

# Occupational Therapy for Patients with Parkinson's Disease

Shaina Meyer, OTR/L



## Role of Occupational Therapy

- Help individuals be as independent as possible with the things they need to do and want to do
- Improve participation in ADL's and IADL's
- Improve quality of life



## How do PD motor symptoms affect ADL engagement?

- Difficulty dual tasking affects safety and efficiency
- Balance and stability changes may result in falls
- Fear of falling impacts everyday task involvement
- Slowed movement affects efficiency with ADL's
- Tremors affect object manipulation
- Postural changes and reduced flexibility affect ability to reach for items or dress self

## How do PD non motor symptoms affect ADL engagement?

- Depression and emotional regulation can lead to reduction in activities
- Bowel/bladder changes impact ADL's
- Sexual dysfunction impacts quality of life
- Changes in cognitive abilities can affect safety
- Hypotension can increase risk of falls
- Visual changes can affect safety when walking or doing enjoyable activities such as reading
- Fatigue makes it difficult to get through daily routine
- Sensation changes can affect safety and efficiency
- Sleep disturbances can affect cognition and energy levels making it more difficult to manage daily activities

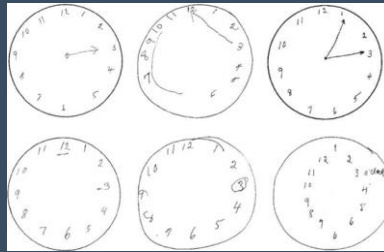
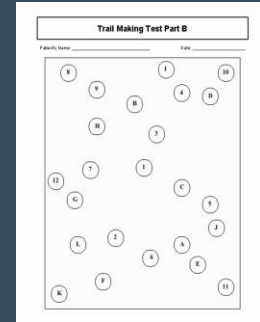
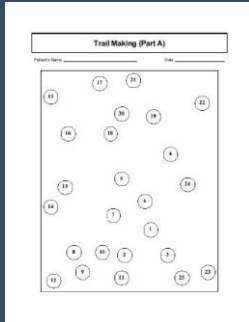
# What does an evaluation look like?

- Interview with patient and caregiver(s)
- Physical assessment
- Cognitive assessment
- Psychosocial assessment
- Development of goals and frequency of treatment

# What does an evaluation look like?



# What does an evaluation look like?



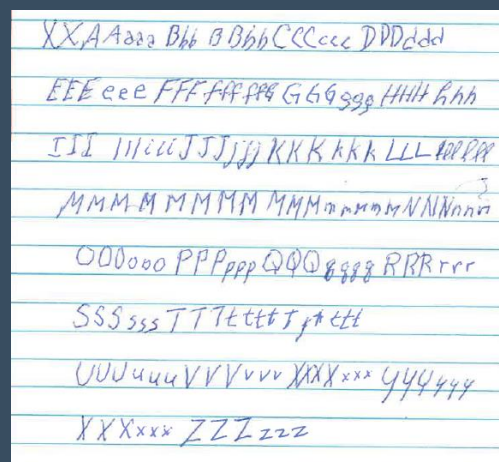
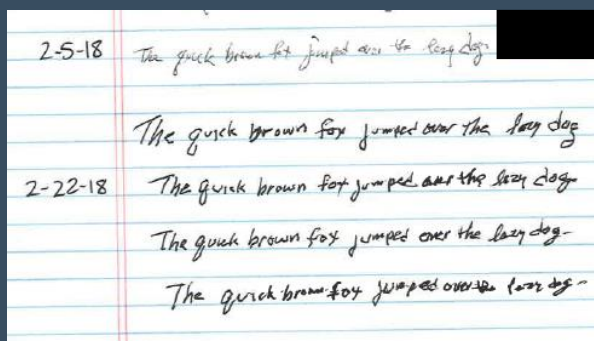
# What does treatment look like?

- Highly dependent on specific patient goals
- May include:
  - Caregiver training
  - Adaptive equipment training
  - Use of compensatory strategies
  - Home safety recommendations
  - Teaching specific exercises
  - Education, education, education!

# Treatment of PD motor symptoms in Occupational Therapy

- Dual tasking training with use of the latest technology or in real world situations
- Fall prevention and safety awareness training
- Specific exercises to combat decrease flexibility, slowed speed of movement and postural changes to improve ability to golf, put on a shirt, or wipe self
- Education on tremor stabilization techniques for writing and eating
- Floor recovery training

## Handwriting progression



# Treatment of PD non motor symptoms in Occupational Therapy

- Stress management and coping skills development and incorporation of meaningful leisure activities
- Use of a routine for bowel/bladder changes
- Training use of compensatory strategies for cognitive changes
- Education on visual modifications
- Energy conservation strategies to reduce fatigue
- Household safety recommendations to reduce falls, prevent burns, and reduce related risks
- Sleep hygiene training



Every life deserves world class care.