

Living Well at Home with Parkinson's

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Occupational Therapy (OT)



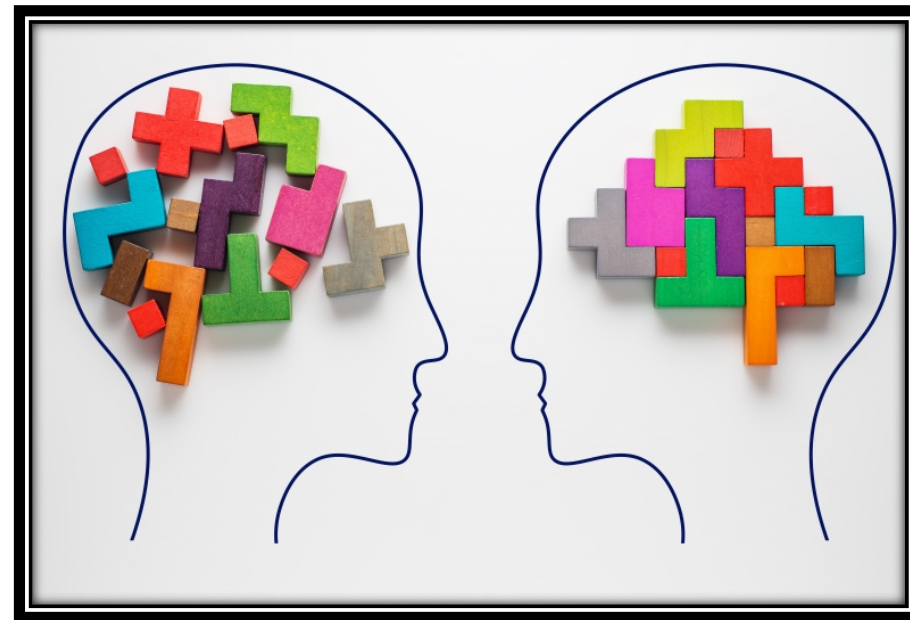
Any meaningful activity that you **NEED** or **WANT** to do

Home is Where the Magic Happens



Challenges with Parkinson's

- Processing speed
- Multitasking
- Planning
- Internal cues
- Physical challenges



Safety Issues in the Home

- Reasons
 - Parkinson's symptoms
 - Medication related issues
 - Other diagnoses complications
- Issues
 - Falls
 - Not noticing emergencies
 - Delayed responses
 - Risk of abuse



Source: Hughes, et al., 2012;
World Health Organization, 2007

Home Evaluation

- OT or PT
 - Measurements
 - Observations during tasks
 - Recommendations
 - Education
 - Disease progression & the future



Key Principles for Home Modifications

- Don't ↓ activity
 - = Deconditioning
- Solutions:
 - ↑ engagement in activity
 - ↑ participation in activities
 - ↑ to overall health and wellness



Source: Horkheimer, 2015.

Home Modification Ideas



Lighting

- Dependent on room, activity, and person
- Poor lighting creates:
 - Glare
 - Shadows
 - Increased adaptation



Lighting

- Walkway or stairway lighting – track, LED



Lighting

- Task lighting
 - To the side of task
 - Multiple lights better than one
- Motion sensor



Lighting Locations

- Reading: Over dominant eye shoulder
- Writing: On non-dominant hand side of desk



Source: Hughes, et al., 2018

Lighting Guidelines

- Minimum of 540 lux for people 55+ years to read
 - Drawing = 1000 lux
 - Computer work = 500 lux
 - Eating = 150-200 lux
- Lux Meter app
- LED bulbs are most efficient



LED bulb (above)

Incandescent bulb (below)



Source: Hughes, et al., 2018

Night Lights

- Placement:
 - Bedroom
 - Toilet/sink
 - Hallways
 - Kitchen
 - Pet area
- Red glow
- Toilet bowl lights



Contrast

- Created with
 - Paint
 - Lighting
 - Floor mats
 - Thresholds
 - Colored bars



Grab Bar Notes

- Install them correctly
- Don't use:
 - Shower curtain rod
 - Soap dish
 - Towel rack
 - Toilet paper dispenser
 - Suction bars



Technology

- Doorbell wireless camera



Technology

- Smart door knobs and handles
 - Push
 - Pull
 - Rotate



Handles and Switches

- Large rocker style switches
- Touch-on options



TOGGLE SWITCH



ROCKER SWITCH



Handles and Switches

- Kitchen and bathroom faucets
 - Single handle = best
- Cabinet handles (not knobs)



Furniture Challenges

- Dining room or counter chairs
- Chair sliding pads
 - Scotch brand
 - Magic Sliders
 - Slip-on



Source: Chabot, M., 2016

Furniture Challenges

- Motor activation
 - Bed cane
 - EZ Stand-N-Go
 - Variety of sizes and weight capacities



Bed Cane



Couch Cane

EZ Stand-N-Go



Non Slip Surfaces

- Rug backing
- Roll on grip texture
- Grip adhesive strips



Review

- Goals of home mods:
 - Increase activity participation
 - Maintain or improve safety and function
 - Prepare for the future
- A therapy professional can help



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