Role of Occupational Therapy

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Occupational Therapy Overview

- What is Occupational Therapy (OT)?
- When are OT services indicated?
- How OT can help a person with Parkinson's?
What is Occupational Therapy?

- The use of treatment to develop, recover, or maintain the daily living and work skills of people with a physical, mental, or cognitive disorder.

- Is a client-centered practice that places emphasis on the progress towards the client's goals.

- Focus on adapting the environment, modifying the task, teaching the skill, and educating the client/family in order to increase participation in and performance of daily activities, particularly those that are meaningful to the client.
Occupational Therapy Services are Indicated

- When there is a decline in...
  - Arm strength, coordination, hand function & overall movement
  - ADL’s (feeding, grooming, bathing, dressing, toileting)
  - IADL’s (cooking, cleaning, laundry, medication management)
  - Standing up or sitting down from a chair, toilet or tub shower
  - Work related tasks including computer access and handwriting
OT Can Improve Activities of Daily Living

- Washing
- Dressing
- Feeding
- Mobility
- Transferring
- Toileting
How OT can help a person with PD

• Provide individualized exercise programs that are skilled, repetitive and large movements

• Several studies validate the benefits of skilled, repetitive, high amplitude exercise

• Goals are to increase the amplitude and speed of movement in both arms and legs during every day ADL & IADL tasks

• To reset perception of movement execution
Adaptive Equipment - Eating

- Nosey cutout glasses
- Elevated eating trays
- Mighty Mug no-spill coffee mug
Adaptive Equipment-Eating

- Liftware Level uses electronic motion-stabilizing technology to keep your utensil level, regardless of how your hand or arm twists, bends, or moves.
- Liftware Steady is designed to help people with hand tremor to eat more easily.

[Images of Liftware Steady and Liftware Level]

www.Liftware.com
Adaptive Equipment-Oral Care

Automatic toothpaste dispenser

Electric toothbrush and flosser

www.amazon.com
Adaptive Equipment-Grooming

Hands free hairdryer holder

Mascara assist tool

www.amazon.com
Adaptive Equipment: Dressing

- Button hook
- Velcro closures
- Magnetic zipper

www.amazon.com
Adaptive Equipment-Toileting

Toilet lifting seat

Bidet toilet seat

www.amazon.com
Strategies to Improve Handwriting

- Improve hand strength, coordination & posture
- Support elbow, forearm & wrist on a table
- Utilize highlighted & lined paper
- Exercise prior to handwriting
- Trace letters & objects
- Daily practice

The Heavyweight pen

www.amazon.com
Assistive Technology-Computer access

- Typing stick or track ball
- Decrease mouse speed
- Utilize on-screen keyboard
- Adjust keyboard sensitivity
- Voice dictation system
- Eye tracking system

OrbiTouch Keyless Keyboard
Assistive Technology-Computer access

- Finger stylist for smart phone/I-pad

- Capacitive Stylus for Touchscreen Devices

www.amazon.com
United Cerebral Palsy of San Diego County

San Diego Assistive Technology Center
8525 Gibbs Drive,#209
San Diego, CA 92123

**Phone:** (858) 571-7803
**Fax:** (858) 571-0919

[http://www.ucpsd.org](http://www.ucpsd.org)

Access To Independence

8885 Rio San Diego Drive Suite 131
San Diego, CA 92108

**Voice:** (619) 293-3500
**Fax:** (619) 704-2054
**Toll Free:** (800) 976-2776

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Benefits of Occupational Therapy

Improve participation in ADL & IADL activities
Modify and/or adapt to one’s environment
Prevention of secondary complications
Enhance recovery and outcomes
Improve overall movement
Improved quality of life