

Occupational Therapy - Live Life to the Fullest!

By Gina Fernandez, B.A., M.O.T. (Registered Occupational Therapist)



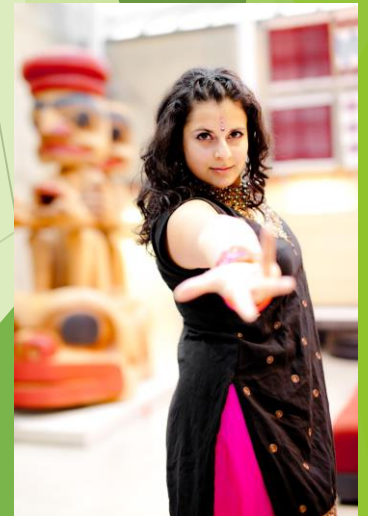
ENABLE OCCUPATIONAL
THERAPY



Parkinson Society
British Columbia

Who Am I?

- ▶ Gina is an Occupational Therapist (OT) registered with the College of Occupational Therapists in British Columbia and a member of the Canadian Association of Occupational Therapists.
 - ▶ Bachelor's Degree in Psychology from Simon Fraser University and Master's Degree in Occupational Therapy from the University of British Columbia
 - ▶ 7 years working on the palliative (hospice) and oncology (cancer) units at Abbotsford Hospital. Still works at Fraser Health Authority: Peace Arch Hospital and Delta Hospital
 - ▶ Previously at Vancouver Coastal Health (Richmond): outpatient and community teams with the Early Supported Discharge Team, providing education and rehabilitation to adults with strokes and brain injuries
 - ▶ Founded Enable Occupational Therapy Ltd. in 2014
 - ▶ PWR! Moves Certified Therapist
 - ▶ Teaches boxing classes at Neurofit in Vancouver, BC, and at her own clinic in Richmond, BC
- ▶ Prior to becoming an Occupational Therapist, Gina enjoyed performing and competing in Bollywood and Bhangra dance styles across North America. She continues to teach classes at various high schools and dance studios in her spare time. You can often find her teaching a few dance moves in her PWR! classes!



Who are Occupational Therapists?



- ▶ Occupational Therapists (or OT's) are:
 - ▶ University (Master's or Bachelor's degree) educated professionals who apply their specialized knowledge and skills to recommend a course of preventive or corrective action that will help people lead more productive and satisfying lives (CAOT, 2018).
 - ▶ OT's are trained to understand not only the medical and physical limitations of a disability or injury, but also the **psychosocial** factors that affect the functioning of the whole person - their health and their wellness (CAOT, 2018).
 - ▶ OT is also a regulated medical profession (COTBC); Occupational Therapists must be registered with their provincial regulator in order to practice legally in Canada. (CAOT, 2018).



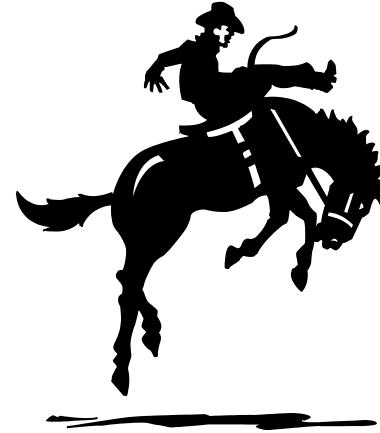
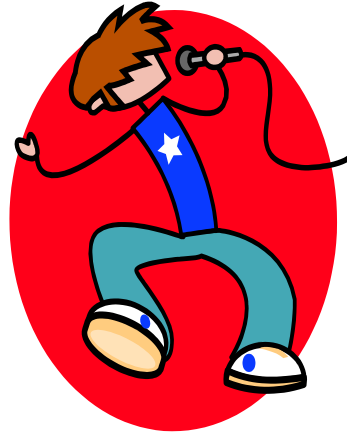
What is Occupational Therapy (OT)?

- ▶ Occupational Therapy (OT) is:
 - ▶ The art and science of enabling engagement in everyday living, through occupation,
 - ▶ Enabling people to perform the occupations that foster health and well-being, and
 - ▶ Enabling a just and inclusive society so that all people may participate to their potential in the daily occupations of life
- (Townsend & Polatajko, 2007, p. 372-taken from CAOT)
- ▶ Summary: It is the process of helping people do things that are important in their life.



What is your Occupation?

- ▶ Mother
- ▶ Grandparent
- ▶ Husband
- ▶ Daughter
- ▶ Lawyer
- ▶ Student
- ▶ PSBC group facilitator
- ▶ Golfer
- ▶ Comedian



Who can benefit from OT services?

- ▶ Anyone having difficulty participating in activities due to:
 - ▶ An illness or disability (Person components) AND/OR
 - ▶ Due to the social, institutional or physical environment (Environmental components)
- ▶ An Occupational Therapist will assess and evaluate your ‘**occupational performance**’. This means your ability to “choose, organize, and effectively and safely perform everyday activities.” (COTBC)
 - ▶ CMOP-E (Canadian Model of Occupational Performance and Engagement)- illustrates the relationship between person, occupation and environment



Canadian Model of Occupational Performance and Engagement (CMOP-E)

Environmental components include:

- ▶ Physical
- ▶ Social
- ▶ Institutional
- ▶ Cultural



Person components include:

- ▶ Physical
- ▶ Affective/Emotional
- ▶ Cognition



And in the centre of it all is... SPIRITUALITY!

What are Environmental Components?

▶ Physical:

- ▶ Barriers
- ▶ Adaptive equipment
- ▶ Noise
- ▶ Geography (urban, rural)
- ▶ Housing

▶ Social:

- ▶ Support system
- ▶ Social norm and expectations

▶ Institutional:

- ▶ Financial
- ▶ Legal
- ▶ Policies
- ▶ Resources

▶ Cultural:

- ▶ Roles
- ▶ Values
- ▶ Expectations
- ▶ Customs



What are Person Components?

► Physical:

- Strength
- Endurance
- Range of motion
- Mobility

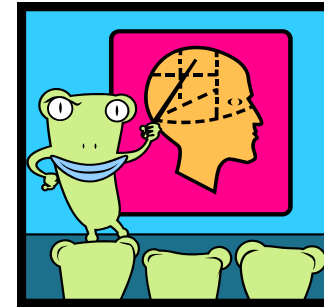


► Affective/Emotional:

- Feelings
- Expression of self

► Cognition:

- Attention
- Memory
- Problem Solving
- Multi-tasking
- Organization



How can Occupational Therapists help?

- ▶ We enable people to perform the following activities as independently as possible:

- ▶ Self-care
- ▶ Home Management
- ▶ Productivity
- ▶ Leisure



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What is Self-Care (Activities of Daily Living)?

► Things you do to take care of yourself:

- Bathing
- Dressing
- Grooming
- Toileting
- Feeding



What is Home Management (Instrumental Activities of Daily Living)?

► Things you do to manage your home and life:

- Cooking
- Cleaning
- Banking
- Grocery shopping
- Driving



What is Productivity?

- ▶ Things you do to occupy your time:
 - ▶ Education (school)
 - ▶ Work
 - ▶ Volunteering



What is Leisure?

► Things you do for enjoyment:

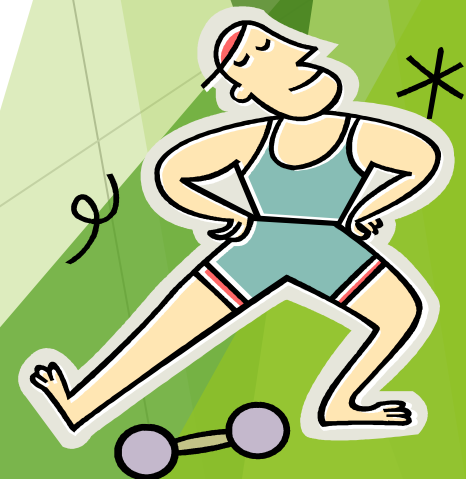
- Hobbies
- Sports
- Social activities



“Lack of activity destroys the good condition of every human being, while movement and methodical exercise save it and preserve it” -(Plato)

How can OT's help?

1. Remediation of deficits: teaching skills to address the deficits and restore function:
 - ▶ i.e. Use of therapeutic computer games to simulate problem-solving scenarios and improve attention to detail, speed and accuracy of response.
 - ▶ i.e. Teaching clients how to use public transportation
2. Instruction in compensatory techniques: adapting a task or routine, or giving team members tips for interactions
 - ▶ Provision of adaptive equipment: providing environment or external supports to compensate for impaired skills such as the use of notebook and memory board to record and remember information
 - ▶ Provision of mobility devices
 - ▶ Home modification
3. Exercises, stretches, or splints to maintain cognitive or physical function (Hirsch & Farley, 2014; Petzinger et. al, 2013)



General OT Recommendations

- ▶ Hand therapy rehabilitation, following a fracture, to enable a person to resume his or her job as a cook (by provision of a splint or exercises)
- ▶ Medical equipment, such as a walker or wheelchair, so a client who is recovering from a stroke can increase their mobility and go grocery shopping
- ▶ Cognitive exercises to help clients with an Acquired Brain Injury improve memory and attention, so that they are able to participate to have skills to re-enter the work force
- ▶ Gross motor development training so a child can play at a school playground and fine motor development training so a child can learn to print or hold a pencil
- ▶ Group therapy to a client with Schizophrenia to build social skills so the client can engage in conversations with people and make friends



OT Recommendations for PD clients

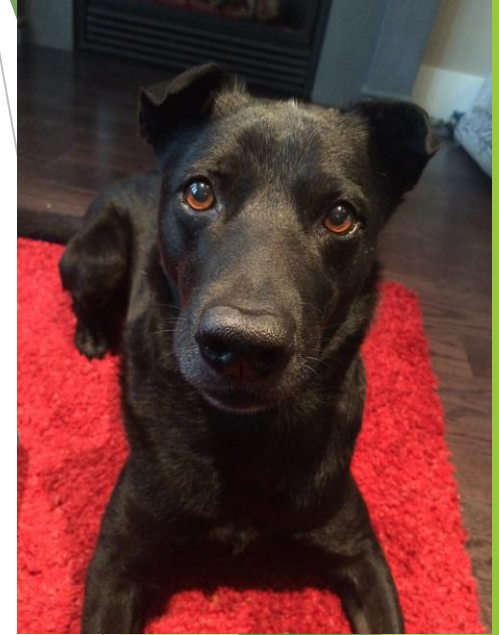
- ▶ Tips and tricks for organization
- ▶ Energy conservation and pacing
- ▶ Ergonomic assessments (to assist with focus)/technology
- ▶ Memory aids
- ▶ Anxiety reduction (see next slide)
- ▶ Sleep hygiene
- ▶ Home safety assessments to prevent falls
- ▶ Equipment for the bedroom or bathroom: grab bars, bath seats, bed rails, ramps, lifts, furniture risers
- ▶ Adapted equipment: clothing, eating utensils, buttons, zippers
- ▶ Exercise and stretching
- ▶ Fine motor exercises: handwriting and printing



Anxiety Reduction- How can OT's help?

- ▶ Use of an anxiety reduction program
- ▶ Recommending and implementing practical and specific strategies (deep breathing, progressive muscle relaxation, sensory strategies, animals, etc.)
 - ▶ Practice first in the clinic and then generalize to the community, with support
- ▶ Cognitive Behavioral Therapy
 - ▶ Practice first in the clinic and then generalize to the community, with support
- ▶ Exposure Therapy
 - ▶ Practice first in the clinic and then generalize to the community, with support

Goal: Independence with anxiety reduction strategies and to decrease overall level of anxiety that is impacting a person's ability to engage with activities/people

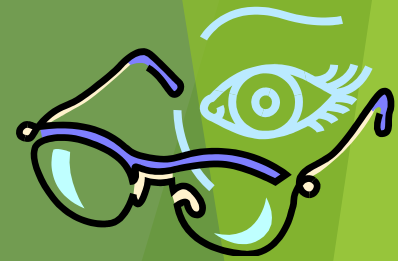


Let's talk about driving!

- ▶ How can an OT help?
 - ▶ Evaluate your driving capacity
 - ▶ Ensure your seating posture in the vehicle is optimal for you, specifically
 - ▶ Propose interventions or vehicle modifications tailored to you
 - ▶ Recommend adapted equipment to enhance your driving practice
 - ▶ Help find alternative transportation options (CAOT, 2018)

Why evaluate driving?

- ▶ **Age alone does not determine a person's ability to remain a safe driver.** Many older adults continue to be safe drivers and make decisions to avoid driving situations in which they feel less confident. However, as you age, changes in your abilities make some activities more difficult. It is important to recognize changes that can affect your ability to drive safely, such as:
 - ▶ Vision - Glare, changes in night vision or to the visual field, including peripheral vision.
 - ▶ Physical - Weakness, stiffness or pain may cause slow movements and reaction times.
 - ▶ Cognition - Difficulty remembering, making decisions or doing activities when there are distractions/multi- tasking.



When should you get your driving checked?

- ▶ If any of the following sound familiar, maybe it's time to make some changes to your driving strategies or have your driving evaluated:
 - ▶ You lose your way.
 - ▶ You have less confidence in your driving skills.
 - ▶ You notice other drivers honk at you.
 - ▶ You miss stop signs or traffic lights.
 - ▶ You mix up gas and brake pedals.
 - ▶ You have problems with lane changes or merging.
 - ▶ You have minor accidents or traffic tickets.
 - ▶ Your passenger needs to help you.
 - ▶ Family and friends refuse to get in the car with you.



How do I find an OT?

- ▶ Ask your family doctor or other health care professional (e.g. physiotherapist, nurse, chiropractor) for a referral to Occupational Therapy
- ▶ Use the CAOT website (www.caot.ca) - “Find an OT”
- ▶ Occupational Therapy services may be assigned to you as part of a hospital stay or a rehabilitation treatment plan.
- ▶ Services may be accessed in your home or as an outpatient - free or private pay. Contact your local hospital or **community health care centre (listing at the end of the slides)** for information for free OT services!



Questions



Resources

1. Health Authorities (free OT services in the community; only need a family doctor- no referral):

- ▶ Northern Health Authority:
<https://www.northernhealth.ca/locations/health-units>
- ▶ Fraser Health: 1-855-412-2121 (press 2)
- ▶ Interior Health:
<https://www.interiorhealth.ca/YourCare/HomeCommunityCare/Pages/default.aspx>
<https://www.interiorhealth.ca/YourCare/HomeCommunityCare/Documents/HCCOffices.pdf>



Resources

- ▶ Vancouver Coastal Health: <http://www.vch.ca/your-care/home-community-care/how-to-access-services>
 - ▶ North Shore: Phone: (604) 986-7111
 - ▶ Richmond: Phone: (604) 278-3361
 - ▶ Vancouver: (604) 263-7377
- ▶ Vancouver Island Health Authority:
 - ▶ Victoria Community Access Centre (for South Island): All communities south of Mill Bay, including Greater Victoria, the Southern Gulf Islands and west to Port Renfrew: *Ph: 250.388.2273 or Toll-free: 1.888.533.2273*
 - ▶ Nanaimo Community Access Centre (for Central Island): All communities from Mill Bay to Deep Bay, including Gabriola Island, and from Parksville on the east coast to beyond Tofino/Ucluelet on the west coast: *Ph: 250.739.5749 or Toll-free: 1.877.734.4101*
 - ▶ North Island Central Intake: All communities north of Deep Bay including the Mt. Waddington Regional District and the mainland area adjacent to it: *Ph: 250.331.8570 or Toll-free: 1.866.928.4988*



Resources

1. Canadian Association of OT's: www.caot.ca
 - ▶ (find an OT, what do OT's do)
2. College of OT's of BC: www.cotbc.org
 - ▶ (Is your OT registered, what do OT's do)



References

- ▶ Townsend, E., & Polatajko, H. (2007). Enabling occupation II: Advancing an occupational therapy vision for health, well-being, & justice through occupation. Ottawa: CAOT Publishers.
- ▶ Hirsch, M.A. & Farley, B.G. (2014). Exercise and Neuroplasticity in persons living with Parkinson's Disease. Eur J Phys Rehabil Med 2009; 45: 215 - 229.
- ▶ Petzinger G.M., Fisher, B.E., McEwen S., Beeler J.A., Walsh, J.P, Jakowec, M. (2013). Exercise enhanced neuroplasticity targeting motor and cognitive circuitry in Parkinson's Disease. Lancet; 12: 716 - 72.

Thank you!



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