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Using OT Assessments And Interventions
To Help Community Dwelling Older Adults

Outcomes
As a result of this course, participants will be able to:
1) List 2-3 quantifiable, standardized OT assessments that they can use in community based settings.
2) Identify standardized assessments to guide goal setting and attainment.
3) Recognize the language of ‘social determinants of health’ into OT documentation when working with community dwelling older adults
Occupations

- Activities of daily living (ADLs)
- Instrumental activities of daily living (IADLs)
- Rest and sleep
- Education
- Work
- Play

Client factors

- Values, beliefs, and spirituality
- Body functions
- Body structures
Occupational Profile

- The initial step in the evaluation process, which provides an understanding of the client’s occupational history and experiences, patterns of daily living, interests, values, and needs. The client’s reasons for seeking services, strengths and concerns in relation to performing occupations and daily life activities, areas of potential occupational disruption, supports and barriers, and priorities are also identified.

OTPF, 2014

Performance skills that may affect functional ability

- Motor skills
  - Gross mobility
  - Core strength
  - General strength
  - Coordination
  - Dexterity
  - Sensory function
    - Vestibular
    - Visual
    - Auditory
    - Tactile
    - Taste/smell
- Process skills
  - observed as a person (1) selects, interacts with, and uses task tools and materials; (2) carries out individual actions and steps; and (3) modifies performance when problems are encountered
- Social interaction skills
  - Ongoing stream of social exchange

OTPF, 2014
Strength measurements

- Break test
- Sit to stand test
- Dynamometer and pinch meter measurements

Measures of balance

- Functional reach test
- Pull test
- Foam and dome
How to measure

- Assess for a change in the type and quantity of activities that clients are doing in the community relative to their instrumental, leisure and social activities?
- The activity card sort (ACS)
  - Used cross culturally
    - Not every cultural group engages in the same occupations

A discovery that a person was limiting their activities should trigger...Screening for medical wellness
Vision screening in the community

- Snelling chart to measure visual acuity
- Use of the Amsler grid to detect macular degeneration
- Perimetric screening
- Oculomotor responses
- Pocket held illuminated light cards (retinal function)

What would you do?

- If you find that a person has a positive for macular degeneration on an Amsler Grid assessment, but they have not been to an ophthalmologist, what would you do first? …. 
- Recommend that they make an appointment to see the ophthalmologist ASAP
What would you do?

- If you find that the person scores well on the sit to stand test, but poorly on the functional reach test, you might recommend?
  - Perhaps do more work with you in treatment on their balance performance tasks
  - Review risk for falls with them in their home and neighborhood
  - Notify treatment team members of your concerns about their balance findings and concerns for future fall risk

Performance Patterns

- Habits
- Routines
- Rituals
- Roles

OTPF, 2014
Performance patterns

Occupational Profile
   Client report
   Environment
   Context
   Client goals

AOTA OCCUPATIONAL PROFILE TEMPLATE
https://www.aota.org/~/media/Corporate/.../AOTA-Occupational-Profile-Template.pdf

Contexts and environments

- Cultural-customs/beliefs
- Personal-age, gender (demographics)
- Physical-supports & barriers
- Social-family composition, friends, caregiver(s)
- Temporal-stage of life, time, year
- Virtual-chat, email, remote monitoring

OTPF, 2014
Standardized assessments that can be used for measuring physical and psychosocial/emotional well-being are lacking

- **Subjective measures**
  - how satisfied are you with your life nowadays?
  - how happy did you feel yesterday?
  - how anxious did you feel yesterday?
  - to what extent do you feel the things you do in your life are worthwhile?

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**Objective measures of wellbeing**

- Canadian Index of Well-Being: [https://uwaterloo.ca/canadian-index-wellbeing/](https://uwaterloo.ca/canadian-index-wellbeing/)
- Well-being in the UK: [https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing](https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing)
- European Social Survey: [http://www.europeansocialsurvey.org](http://www.europeansocialsurvey.org)
- New Economics Foundation: [http://www.nationalaccountofwellbeing.org](http://www.nationalaccountofwellbeing.org)
Outcomes of assessments used and what they tell us. How to focus content of sessions based on measurements

Strategies to improve health by enriching social and physical determinants of health.
What are social determinants of health?

- Access to food
- The Neighborhood and Physical environment
- Community and Social Context

**Figure 2**

**Social Determinants of Health**

<table>
<thead>
<tr>
<th>Economic Stability</th>
<th>Neighborhood and Physical Environment</th>
<th>Education</th>
<th>Food</th>
<th>Community and Social Context</th>
<th>Health Care System</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employment</td>
<td>Housing</td>
<td>Literacy</td>
<td>Hunger</td>
<td>Social integration</td>
<td>Health coverage</td>
</tr>
<tr>
<td>Income</td>
<td>Transportation</td>
<td>Language</td>
<td>Access to healthy options</td>
<td>Support systems</td>
<td>Provider availability</td>
</tr>
<tr>
<td>Expenses</td>
<td>Safety</td>
<td>Early childhood education</td>
<td>Social integration</td>
<td>Community engagement</td>
<td>Provider availability</td>
</tr>
<tr>
<td>Debt</td>
<td>Parks</td>
<td>Education</td>
<td></td>
<td></td>
<td>Provider linguistic and cultural competency</td>
</tr>
<tr>
<td>Medical bills</td>
<td>Playgrounds</td>
<td>Vocational training</td>
<td>Access to healthy options</td>
<td>Discrimination</td>
<td>Quality of care</td>
</tr>
<tr>
<td>Support</td>
<td>Walkability</td>
<td>Higher education</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Health Outcomes**

Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations
If a person is not eating regularly and cannot get to a grocery store

- They cannot follow specialty diets that keep them healthy and at home, because they cannot access what they need to prepare the food they could be eating to support their health
- When people lose community mobility, this is a major concern

What would you do?

- If you have a client who is safe preparing food in their home, but they cannot manage physically to go grocery shopping, because they have no transportation to the store and no help to carry the groceries, what should you do first?
- Think team....
How would you document that a client is safe, but does not have adequate social support to complete essential IADLs that are related to community mobility?

“The client demonstrated that they could safely prepare, set up and clean up after cooking a meal of moderate complexity as their main meal of the day. The client states that they have difficulty purchasing the food they need to prepare meals at home on a consistent basis. They lack transportation and physical assistance to complete the task without the help of another.”

Summary/ Q&A
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