



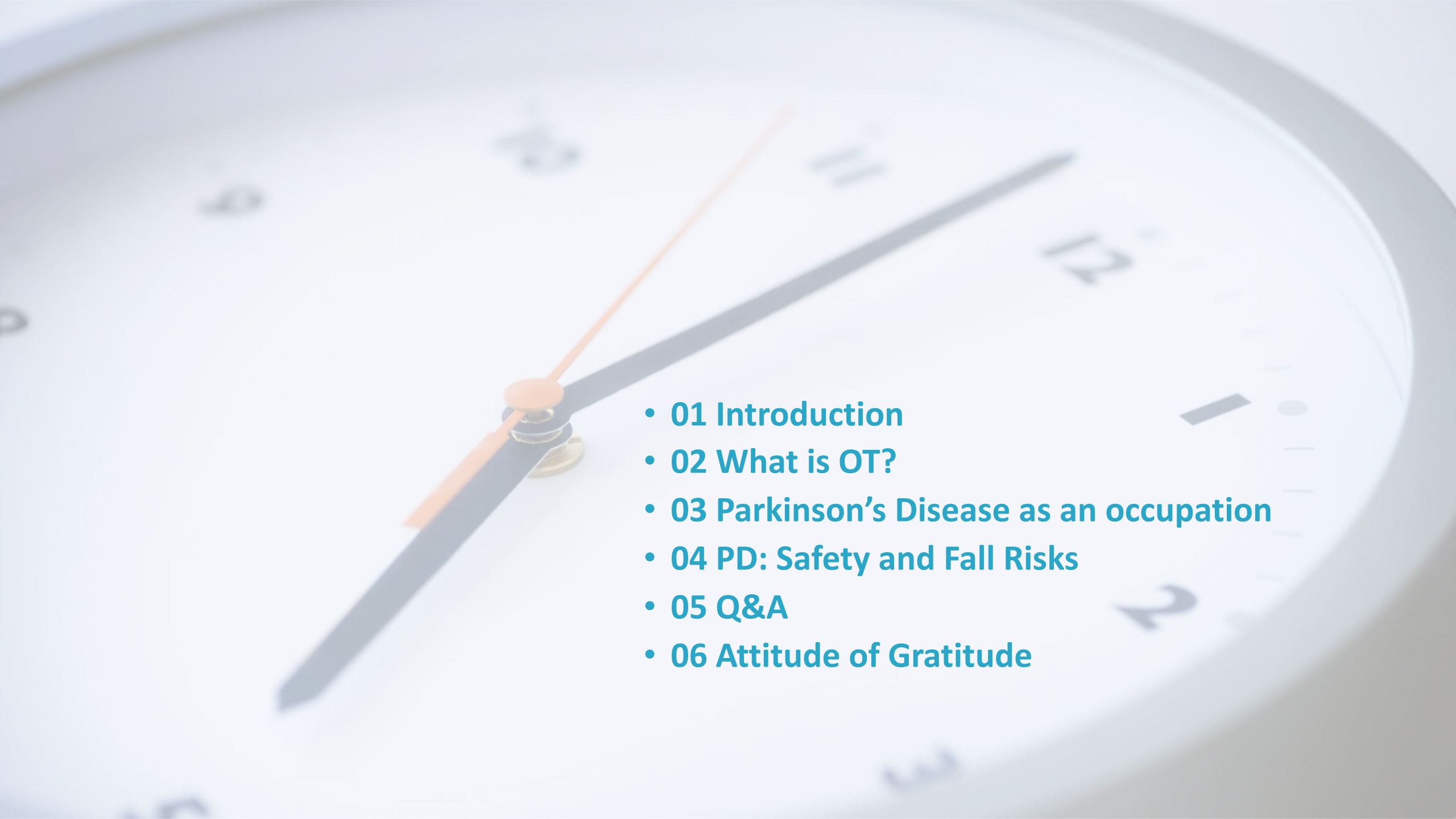
BECAUSE  
LEAVES  
SHOULD  
FALL,  
NOT PEOPLE





Parkinson's Disease as an *OCCUPATION*?  
A candid conversation with an occupational  
therapist focused on intentional  
independence.



- 
- **01 Introduction**
  - **02 What is OT?**
  - **03 Parkinson's Disease as an occupation**
  - **04 PD: Safety and Fall Risks**
  - **05 Q&A**
  - **06 Attitude of Gratitude**

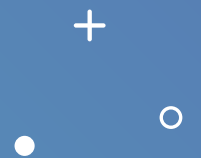


# Meet Michelle

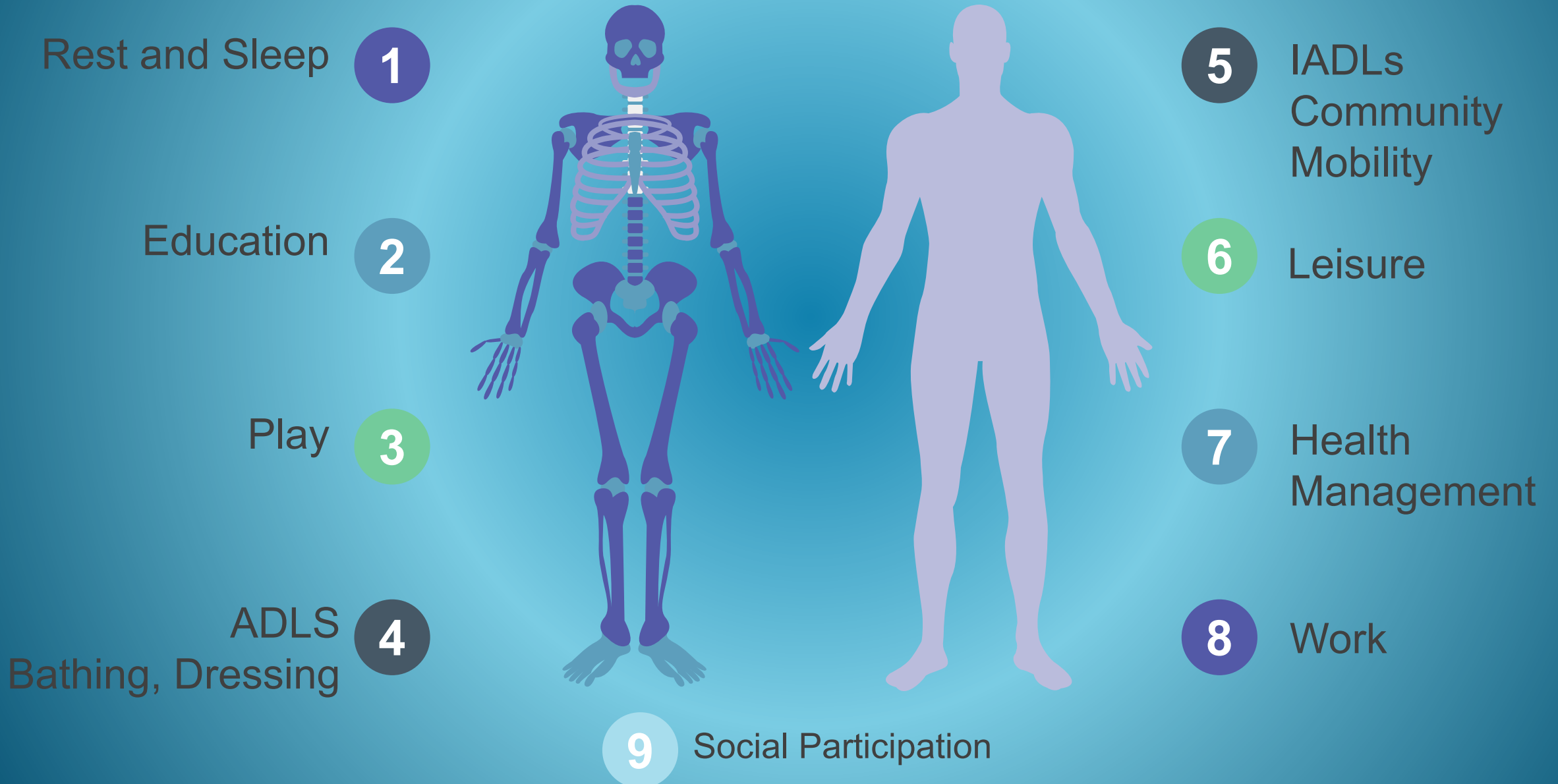
**Dr. Michelle Holloway is an Occupational Therapist (OT) and a fall prevention expert. She is passionate about breaking down barriers to independence and modifying potential fall risks discovered within the person and their home environment. Michelle has more than three decades of experience working with clients across the lifespan and across the healthcare continuum providing client-centered care focused on prevention, wellness, safety, and empowering lifelong independence.**



# What is Occupational Therapy?



# Occupations affected by PD





# PD as an Occupation?

A scenic landscape featuring a valley with rolling hills and a large, flat-topped rock formation. Several hot air balloons of various colors and patterns are floating in the sky, some in the foreground and others in the distance. The lighting suggests a soft, golden hour.

# Welcome to the World Federation of Occupational Therapists

WFOT is the global voice for occupational therapy. We set the standard for occupational therapy education internationally and promote excellence in research and practice. We represent occupational therapists worldwide that are making lives fit for living.

[More about WFOT >](#)

**633k**

OCCUPATIONAL  
THERAPISTS

**107**

MEMBER ORGANISATIONS

**1**

APPROVED  
PROGRAMS



# Falls Prevention for Older Adults

Falling is not a normal part of aging. You can prevent falls by doing the right exercises, making your home safer, getting regular health checkups, and more. Learn steps you can take to stay safe.

## ► Home hazards

- Review the CDC brochure, [Check for Safety](#), with your patient.
- After discussing home hazards with the patient, consider a referral to an occupational therapist (OT) for a home safety evaluation.<sup>4</sup>



**Lifestyle Transitions**  
empowering lifelong independence

682.253.2366 phone  
817.537.2510 fax

**REFERRAL FOR MOBILE OUTPATIENT OCCUPATIONAL THERAPY**

Name Michelle Holloway DOB \_\_\_\_\_  
Patient Phone \_\_\_\_\_ Alternate Contact Info/Email \_\_\_\_\_  
Diagnosis Parkinson's Disease with Dyskinesia  
ICD10 Code(s) G20.B2  
Onset Date \_\_\_\_\_ Date of Surgery \_\_\_\_\_  
Medical Precautions Falls  
Frequency and Duration 1 2 3 4 5 Times/Week \_\_\_\_\_ Weeks

OT Evaluation: CPT: 97165, 97166, 97167, 97168

**Evaluate and Treat for:**

Pre  Post surgery

CPT: 97535  **Functional Independence**

CPT: 97530  **Home Safety/Modification**

CPT: 97530  **Fall Prevention**

CPT: 97535  **Caregiver Training**

CPT: 97110  **Home Exercise**

CPT: 97112  **Neuro Reeducation**

**SPECIAL INSTRUCTIONS**

Please send last face to face office visit note

I hereby certify these services as medically necessary for the patient's plan of care.

Please include most recent H&P or notes.

Physician's Signature \_\_\_\_\_ Date \_\_\_\_\_

Physician's Name (Print) \_\_\_\_\_

Physician's Phone Number \_\_\_\_\_ Physician's Fax Number \_\_\_\_\_

NPI \_\_\_\_\_

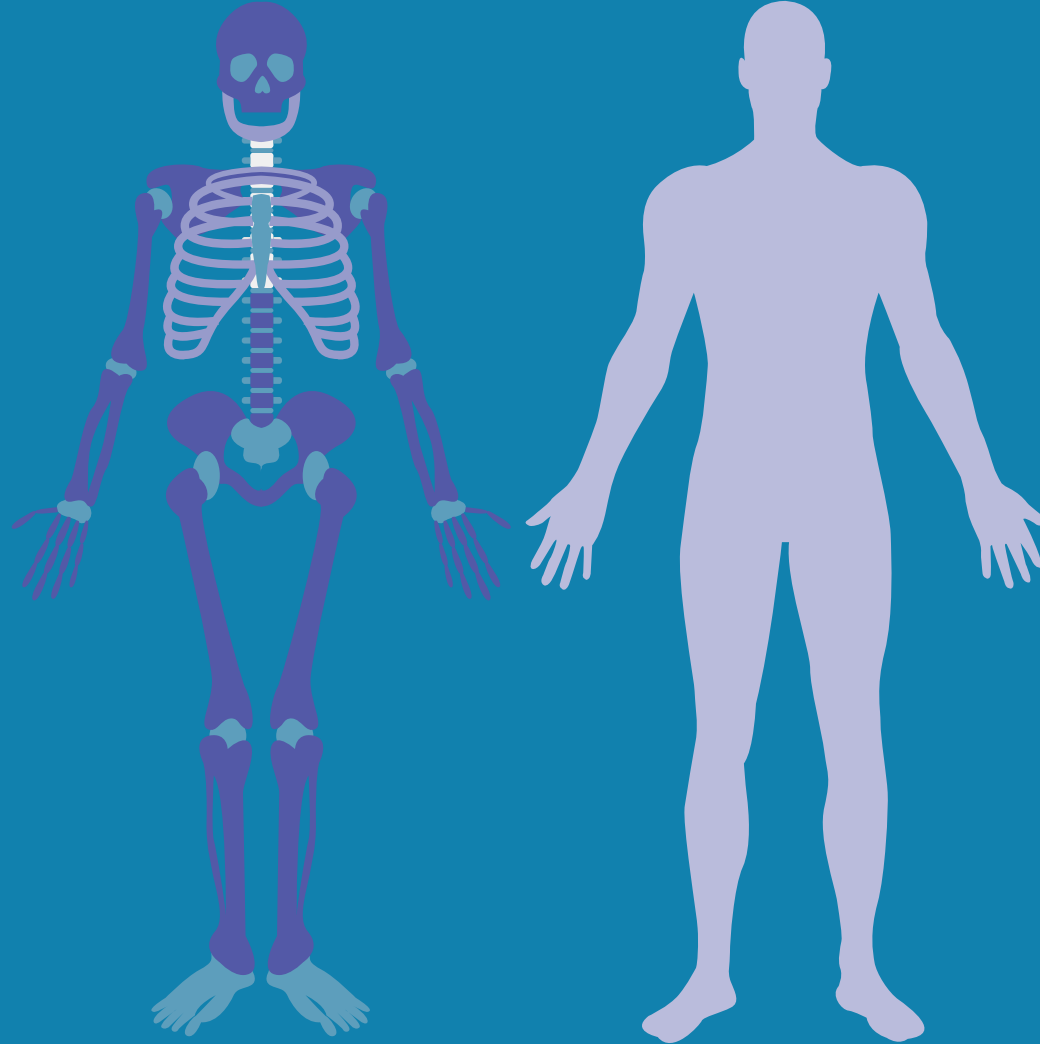
**LifestyleTransitions.net**

**\*\*The recommendations included in this presentation are suggestions for increased safety and fall prevention. The client / homeowner is responsible for sourcing, purchasing, and installation of the products and suggestions for improvements - A referral to a local O.T. for a personalized assessment is recommended \*\*.**



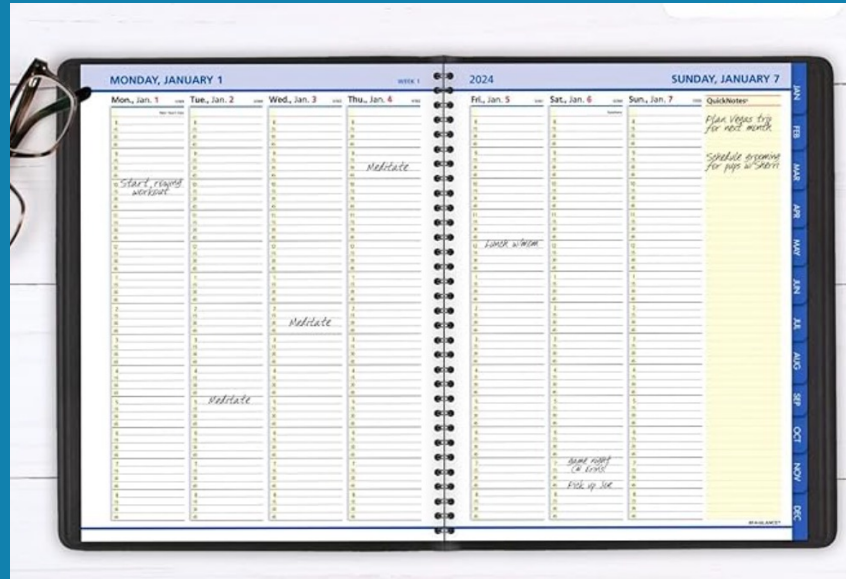
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# Rest and Sleep



# 1 Rest and Sleep

[Click here](#) to view



[Click here](#) to view



[Click here](#) to view



# 1 Rest and Sleep

[Click here](#) to view



Safe transfers is a great start

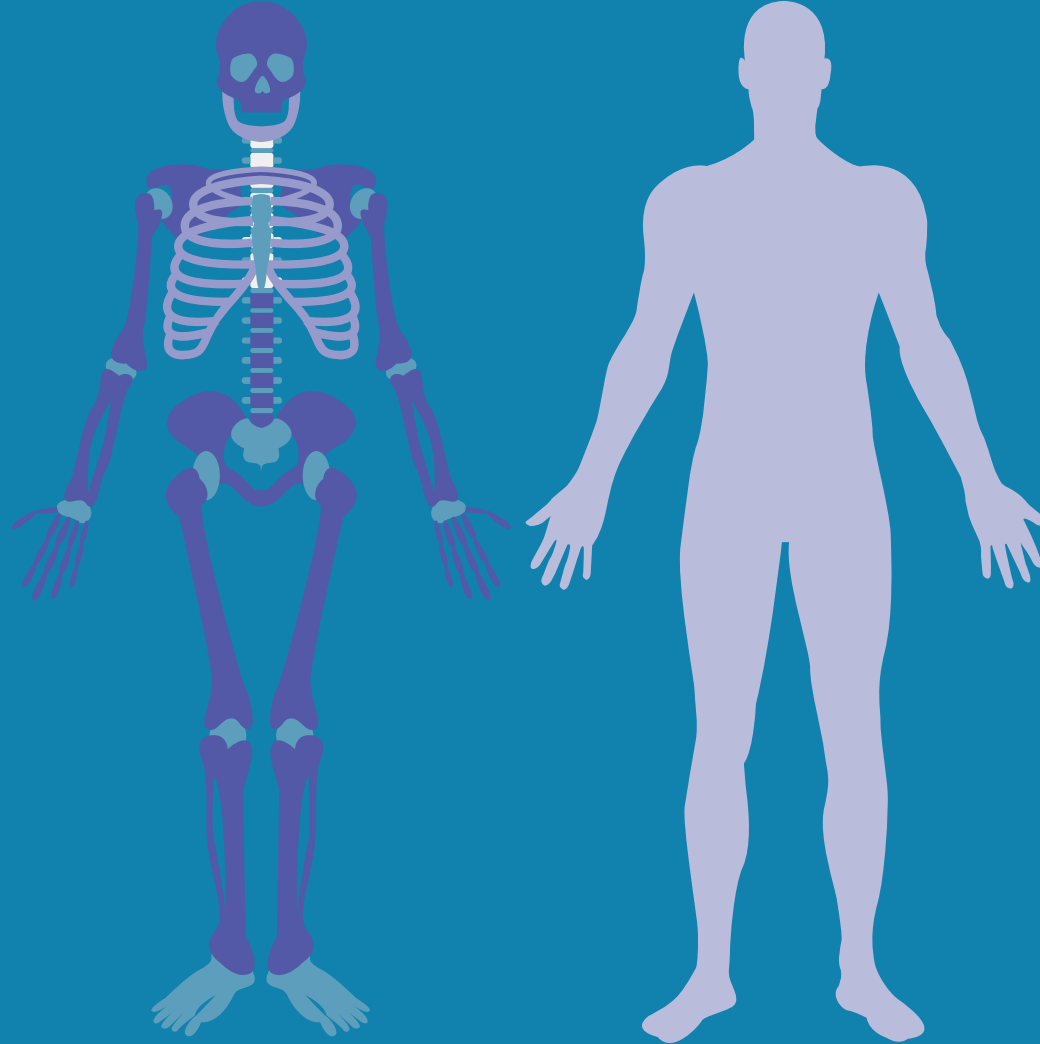


Beware of oversized linens

4

ADLS

Bathing, Dressing, Toileting



4

# ADLS Bathing, Dressing, Toileting



Bidet Tushy 3.0

SlipDoctors Tub Grip Anti-Slip Bath Solution – Fixes Slippery Fiberglass Showers – Clear Non-Slip Textured

Visit the Slip Doctors Store

4.1 ★★★★★ 1,765 ratings

**-19%** \$34<sup>95</sup>

List Price: \$42.95

prime Overnight

FREE Returns

Local Business

Material	Plastic
Color	Clear
Brand	Slip Doctors
Item Weight	0.04 Pounds
Product Dimensions	5.4"L x 1.5"W

Slip Doctors.



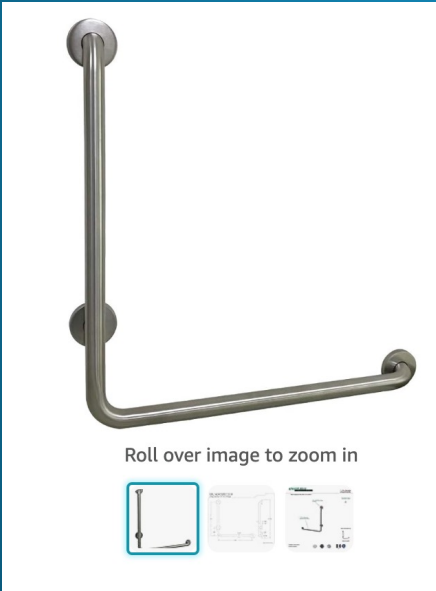
Roll over image to zoom in

click here



Roll over image to zoom in

Click here for one Option



Roll over image to zoom in



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**WATERPROOF**

CallToU Wireless Call Buttons for Caregiver Pager and Restaurant Calling Pager Waterproof 500'-Feet Operating Range for Elderly/Patient/Disable (Need to Be Paired with Receiver to Work)

35% \$19<sup>99</sup>

Click here to view

BOPai Vacuum Suction Shower Head Holder, Relocatable Handheld Showerhead Holder

★★★★★ 20,677

prime

Click here

CLATINA Office Reception Guest Padded Arm Rest Ergonomic Chair Waiting Conference Room Black

Visit the CLATINA Store

**-5%** \$70<sup>99</sup>

Typical price: \$74.99

Pay \$70.99 \$14.82 after using available Amazon Visa

Size: 1pack

1pack 2pack 4pack

Color: Black-sted Base

Purchase options and add-ons

Payment plans

From \$11.83/mo (6 mo) with 0% APR

Brand: CLATINA

Color: Black-sted Base

Click here to view

## Fall Prevention Strategies



## 4

## ADLS Bathing, Dressing



Sit to bathe

Sit to towel off

Sit to dress

Use equipment to make work easier

Use a call button to alert family if help is needed

Prevent falls by using non-slip surface products on the floor

Consider a bidet to lesson the work of clean up

5

# IADLs Community Mobility



# 5 IADLs Community Mobility

## Publications

### Free Home & Car Safety Guides

Download PDFs of our helpful guides or use our order form to get printed editions shipped to you free.



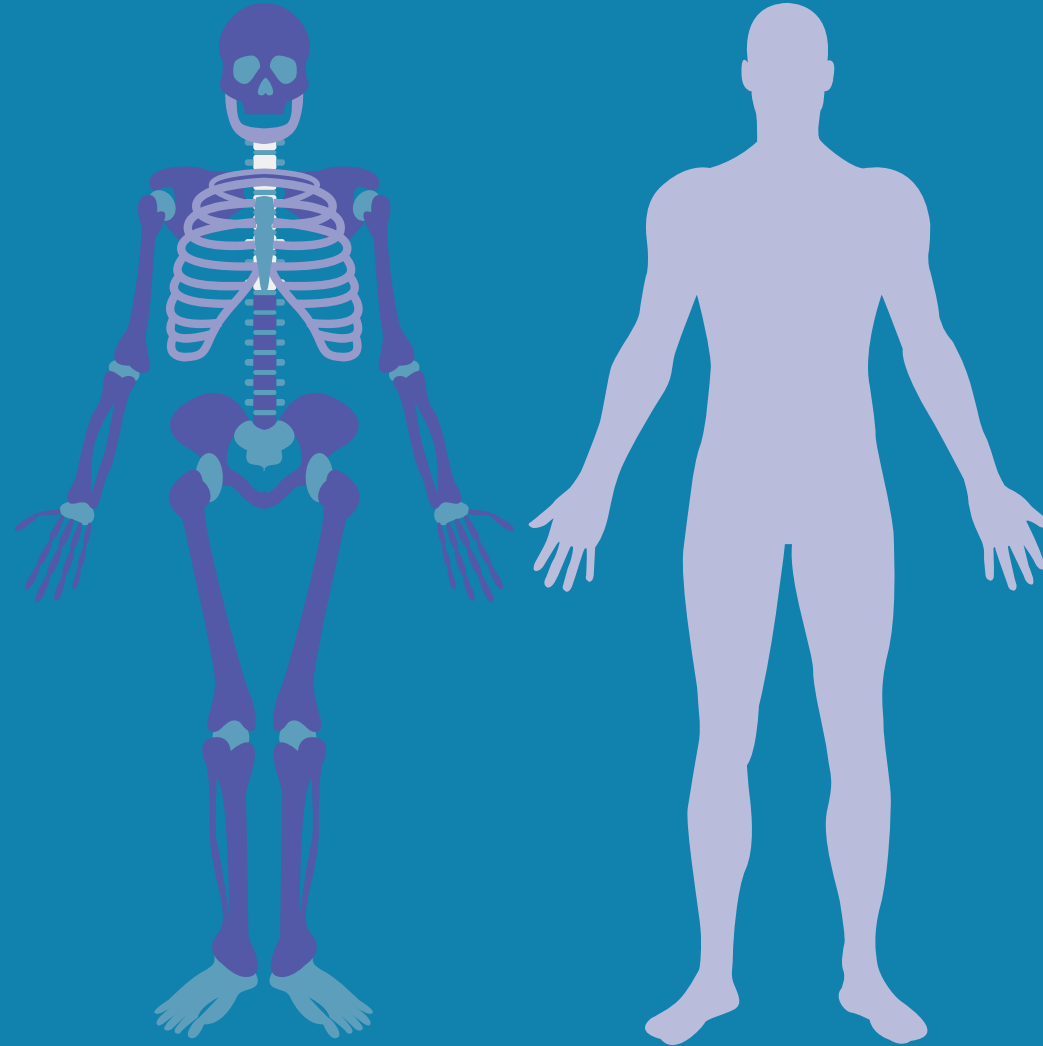
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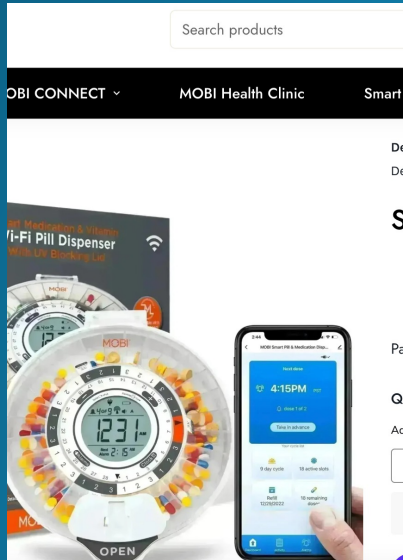
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# Health Management Exercise, Medication Management

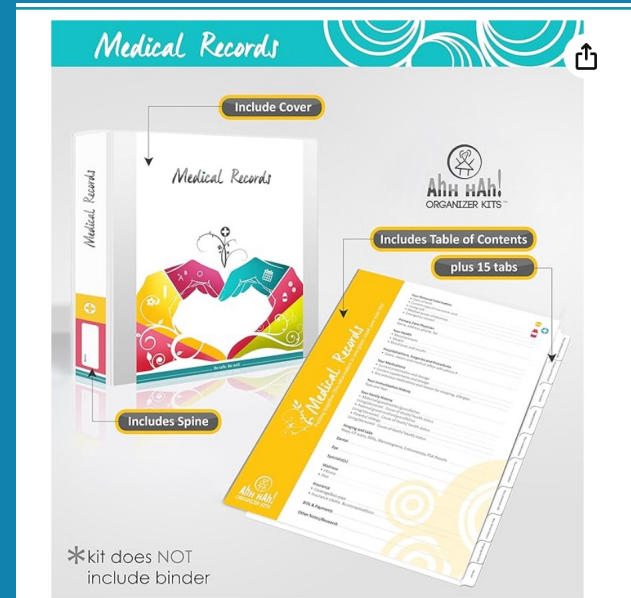


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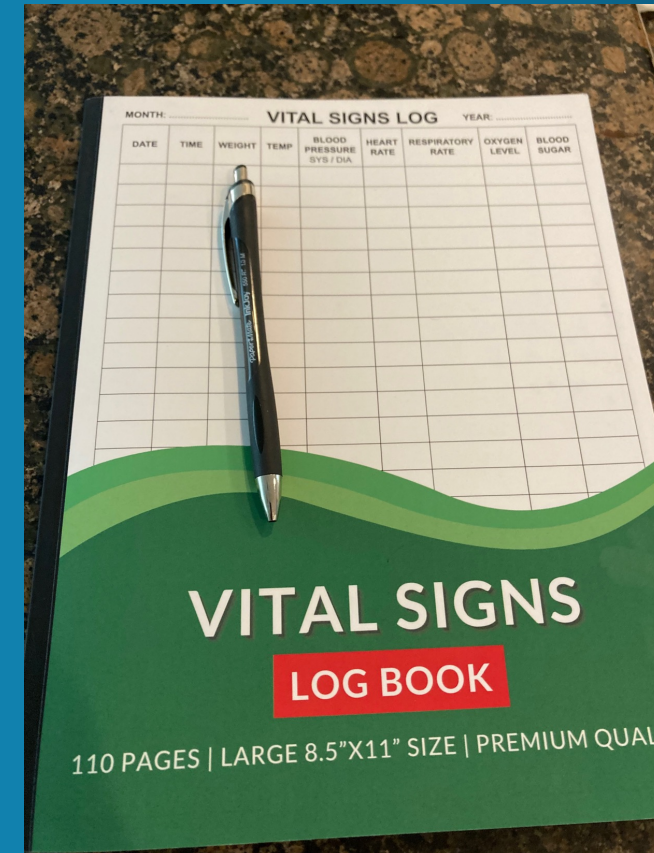
# Health Management Exercise, Medication Management



[Click here](#) to view Mobi  
[Click here](#) for a sample of  
Amazon options  
[Click here](#) for ePill station



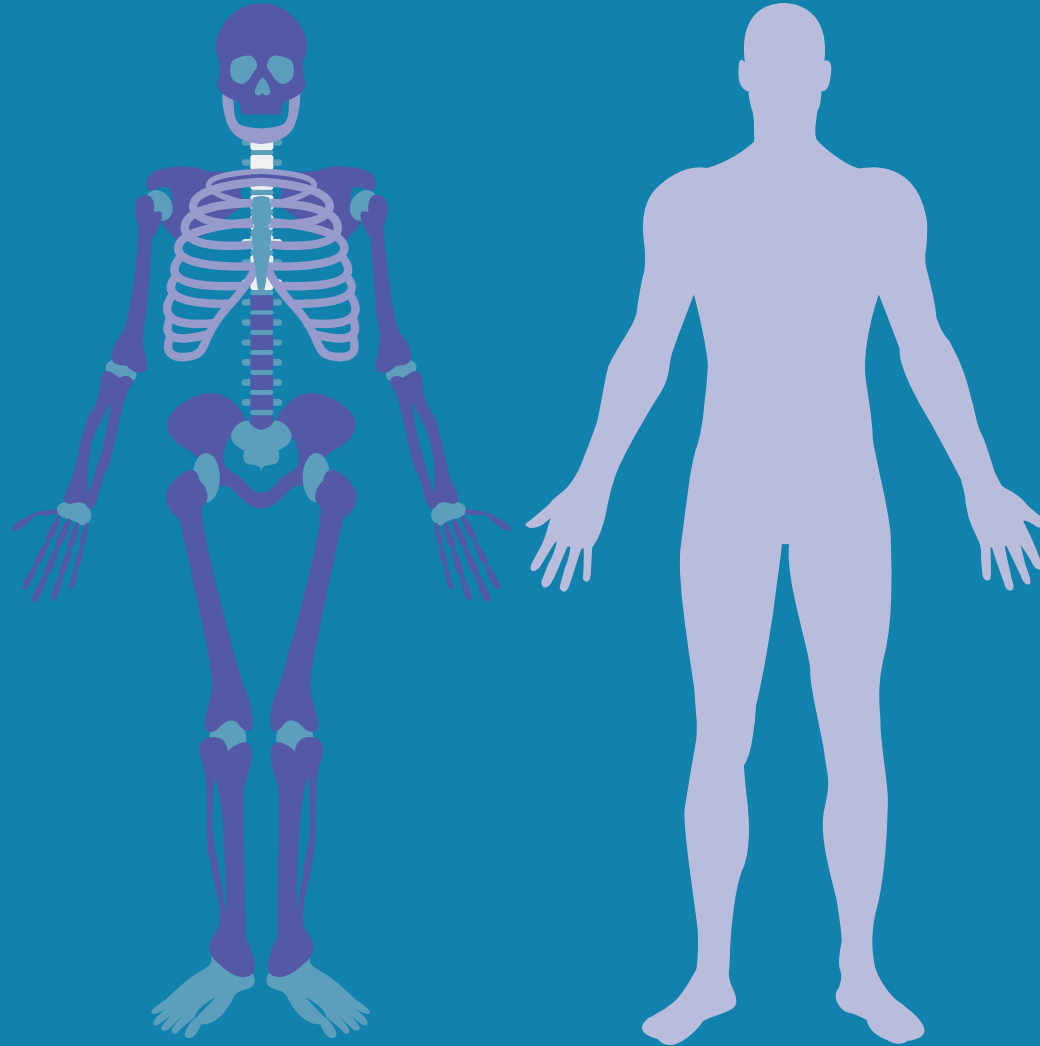
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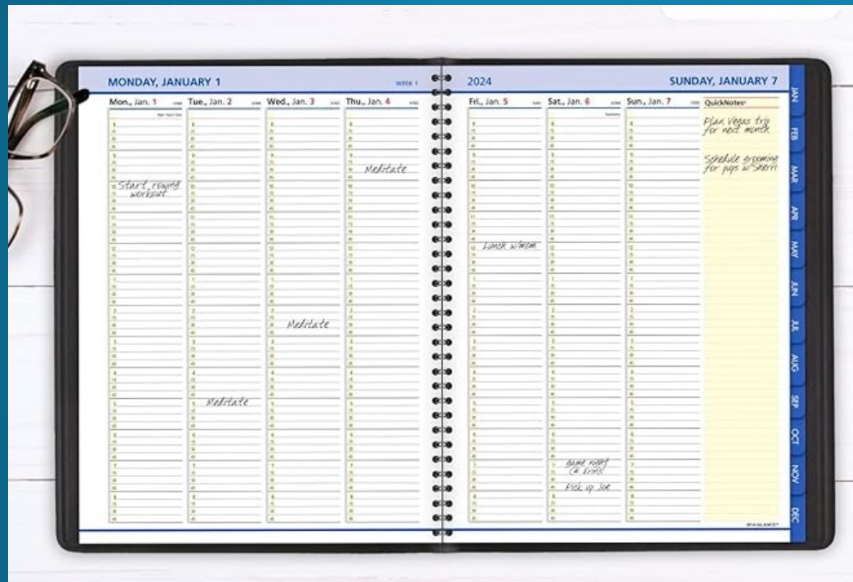


# 9 Social Participation



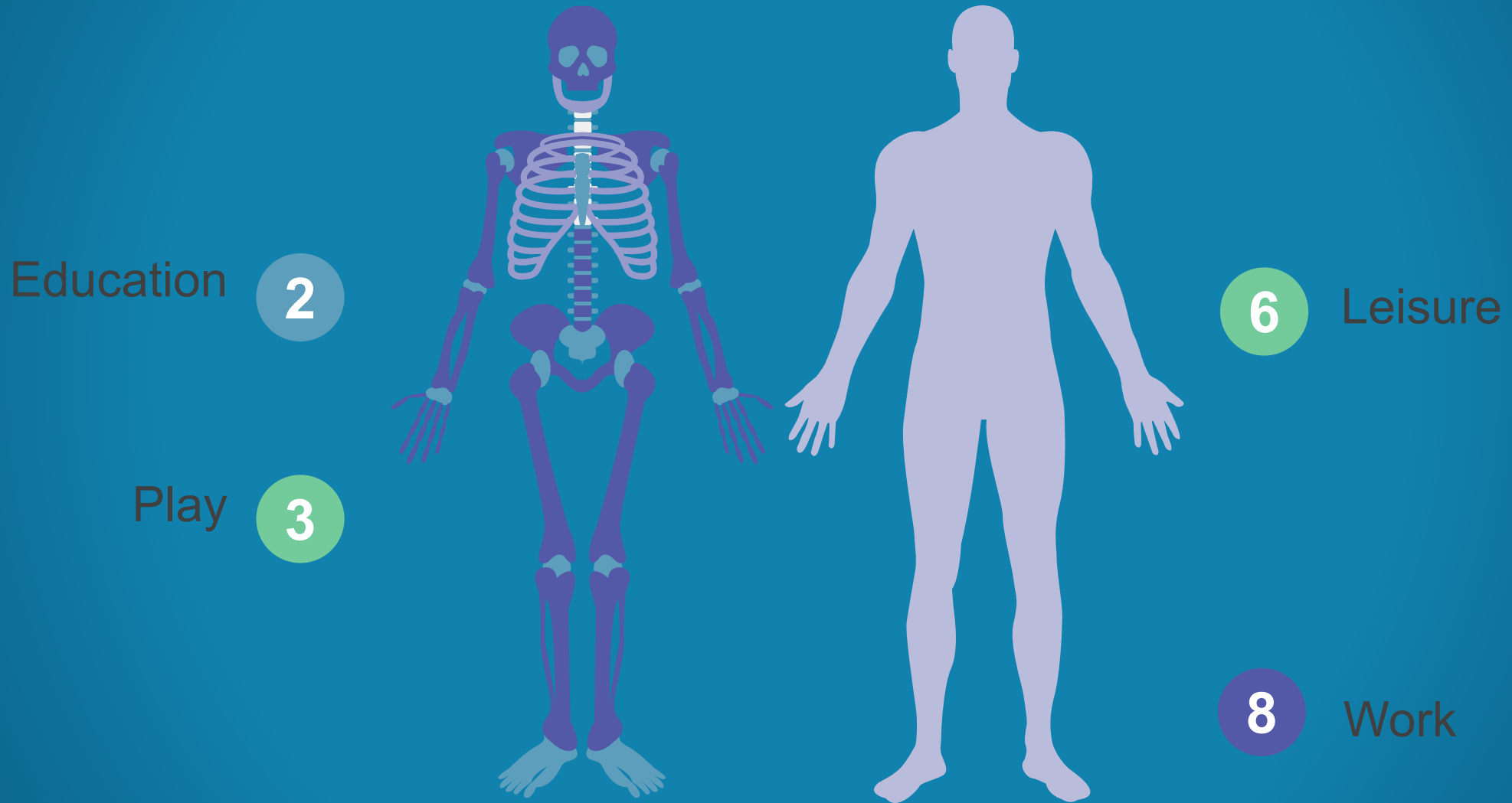


## 9 Social Participation



1. Schedule time with friends and family
2. Call or visit venues ahead
3. Consider alternative mobility – a wheelchair for distances
4. Consider areas to change clothes in the event of incontinence
5. Don't overdo it, fatigue can lead to disorientation and a fall
6. Work with an accessible travel agent for trips away from home
7. Stay in and play games, games are therapeutic and rehabilitative – cards, board games, video games
8. Take a cooking class or a class at a local college or university
9. Visit the library and local museums
10. Become a tourist in your own town, be an ambassador for accessibility

# Occupations affected by PD



# 10 Ways to reduce care partner burden and burnout

1. Prepare a go bag
2. Create the medical binder and carry to all appointments
3. Automate everything you can using; med reminder app, Alexa, etc.
4. KNOW THY INSURANCE
5. Find your people-join support groups, if only online
6. Use it before you need it – OT, PT, ST, Nutritionist, Counselor, Psychiatrist
7. Preserve independence with patience and adaptations
8. Respite care, you will need it
9. Create the list of how others can help, they will offer
10. Prioritize your health and wellbeing



# Resources Start Here: World Federation of O.T.

<https://davisphinneyfoundation.org/>

[https://www.cdc.gov/steady/pdf/check\\_for\\_safety\\_brochure-a.pdf](https://www.cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf) (CDC Brochure)

<https://www.aarp.org/livable-communities/housing/info-2020/homefit-guide-download.html> (AARP)

<https://www.aota.org/about/what-is-ot> (Aging safely at home)

<https://www.aota.org/practice/clinical-topics/driving-community-mobility/carfit> (CarFit)

<https://car-fit.org/find-an-event> (CarFit event locator)

[https://journey-without-](https://journey-without-limits.heysummit.com/?fbclid=IwAR1Qj70wa5SlmeHsZPdvelDz1h30gCF0NmAMS134AzWULSmvNAAZ_yeQv4E)

[limits.heysummit.com/?fbclid=IwAR1Qj70wa5SlmeHsZPdvelDz1h30gCF0NmAMS134AzWULSmvNAAZ\\_yeQv4E](https://journey-without-limits.heysummit.com/?fbclid=IwAR1Qj70wa5SlmeHsZPdvelDz1h30gCF0NmAMS134AzWULSmvNAAZ_yeQv4E)

Accessible Travel

<https://www.solutionsforliving.ca/e-books/> (Accessible Travel - Canadian OT)

<https://lifestyletransitions.net/> Email Michelle at [Michelle@lifestyletransitions.net](mailto:Michelle@lifestyletransitions.net)

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<https://data.census.gov/cedsci/table?q=Texas%20age%2065%20and%20older&tid=ACST1Y2019.S0103&hidePreview=true>

**THANK  
YOU**



Questions?

