



THE  
REHABILITATION & HEALTH CENTER  
AT PARK WEST

*"Living life to its fullest!"*



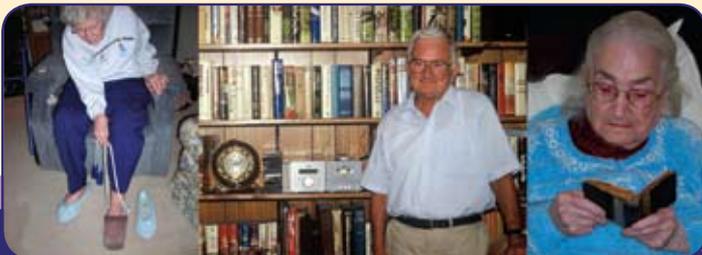
**Occupational Therapy**

[www.TherapyInAkron.com](http://www.TherapyInAkron.com)

# Occupational Therapy

## Promote Safety & Maximize Independence in Activities of Daily Living

Examples of Areas of Concern	Some Examples of what the Occupational Therapist might do
<b>Medication Administration</b>	Design/select a system ideal for each client to safely manage medications.
<b>Bathing and Hygiene</b>	Professional recommendation for appropriate equipment for safety, education and training.
<b>Functional Mobility</b>	Education, training and adaptive equipment for bed mobility, wheelchair mobility and transfers in the home and into the car.
<b>Meal Prep and Eating</b>	Adaptive equipment, environmental modifications, professional instruction in safe meal preparation, use of microwave, etc.
<b>Driving and Community Mobility</b>	Evaluation of skills needed for safe driving; recommendations and training for getting to places in the community. Training and counseling to support choices.
<b>Depression</b>	Professional support for realistic goal-setting; therapeutic programming to achieve goals; support for participation in occupations per client preferences.
<b>Whatever is important to the client and family!</b>	Professional support for goal setting, recommendations for adaptive equipment, training as needed, building skills to empower return to meaningful participation in life.



# Aging-in-Place

Staying in a familiar environment during later years is preferred by many older adults. Occupational Therapists work with clients who have cognitive, visual, or motor impairments to help them identify needs, accept outside support, and/or modify the home to support safety and independence for successful aging. Occupational Therapists also help older adults and families explore, select, and transition to assisted living or independent living facilities when necessary.

**We work closely with the following agencies to provide individualized care to older adults**

**The Center for Senior Health • 330.375.4100**  
**Area Agency on Aging 10B • 330.896.9172**

## Falls Prevention

More than one-third of adults 65 years and older in the United States fall each year. Among older adults, falls are the leading cause of injury deaths. They are also the most common cause of nonfatal injuries and hospital admissions for trauma.

Occupational Therapists educate older adults in falls prevention strategies, design and establish programs of activities and exercises for balance (vestibular habituation), and train clients in safe use of appropriate adaptive equipment to reduce the risk of falls.



## Home Safety Assessment

Occupational Therapists perform safety assessments of clients' living environments, and offer professional recommendations to prevent injuries and maximize independence.

# Driving

Driving enables seniors to get to essential services and to make social contact outside the home. It is an important aspect of wellness and aging in place. The inability to drive can cause social isolation, undermine one's quality of life, and accelerate health decline. It is important to encourage a person to drive as long as he or she is driving safely. In order to increase safety, many older adults choose to limit when and where they drive.

**The most common causes of unsafe driving by older drivers include:**

- Vision impairment
- Cognitive limitations
- Side effects of medications
- Slower reaction times
- Muscular difficulties
- Limited range of motion

## Do you have concerns?

	Evaluation of Driving Related Skills, Professional Counseling, Skilled Intervention		
	Provided in home	Provided at clinic	Behind the wheel
Rehabilitation & Health Center at Park West: 330.564.4100	YES	YES	NO
AGMC- Edwin Shaw 330.784.1271	NO	YES	YES
Canton Timken Mercy 330.489.1135	NO	YES	YES
AAA 330.434.4571	NO	NO	YES
Wally Snyder's Driving 330.688.3588	NO	NO	YES
The Drive Team 330.922.3100	NO	NO	YES
Universal Driver's Training Center 330.945.8382	NO	NO	YES

# Community Mobility

Older adults facing recommendations for driving retirement need support and understanding. Occupational Therapists provide training in the use of public transportation and/or alternative forms of transportation. Occupational therapists also provide skilled therapeutic services to help the person adapt to changes, overcome depression, and avoid social isolation.

**DID YOU KNOW?** The majority of older drivers (ages 70+ years) in the United States live 7-10 years past their ability to drive.

## SCAT - Para Transit Services

**330.376.5353**

Door-to-door services may be available through SCAT or the ADA-ParaTransit system.



*For more information go to  
The American Occupational Therapy Association's  
website on driving for consumers:  
[www.aota.org/olderdriver/consumers/html](http://www.aota.org/olderdriver/consumers/html)*

## Power Wheelchairs, Scooters, Rollators and More!

Occupational Therapists provide professional evaluations to submit to Medicare to support the acquisition of power equipment when needed. For many older adults, the proper equipment can enable them to return to participation in the community.



*Many people enjoy the use of a four-wheeled walker called a rollator; it reduces the risk of falls and provides an "instant seat."*



# Visual Impairments

## May be caused by:

- Glaucoma
- Macular Degeneration
- Diabetic Retinopathy
- Stroke (CVA)
- Brain Injury (BI)

## Occupational Therapy includes services to:

- Compensate for visual loss during activities of daily living
- Instruct/train in strategies for independence and safety
- Recommend equipment or environmental modifications for safety
- Train a person in the use of optical aids/adaptive equipment
- Instruct/train in using talking books, talking glucometer, the Tap Memo, and other tools for the visually impaired
- Training in the use of the preferred retinal loci (PRL) for people with macular degeneration
- Adapt to visual loss, and explore ability to participate fully in life at home and in the community (overcome tendency to isolate)

**RHC Occupational Therapists work jointly with a variety of vision specialists, including:**

**Dr. Cheryl Reed (Low Vision Specialist)  
and the Northern Ohio Bioptic Driving Program  
330.996.4080**

# Cognitive Impairments

## May be caused by:

- Traumatic Brain Injury
- Closed Head Injury
- Falls
- Alzheimer's Disease
- Dementias
- Brain Tumors
- Stroke/(CVA)

**Executive Skills**  
(Information processing, judgment, awareness of deficits, etc.)

**Memory**

**Attention**

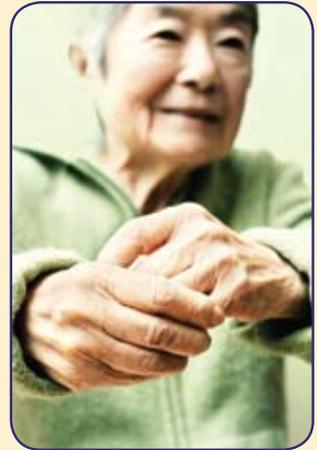
Occupational Therapists relate these cognitive skills to specific occupations (like medication administration, meal preparation, or driving), and can design a rehabilitative plan to improve skills, learn adaptive strategies, and/or transition to a supported living environment when needed.

**Our Occupational Therapists actively participate in the Summit County Traumatic Brain Injury Collaborative**

# Movement Disorders

## May be caused by:

- Multiple Sclerosis
- ALS
- Parkinson's Disease
- Spinal Cord Injury
- Arthritis
- Cerebral Palsy
- Stroke (CVA)
- Pain secondary to other diagnoses



Occupational Therapists evaluate a person's range of motion, muscle strength, tone, coordination, motor control, object manipulation skills, static and dynamic balance in sitting and standing, and occupational endurance. If impairments in these areas interfere with a person's ability to participate in meaningful activities, then an intervention plan may be developed to improve skills or to compensate for permanent losses.

YES	NO	If yes....You may benefit from OT
		Have you given up activities that you have always enjoyed?
		Are you frustrated because you can't do the things you want or need to do?
		Are you afraid of falling? Or have you fallen in the past six months?
		Do you own optical aids (magnifiers) that you are not using?
		Are you, or your family members, concerned about your safety while driving?
		Do you feel isolated because you can't drive or get out into the community?
		Would you like a professional therapist to treat you in the privacy of your own home?

## Occupational Therapy

is a skilled service covered by Medicare, Medicaid, and most private insurance companies. We can help you determine if you are entitled to these services.

**Mary Jo McGuire MS, OTR/L, OTPP, FAOTA**

*Director of Home and Community Based Services*

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