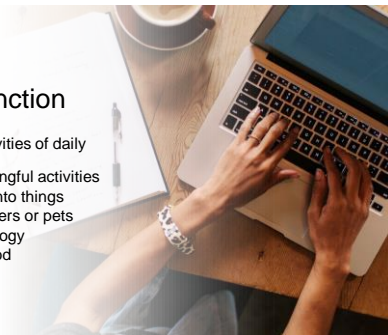
"When asked to state the worst aspects of PD, PwP more often mention their limitations in activities than the impairments..."

(Stucklenboom et al., 2011)

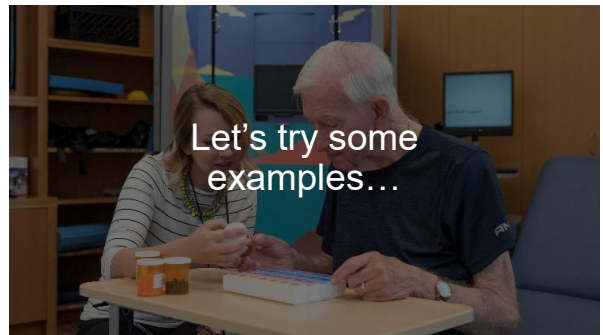


Impact on Function

- Doing your basic activities of daily living
- Participating in meaningful activities
- Opening or holding onto things
- Providing care for others or pets
- Writing, using technology
- Cooking, prepping food
- Many others...



Let's try some examples...



Functional Transfers

Grab a seat in your favorite chair...

- Where do you feel your sit bones?
- Where are your knees in proportion to your hips?
- Can you get your feet flat on the floor?
- Can you sit upright or are you slouched?
- Can you get up without using the arms?

Transfer Tips & Tools



Gait Belt



"nose over toes"



Shower chair with arms



Toilet Safety Frame



Grab bars



Stand Assist Bars



Bed rail

Dressing

If you are wearing socks/shoes go ahead and take them off; if you are not wearing socks/shoes go ahead and put them on

- Can you do it?
- Where do you do this?
- How do you do this?
- Do you feel pain, stiffness, or SOB?
- Is it safe?

Dressing/Grooming Tips & Tools

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 THE PROFESSIONAL'S CHOICE
 FASHIONABLE, FUNCTIONAL, & AFFORDABLE
www.zappos.com/adaptive

Fine Motor Manipulation

Write a short sentence. Pinch the clip.

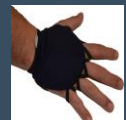
- Can you read the sentence?
- Does your writing change?
- Is it difficult to hold or manipulate either?
- Does your hand feel different than it used to?
- Did you drop, or almost drop, the items?

Fine Motor Tips & Tools

Dycem non-slip
 GREIPS • HOLDS • OPENS

- ✓ The professional's choice
- ✓ Multi-purpose
- ✓ Long lasting, easy to clean
- ✓ Antimicrobial
- ✓ Award winning
- ✓ Simple to use
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Other Considerations

- Allow adequate time (and then some)
- Practice meaningful skills
- Reduce simultaneous tasks
- Make materials heavier or lighter
- Change the size and shape of an object
- Change your body position



Hand Coordination Challenges

- Hand flicks
- Tabletops
- Hook grips
- "O's"
- Pencil inchworms
- Shifting items from palm to fingertips



Tips & Tools FAQ

- Does insurance cover adaptive equipment (AE)?
- Where can I purchase AE?
- When do I consider PT/OT/Speech?
- What other questions can I answer for you?



Every life deserves world class care.

References

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