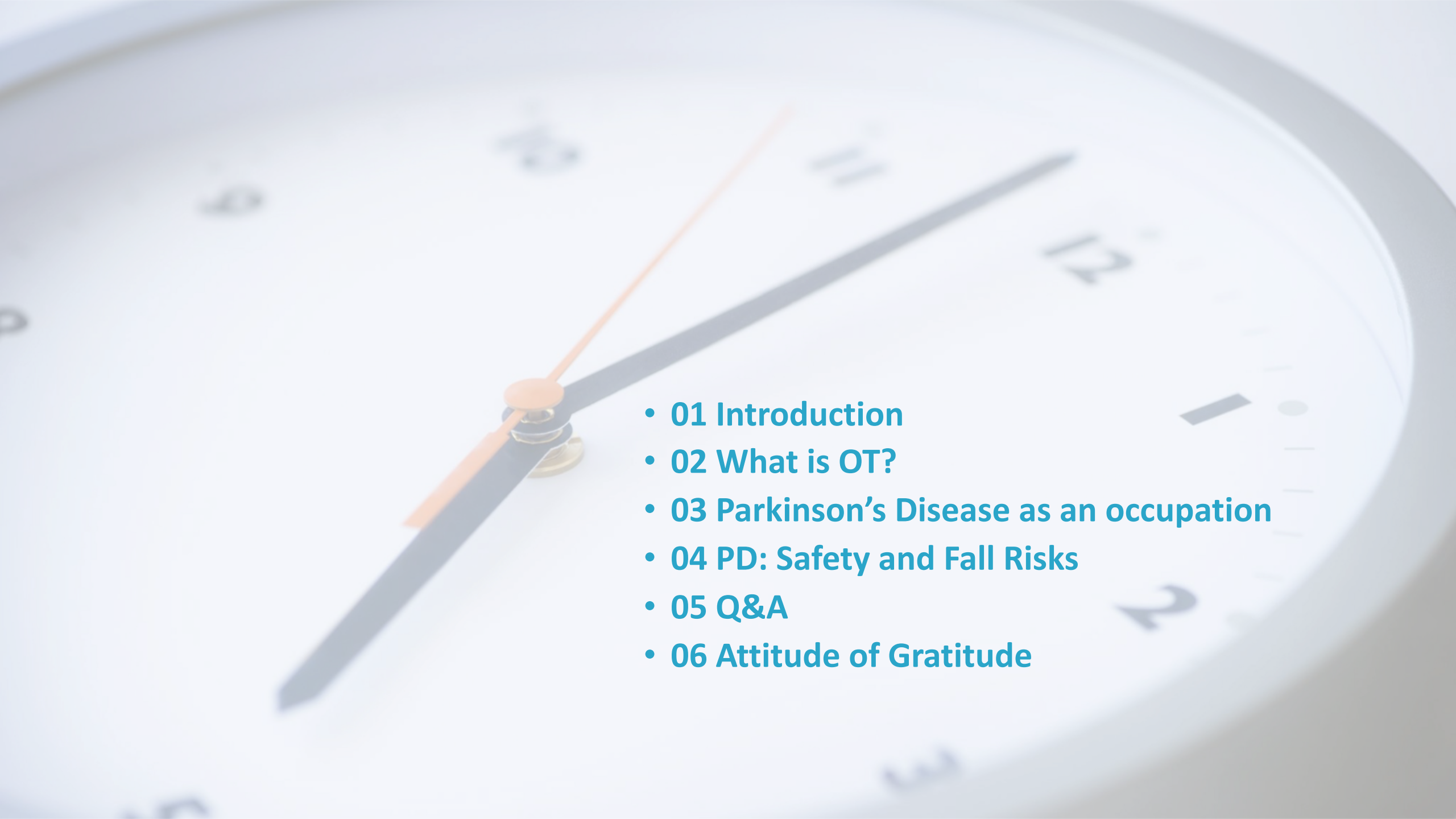




BECAUSE
LEAVES
SHOULD
FALL,
NOT PEOPLE

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



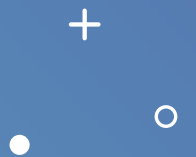
- 
- **01 Introduction**
 - **02 What is OT?**
 - **03 Parkinson's Disease as an occupation**
 - **04 PD: Safety and Fall Risks**
 - **05 Q&A**
 - **06 Attitude of Gratitude**



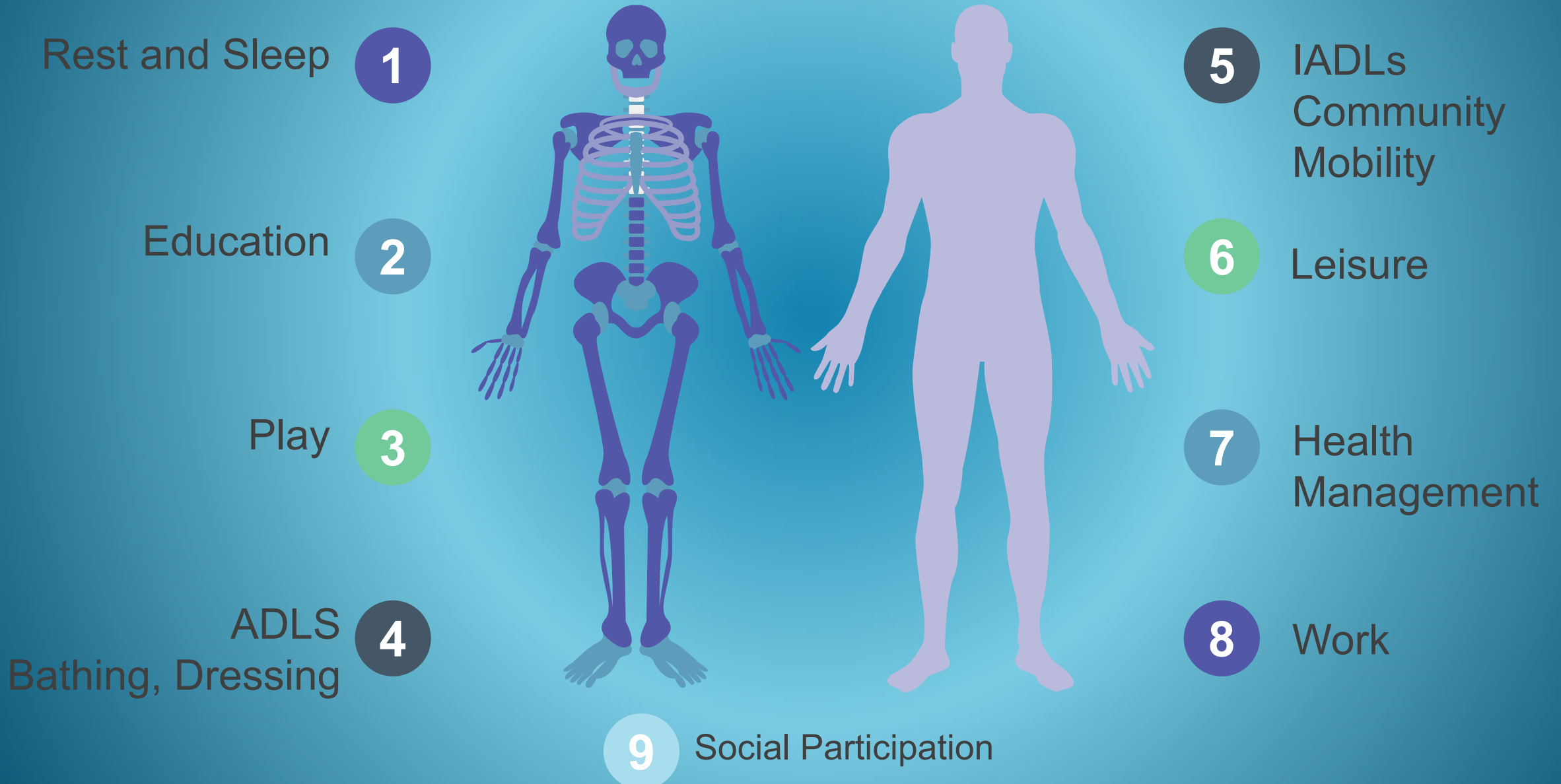
Meet Michelle

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 a prominent rock formation, likely Cappadocia, under a clear sky. Numerous hot air balloons of various colors (red, yellow, blue, orange) are floating at different altitudes. A semi-transparent white box is overlaid on the left side of the image, containing text.

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.⁴



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 _____

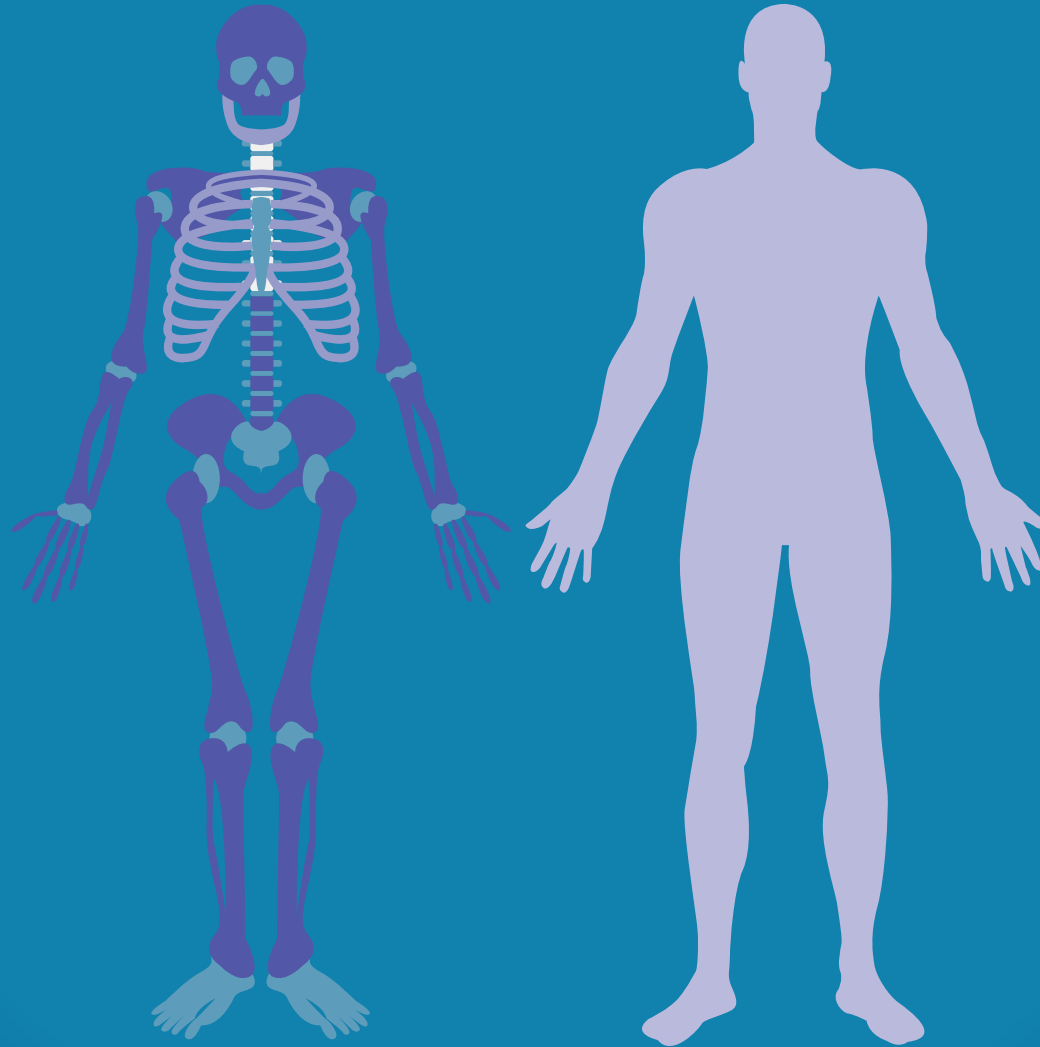
NPI _____

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 **.**

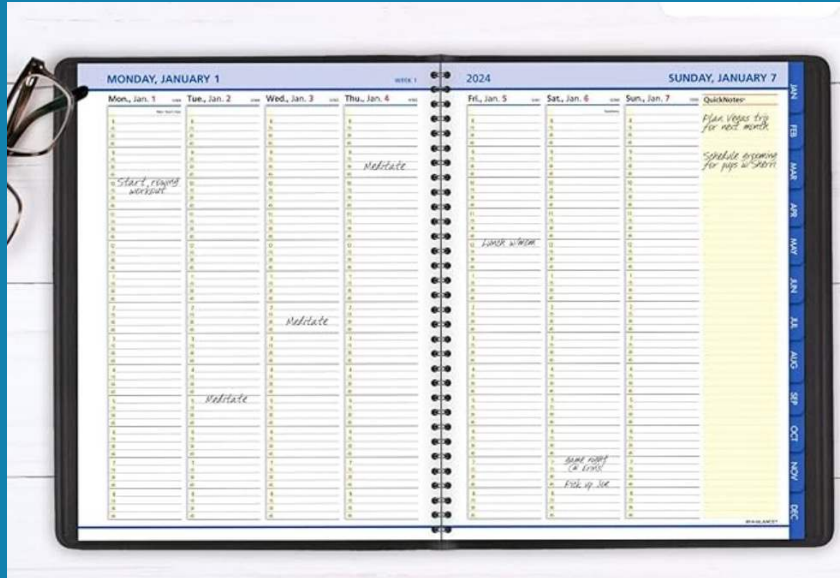
1

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

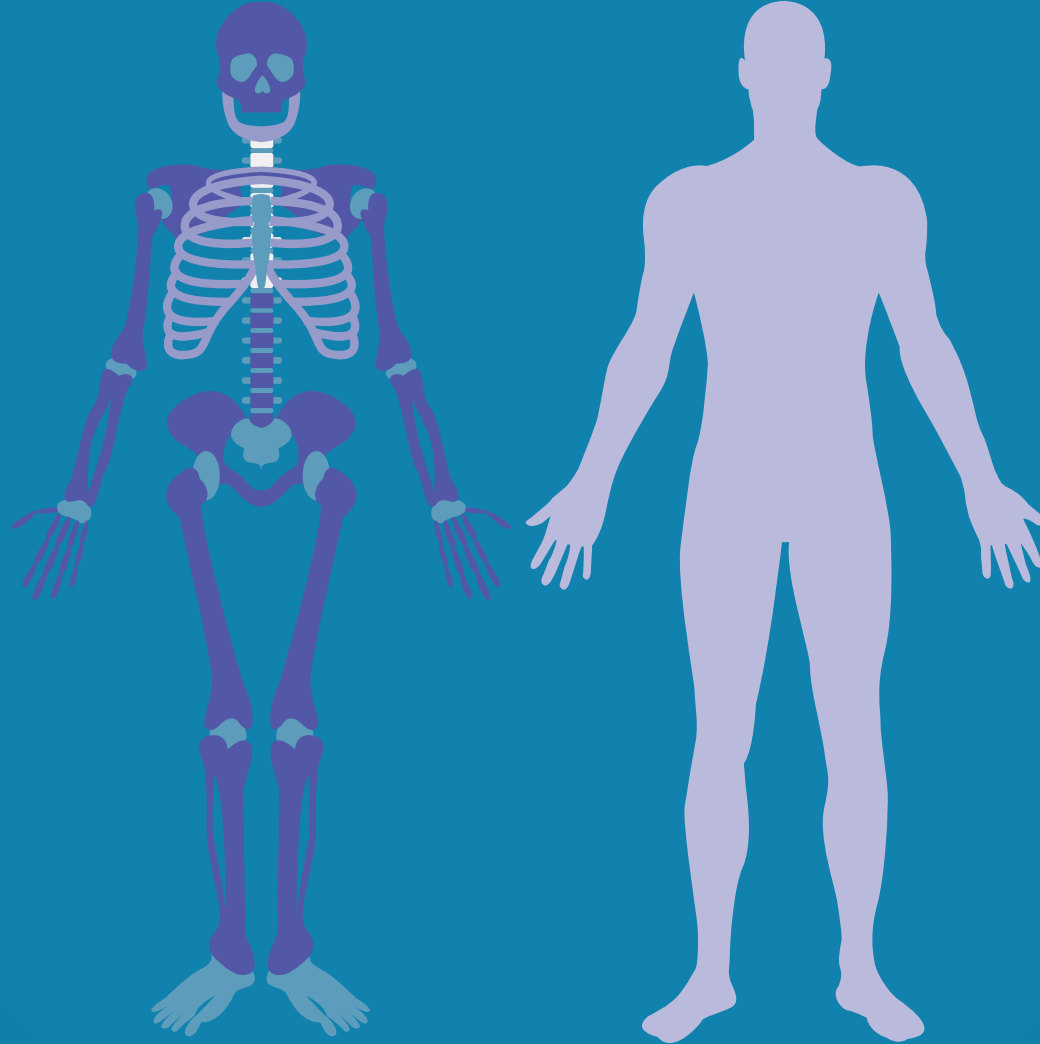


Beware of oversized linens

4

ADLS

Bathing, Dressing, Toileting



4

ADLS Bathing, Dressing, Toileting



Bidet Tushy 3.0



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



CLICK HERE to view



Click here to view

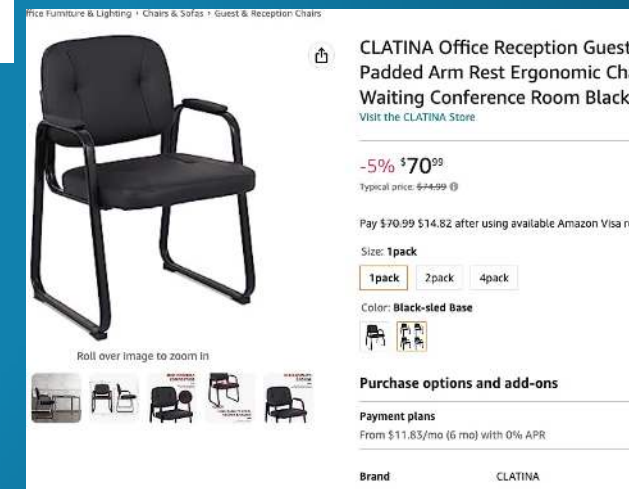


BOPai Vacuum Suction Shower Head Holder,
Relocatable Handheld Showerhead Holder

★★★★☆ 20,677

prime

Click here



Click here to view

Fall Prevention Strategies

4

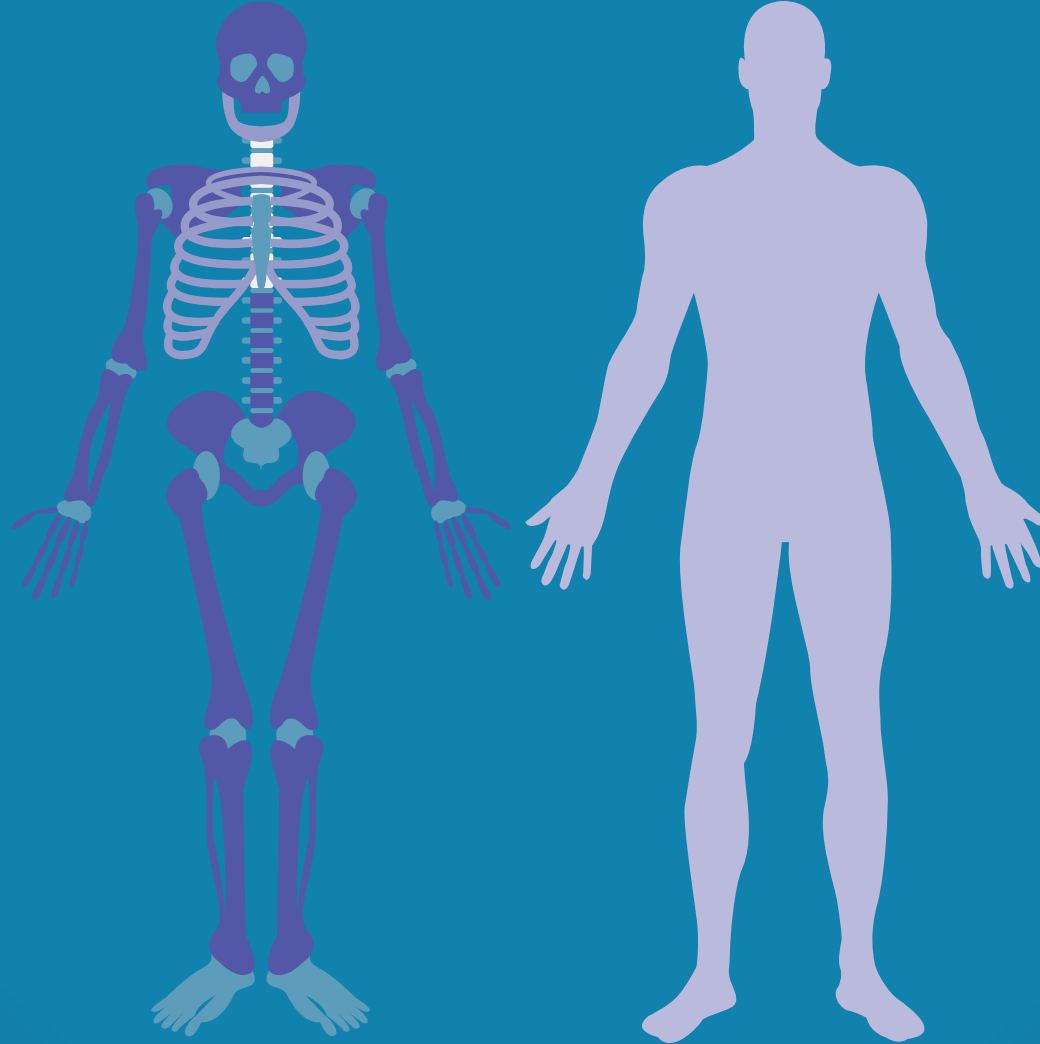
ADLS Bathing, Dressing



- 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.

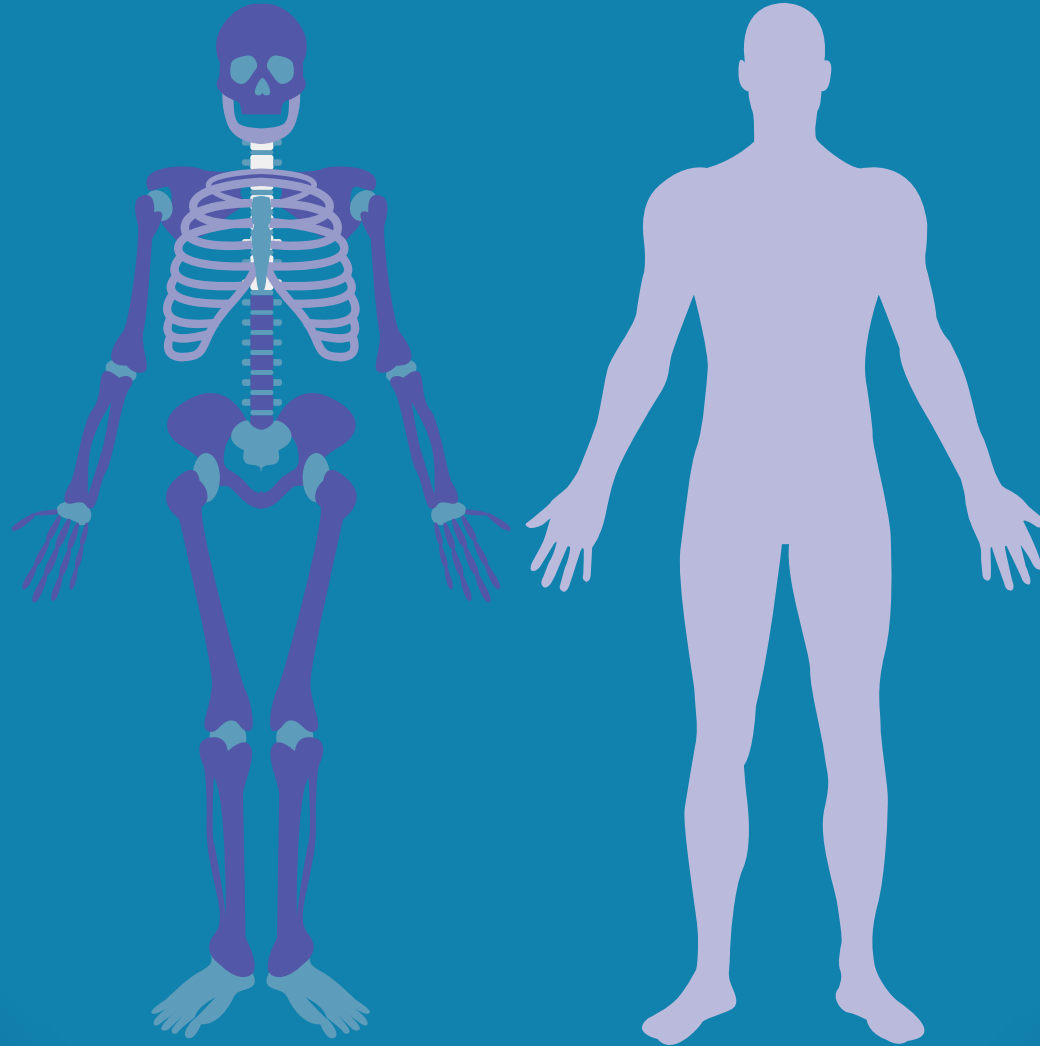


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7

Health Management Exercise, Medication Management

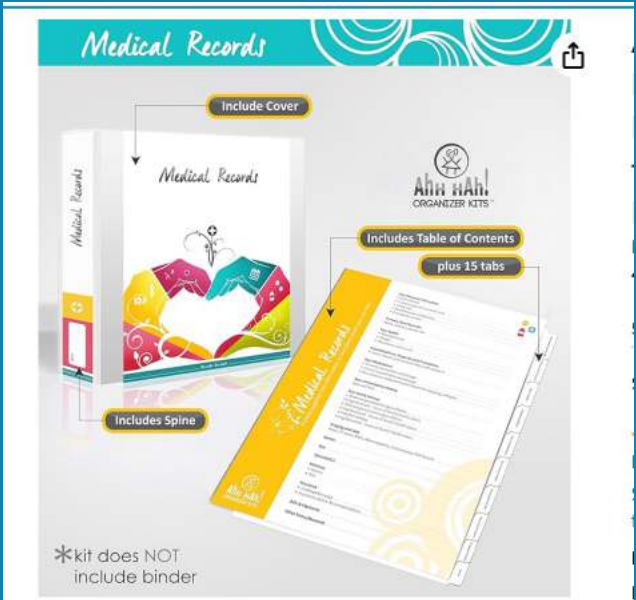


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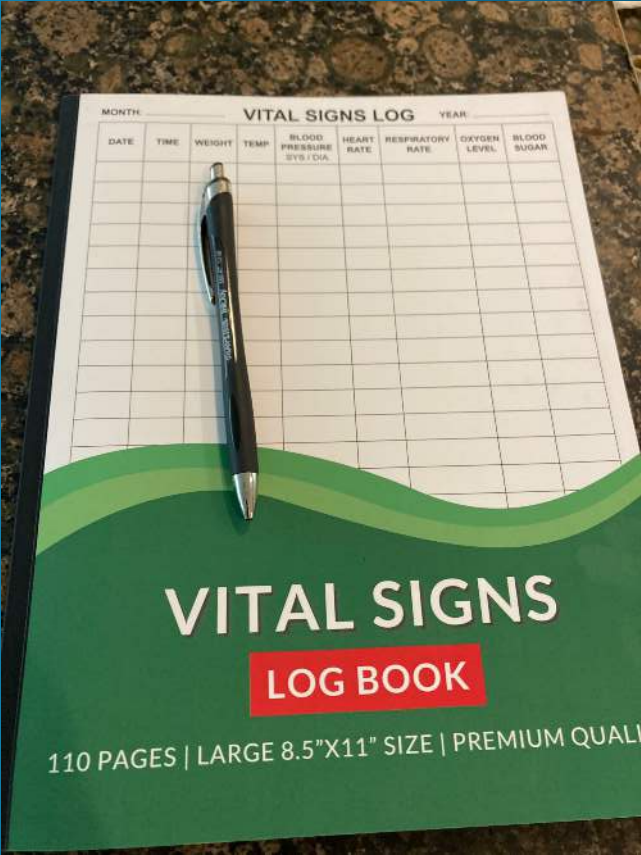
Health Management Exercise, Medication Management



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

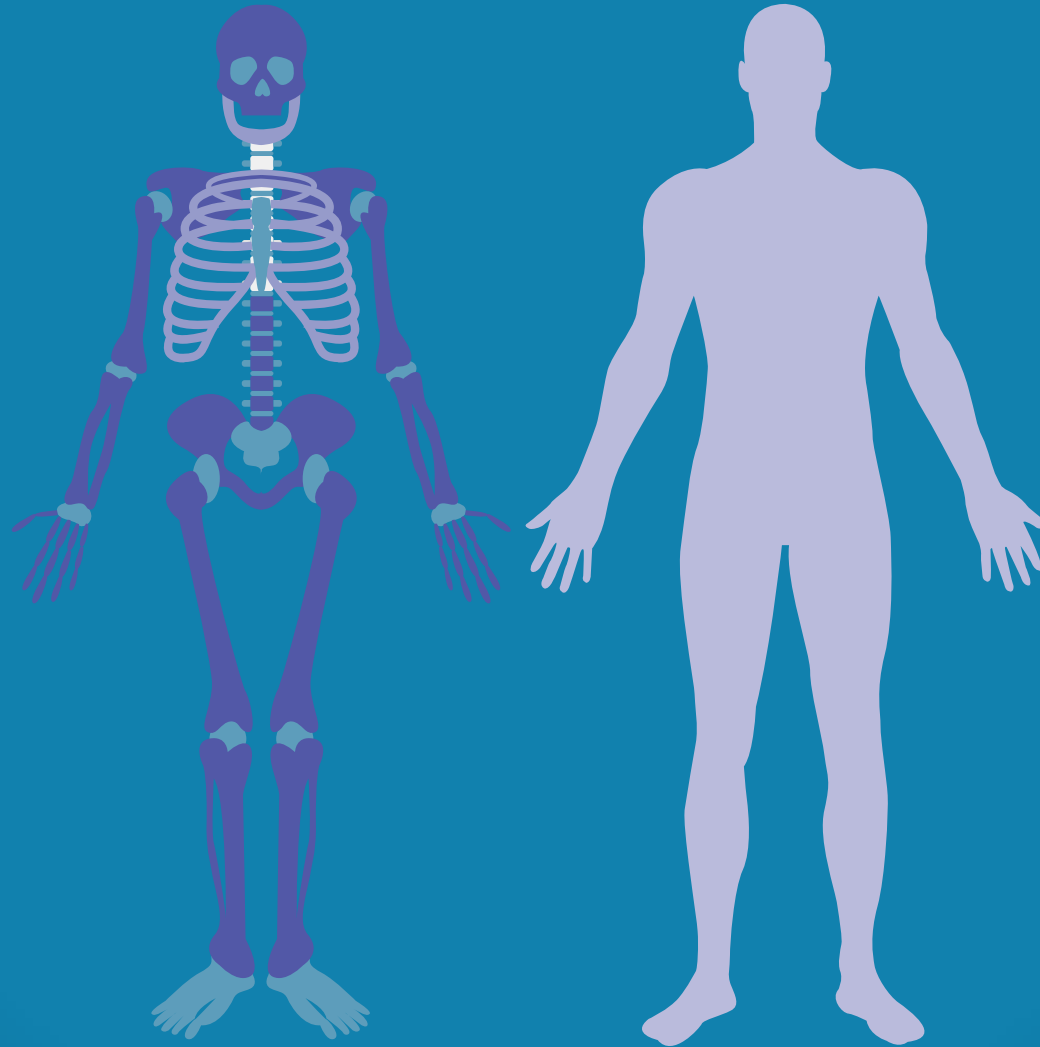


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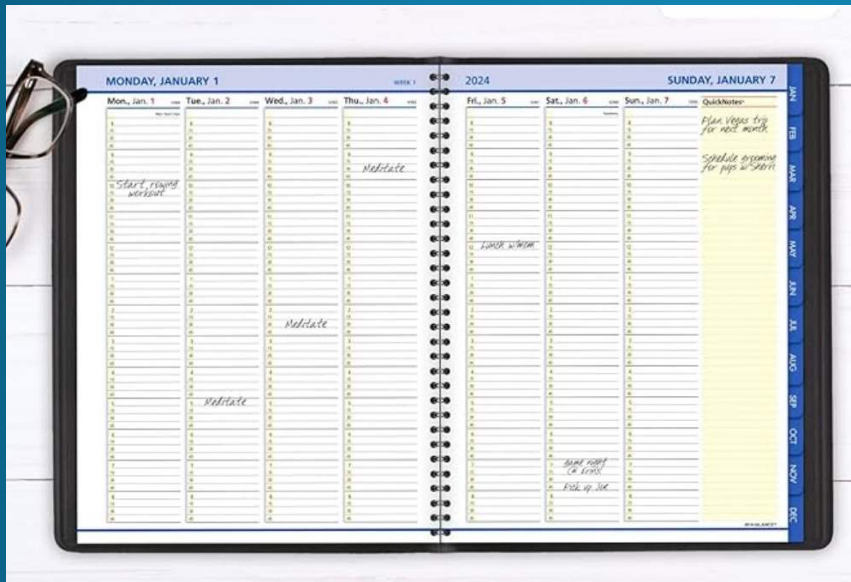


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9 Social Participation

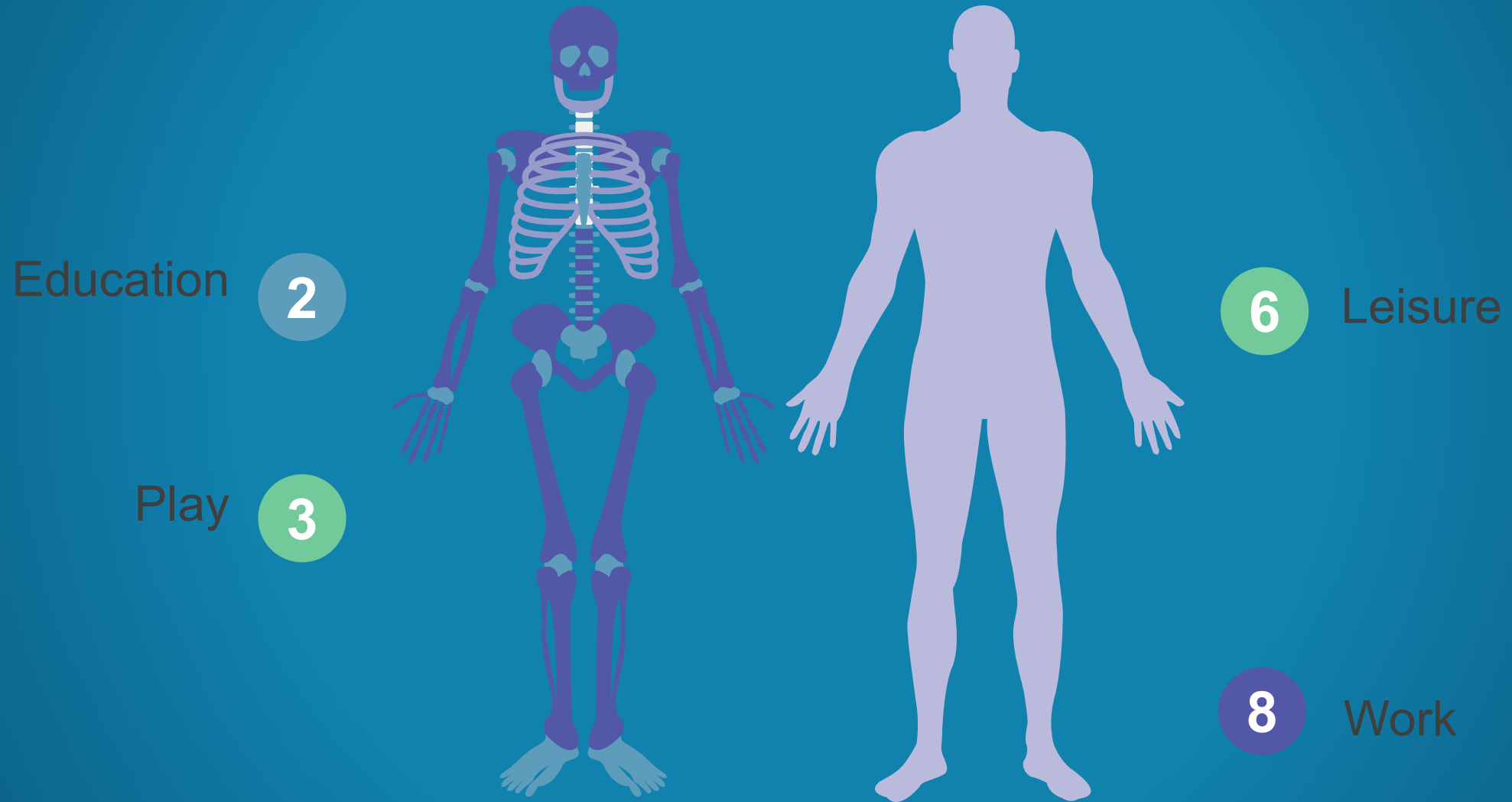


9 Social Participation



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 (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-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

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

**THANK
YOU**

Questions?

