

Getting Prepared

Julie Groves, Occupational Therapist

Short & Long Term Goals



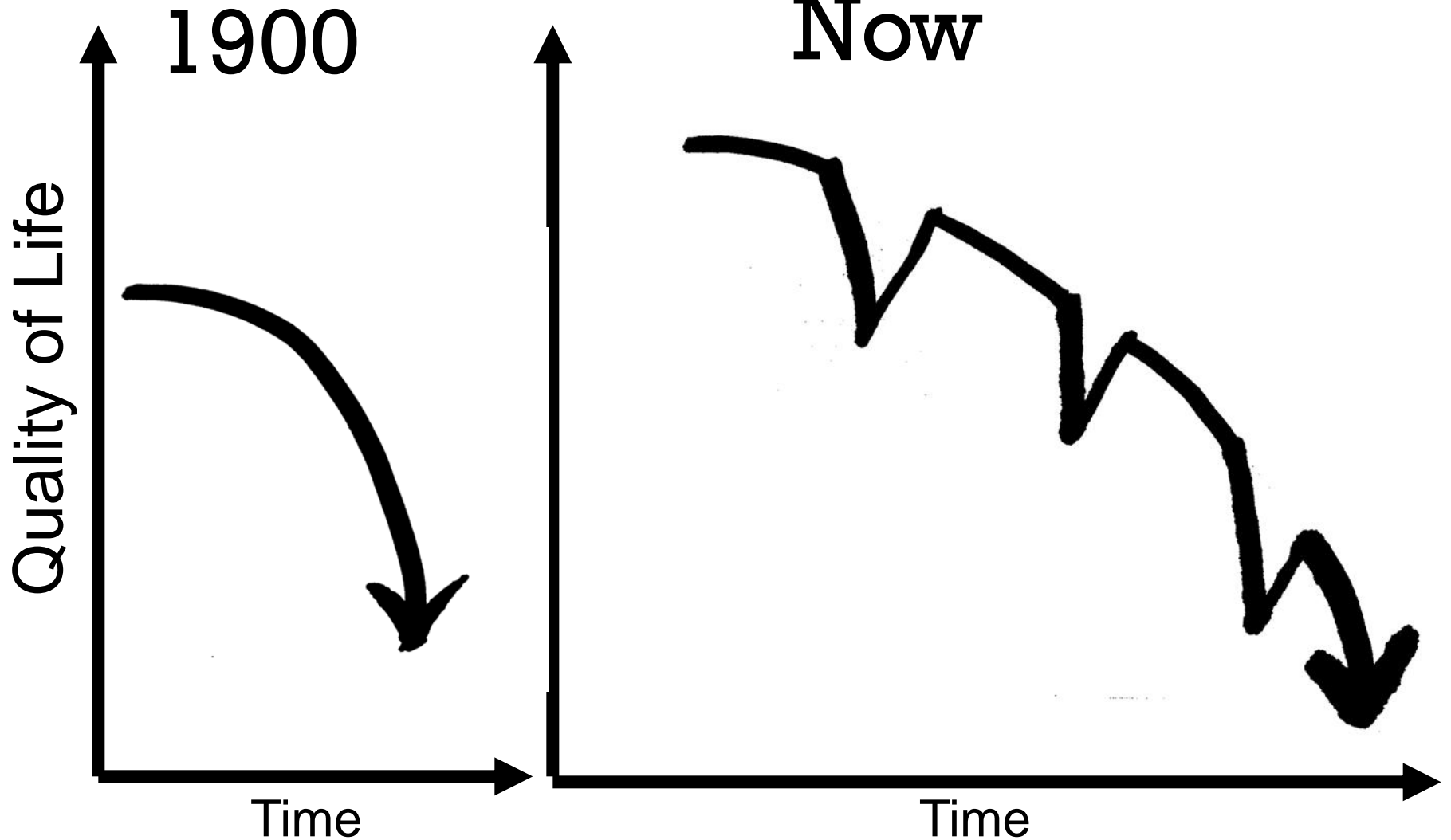
Short Term:

- **Physically fit**
- **Mentally alert**
- **Financially secure**
- **Gracefully dependent**

Long Term:

- **Comfortable**
- **Cared for**
- **With an advocate**

How We Reach Our Destination



WHAT TO DO?



- **Live well now,**
 - **move more.....**
- **Have a plan, anticipate change**
- **Build a support system,**
 - Communicate well with team**
 - Ask for help, accept help**

TO GET THRU TRANSITIONS WELL



- **Get extra help for first 24 to 72 hours**
- **Review medications**
- **Meet with social worker at Hospital or in Home Health**
- **Take care of caregiver**

Serenity Prayer



God grant me the serenity to
accept the things I cannot
change;

Courage to change the things I can;
**and wisdom to know the
difference.**

Recognizing a Shift in Abilities



- **Agility of thinking**
- **Agility of body**
- **Need for adapting the environment**
- **Need for helper advocate**

Know When To Get Help



- **ADL's (Activities of Daily Living)**
 - Eating
 - Bathing
 - Dressing
 - Toileting
 - General health and hygiene
- **IADL's (Instrumental Activities of Daily Living)**
 - Meal prep
 - Shopping
 - Money management
 - Telephone use
 - Housework

Cognitive Changes



- **RECOGNIZE BREADTH of impact**
- **WATCH FOR IT (in all areas)**
- **ADAPT TO IT (gain success)**

Compensate (supervise)

Accommodate (assist)

(Without expecting new learning)

Avoid the Impact



- Less initiation of exercise, socialization, meal planning, organizing
- Missed info at MD & other appts.
- Inaccuracy with Medications
- Signs of anxiety & depression

Stay Attuned And Respond



Type of change →

1. Less initiation for social, nutrition, hygiene
2. Slower speed of response
3. Need for reminders
4. Less visual awareness

What you can do

1. Plan with family and friends, manage personal care
2. Set schedules, allot more time
3. Make lists & notes
4. Regular eye checks, install good lighting

Stay Attuned And Respond



<u>Type of change</u>	→	<u>What you can do</u>
1. Tendency for falls & less dexterity		1. Exercise, tai chi & balance
2. Tendency not to exercise		2. Add people who will add activity
3. Overwhelmed by large groups		3. Plan smaller, quieter outings
4. Anxiety & depression		4. Recognize & talk about it

Stay Attuned And Respond



Type of change → What you can do

- | | |
|-------------------------------------|-----------------------------|
| 1. Loss of information | 1. Document PW, files, keys |
| 2. Miss important appts | 2. Engage a helper/advocate |
| 3. Problem with meds | 3. Arrange for teamwork |
| 4. Behind on bills, insurance, etc. | 4. Engage a trusted source |

Skills for a Reciprocity Society



- **Ask for help without guilt**
- **Accept help gracefully**
- **Don't take on too much yourself**
- **Know when RESISTANCE means "I can't imagine that change! Maybe if you help me, it might end up better"**

WE HAVE FOUND THE ANTI-AGING PILL



**It's free and it prevents diabetes,
cancer, heart disease, depression,
arthritis, falls....**

IT'S CALLED:

MOVE MORE!

From Ann Friedlander at Stanford



Let's Talk About Driving



DRIVING: Assess yourself



- **Can you turn your head and shoulders?**
- **Can you hear noises outside of the car?**
- **Do you have feeling in your hands and feet?**
- **Can you quickly move your feet and PUSH?**

DRIVING: Assess yourself



- **Do you find yourself unsure of directions?**
- **Have you had any near misses, dents or accidents?**
- **Are people comfortable driving with you?**

DRIVING: Adapting the car



- **Can you see clearly over the steering wheel**
- **Do you reach the accelerator or brake easily**
- **Is your headrest in the proper position**
- **Is your steering wheel easy to turn all the way around quickly?**

DRIVING: ASSESSING CHANGE



- **Are you adapting your driving habits?**
- **Do you have options for a bad day?**
- **Are people dependent on you for transportation?**
- **Who will you trust to tell you when to stop driving?**
- **HOW WILL YOU KNOW?**

Safety: Best Physical Environment



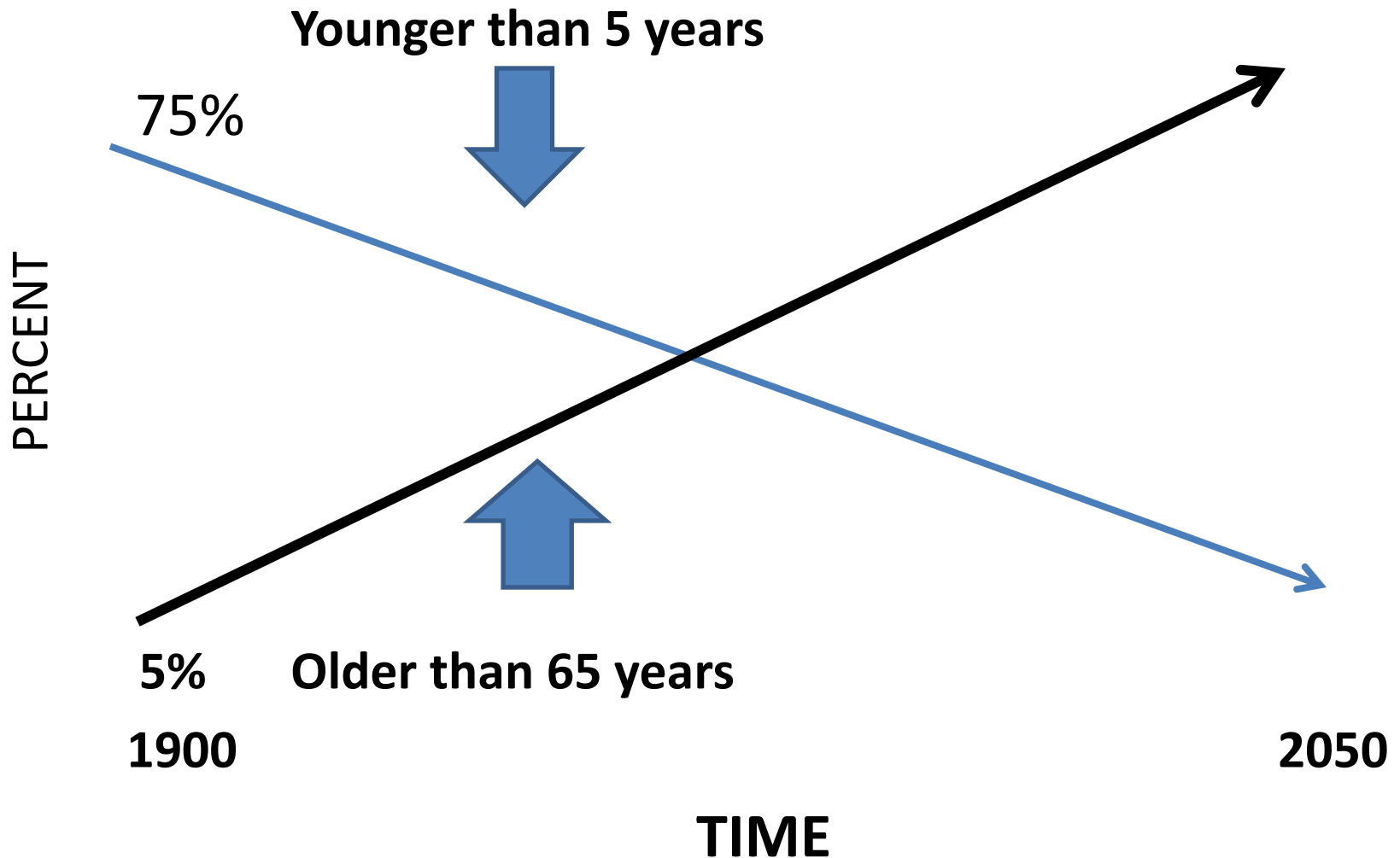
- **Medication monitoring systems**
- **Lighting optimum for YOU**
- **Toilet, shower accessible and easy**
- **Chairs and beds accessible**
- **Stairs, rugs, cords safe**
- **Hallways, counters, stove clear**
- **PROBLEM OF STUFF**

Safety: Emergency Plans



- **List of emergency numbers**
- **Smoke detectors**
- **Emergency system or phone available at all times**
- **Have advance directive = legal docum't**
- **Have POLST = Doctor's order to inform emergency help**
- **Have an advocate**

Why A Support System Is Needed



CARE: CONTINUUM OF HEALTH OPTIONS



- **Hospital**
- **Skilled Nursing Facility**
- **Home Health Agency**
- **Outpatient Therapy**
- **Hospice – Palliative Care, Support**

Things To Know About Hospice



- **Medicare and Insurance pay for it**
- **Stays with you at home, hospital, SNF**
- **Most people referred too late to benefit**
- **Some people graduate off Hospice**
- **Grief services available to any of you anytime**

In Home Help



- Personal Care Agency =
bathing, meals, transportation,
socialization, exercise
- NOT covered by Medicare

Different than a Home Health Agency
with intermittent Nursing, PT, OT,
ST; paid by Medicare

In Home Help



- **Helpers can start while in hospital or SNF & very helpful first 72 hours after you come home**
- **Use for respite**
- **Can be help for FAMILY, as much as person needing care**

Hire Privately Or Through an Agency?



- **Insurance = who pays for injuries?**
- **Taxes = who is paying?**
- **Sickness / vacation = Who is backup?**
- **Problems? = Who supervises, mediates and provides back ground checks?**
- **Cost: \$20 an hour or \$150 to \$240 a day or \$40,000 a year (or \$80,000 a year in a SNF)**

Many people here to help:



- **Podiatrist come to home – paid by Medicare**
- **Therapists come to home**
- **Care Managers – for oversight**
- **Bill payers help with insurance, bills**
- **Home manicures and hairdressers**
- **Moving Specialists help downsize or coordinate a move (and stuff!)**

Now What?

- **You are preparing for transitions!**
- **Take control, be adaptable, know options**
- **Live well now**
- **Move more**
- **Build a support system and communicate well**
- **Ask for help, accept help**



Thank you

Julie Groves, OT
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Skills for the art of living

Owner of
THERAPY IN YOUR HOME – OT, PT, ST
408-358-0201

<http://www.TherapyInYourHome.net/>



RESOURCES – Therapy



FIND A THERAPIST

- Find a physical, occupational or speech therapist and learn how it might be paid for:
JulieGroves@ TherapyInYourHome.net,
TherapyInYourHome.net and 408-358-0201

CREATE COMMUNITIES WITH DRIVING RESOURCES

- Create safer communities: Independent Transportation Network <http://www.itnamerica.org/> First and only national non-profit solution for senior transportation

RESOURCES – Therapy



RESOURCES ABOUT DRIVING:

- Test yourself, at home: Roadwise Review:
<http://www.seniordrivers.org/driving/driving.cfm?button=roadwiseonline>
- Tips on how to have the conversation about safe driving:
<http://hartfordauto.thehartford.com/Safe-Driving/Car-Safety/Older-Driver-Safety/Conversations>
- <http://hartfordauto.thehartford.com/Safe-Driving/Car-Safety/Older-Driver-Safety/Dementia-Activity/>
- <http://hartfordauto.thehartford.com/Safe-Driving/Car-Safety/Driving-Safety/defensive-driving.shtml>

RESOURCES – Therapy



DRIVING RESOURCES CONTINUED

- Medicare pays for an assessment of driving and use of power tools by an Occupational Therapists. Needs MD referral. Ask at local hospitals.
- AARP 55 alive Mature Driver Program: 888-687-2277
http://www.aarp.org/home-garden/transportation/driver_safety/
- AAA Drivers 65+ rating form and publications
http://www.aaafoundation.org/quizzes/index.cfm?button=driver_55 and
<http://www.aaafoundation.org/products/index.cfm?button=free>
- DMV Mature Driver Improvement course – 800-777-0133
http://dmv.ca.gov/vehindustry/ol/md_programs.htm

RESOURCES – Therapy



HOME SAFETY RESOURCES

- Alameda County Fall Prevention Program:
http://www.stopfalls.org/individuals_families/index.shtml
- Cornell University Safety Checklist: http://www.environmentalgeriatrics.com/home_safety/safety_checklist.html
- For people, families and children dealing with too much stuff:
<http://www.hoarders.org/f-c.html>
- www.hoarders.org
- <http://www.squalorsurvivors.com/index.shtml>