

# AGING IN PLACE WITH OT

## WHAT IS OT?



Occupational therapy addresses independence in everyday activities that are important to you!

## How Can OT Help You?

- Stay strong and steady to prevent falls
- Make dressing, bathing, or cooking easier
- Use tools to make life simpler (jar openers, special utensils, etc.)
- Build routines to help memory and focus
- Stay active and connected with the things you enjoy

## Room Modifications



### Whole House:

- Add motion-detection lights

### Bathroom:

- Grab bars

### Bedroom:

- Bed rail

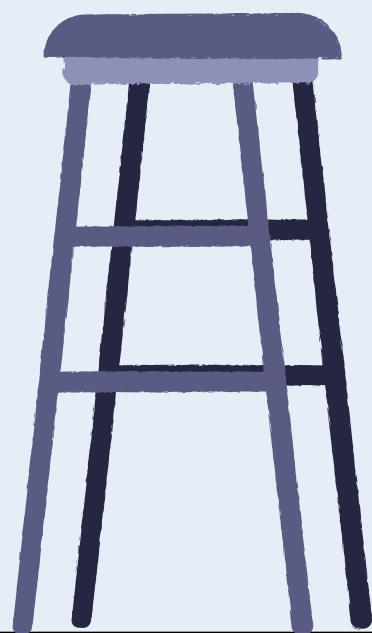
### Kitchen:

- Put items in easy reach



## Energy Conservation!

- Sit more, stand less
- Organize
- Plan ahead
- Use adaptive equipment



## BUY NOW!



- Carewell
- AliMed

- Amazon
- Facebook
- NEAT @ Oak Hill



## Medication Management

- Use a pill organizer or dispenser.
- Set phone alarms or reminder notes.
- Keep a medication list.
- Ask your OT for routine tips.



# Community Resources

## Griffin Hospital

- Fall prevention
- Self-management
- Support groups

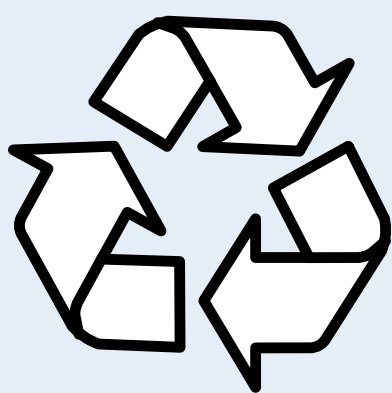


## Southwestern Connecticut Agency on Aging

- Benefits counseling
- Caregiver support
- Home care referrals

## Valley Transit District

- ADA compliant
- Dial-A-Ride



## The Kennedy Collective

- Vision Rehab
- Assistive Tech training
- Daily skills for low vision

## NEAT center at Oak Hill

- Recycled & affordable
- Device lending
- Technology training

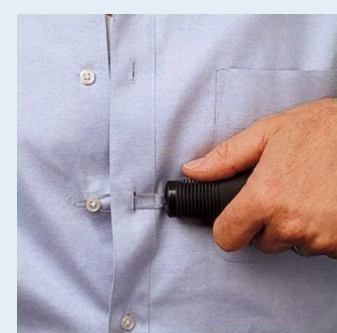


## Shelton Senior Center

- Recreational activities
- Group meals
- Support groups
- Educational Presentations

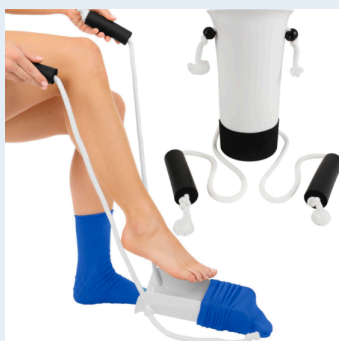
# Adaptive Equipment

## Dressing



### Button Hook

Helps you fasten buttons by pulling them through the hole with a built-in wire loop



### Sock Aid

Helps you slide socks on without bending. place sock over the plastic frame, drop it to the floor, and pull the handles.



### Reacher

Helps you pick up items from the floor or high shelves, and can assist with dressing tasks like pulling up pants or reaching clothes



### Dressing Stick

Assists with putting on or taking off clothing using a hook that can pull clothing on or push it off

## Eating/Cooking



### Built-Up Utensils

Have thick, easy-to-grip handles to reduce hand strain while eating



### One-Handed Cutting Board

Holds food in place with spikes or edges so you can cut using only one hand



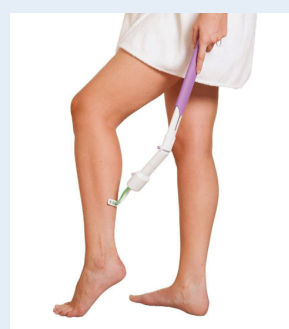
### Extended Handle Toenail Clippers

Let you trim toenails safely without bending or straining your back.

### Denture Brush with Large Grip

Makes it easier to hold and clean dentures, especially with limited hand strength

## Grooming



### Extended Handle Razor

Helps you shave hard-to-reach areas like legs or underarms without twisting or reaching

# FALL PREVENTION FOR INDEPENDENCE



## Fall Risk Factors for Parkinson's and Macular Degeneration

Let's consider...

- Tremors affecting balance, fine motor control, and grip strength
- Visual deficits
- Physical fatigue affecting functional mobility

## What Can an OT Do?

- Evaluation and modification of home for safety hazards
- Teach adaptive equipment strategies for ADLs
- Educate on energy conservation strategies



## Fall Prevention Tips and Tricks

Tips to help with safe mobility around the home, adaptations and modifications for the home, and ADL support...

- Use a rolling walker to mobilize around the home
- Incorporate rest breaks when feeling fatigued
- Home modifications can include non-slip mats, grab bars in the shower and toilet, and improved lighting
- Adaptive equipment – long-handled tools, weight utensils, magnified mirrors

## Staying Engaged in Activities

Try out small group activities that incorporate LSVT Big exercises and use recliner chairs with arm support for fatigue management during functional mobility tasks!



## Let's Be Safe & Independent!

