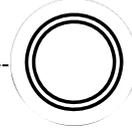


# Parkinson's Disease



## Safe Mobility and Activities of Daily Living

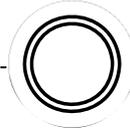
Presented by:

Beth Kubnick DPT

Stephanie Meckely DPT

Nicole Quarne, PT

# Introductions



- **Beth Kubnick, DPT**

Practicing physical therapy for the last 14 years including general outpatient practice, acute care, sub-acute care and home care

Special interest in fall prevention and balance training, Parkinson's BIG program, general orthopedics and lower extremity biomechanics.

- **Stephanie Meckley, DPT**

Practicing physical therapy for the last 4 years including outpatient, acute care, and inpatient rehab.

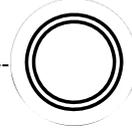
Special interests are general orthopedics, sports injuries, Parkinson's BIG program, dry needling and balance training

- **Nicole Quarne, PT**

Practicing physical therapy for the last 18 years including general outpatient practice and orthopedics.

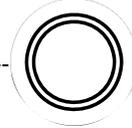
Special interests in Parkinson's BIG program, sports injuries, pelvic floor rehab, and bowel and bladder health.

# Objectives



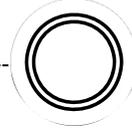
- Identify mobility and functional problems associated with Parkinson's
- Adaptive aids that can help you stay independent
- Assistive devices for walking
- Safety and falling
- Learn how to make your living space safer
- Community Resources
- Questions

# Primary Motor Difficulties



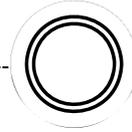
- Shuffled walking/slow walking
  - Difficulty initiating walking
  - Stiffness legs and arms
  - Tremor
  - Loss of balance
- 
- **\*\*These movement difficulties can cause problems with getting in and out of the tub, standing up from a chair or walking.**

# Bathing



- **Bathtubs should have at least two handrails to assist getting in and out of the shower. (tub transfer bench can help you get in and out).**
- **Shower chairs allow you to sit in the shower while you bathe.**
- **Use handheld shower head.**
- **Don't use bar soap – use pump soap or soap on a rope.**
- **Keep a nightlight on in the bathroom.**

# Helpful Bathing Aids



**Hand held  
shower spray**

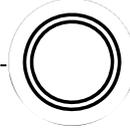


**Grab bars**



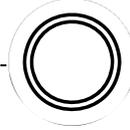
**Tub transfer  
bench or shower  
chair with back**

# Bathing Aids



Long handled sponge or brush

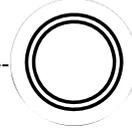
# Grooming



Parkinson rigidity and tremor can make it difficult to handle toothbrushes, razors and hairdryers.

- Sit down to brush your teeth, shave or dry hair.
- Prop elbows on the vanity or sink if your arms get tired.
- Use an electric razor and electric toothbrush.
- Hands free hairdryer.

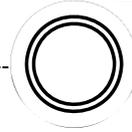
# Toileting



**Aging with PD can affect your ability to control your bladder. Urinary frequency and urgency are common problems.**

- Try a regular schedule for going to the bathroom.**
- Avoid caffeinated drinks.**
- A pad shield or other incontinence product can help if you are prone to accidents or cannot be near a bathroom .**

# Toileting Aids



**Commode Frames**



**3-in-one bedside commode  
(toilet frame, raised toilet seat,  
shower chair)**

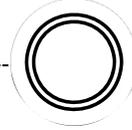


**Lift commode Chair**



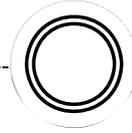
**A bidet**

# Dressing



- Allow plenty of time for dressing.
- Warm up your muscles prior to getting dressed.
- Sit down when dressing.
- Use a foot stool to put shoes on.

# Dressing



**Button Aid/Zipper Pull**



**Zipper Loops**

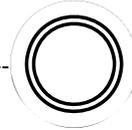


**Elastic Shoelaces**



**Extra Long Shoehorn**

# Eating



- Schedule meals during “on” times.
- Cut food into small bite size pieces.
- Sit up as straight as possible when eating.
- Liftware Steady: stabilizes so the attached utensil shakes 70%\* less than your hand.



Hi-lo scoop plate



Rocker knife



Angled Utensils

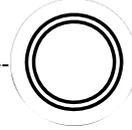


Nosey Cups



Liftware Steady

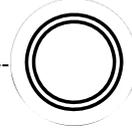
# Walking



If balance and strength are affecting your walking, a mobility aid may be appropriate.

**\*\*Recommend seeing a physical therapist to evaluate what assistive device is the best for you.**

# Canes, walkers, wheelchairs



## Canes:

Avoid tripod/quad canes.

A straight cane with a rubber tip is better.

Hiking sticks or poles can also help with stability.



Single point cane

## Walkers:

Avoid four-post walkers or standard walkers.

Four wheeled walkers offer better stability.



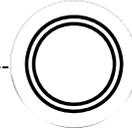
U-walker

## Wheelchairs:

A companion wheelchair works well if you only need it for community outings.

If you require a wheelchair to get around, you need to see a PT or OT for specific recommendations.

# Why Do We Fall?



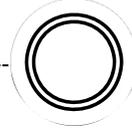
## Physical Reasons:

- Leg weakness

Muscle fibers begin to decrease after the age of 50 and decreases more rapidly after the age of 70. However weakness and disuse associated with muscle fiber atrophy are reversible at all ages !!!

- Lack of physical exercise
- Loss of flexibility
- Freezing
- Impaired vision
- Medications and interactions
- Cognitive impairments
- Poor balance

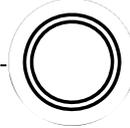
# Why Do We Fall Cont.....



## Environment Reasons:

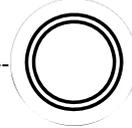
- Scatter or throw rugs
- Lack of appropriate lighting
- Clutter in the home
- Pets
- Lack of handrails on stairs
- Extension cords
- Uneven walking surfaces
- Mother nature

# Fall Facts and Freezing



- About 38 percent of people living with PD fall each year. PD-related falls occur mostly when turning or changing directions and are often related to a freezing episode.
- Not everyone living with PD will experience freezing episodes, but those who do are at a much higher risk of falling.
- Freezing creates a danger of falling because the beginning and end of a freezing episode are unpredictable.
- The unpredictability of freezing, along with efforts by well-meaning companions to force the person with PD to move, may cause loss of balance and falls.

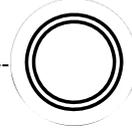
# What can we do about reducing the chance of falling?



- Preventing falls through improving balance and strengthening
- Strengthening your muscles is essential for keeping healthy bones and muscles that are needed for walking and for being independent in your daily activities
- March in place
- Use assistive devices if needed
- Create a safe environment
- Be confident with your movements
- Think BIG

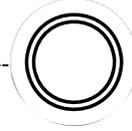
Remember exercise can be just as effective as medication, in some cases, it can be more beneficial.

# Keeping our home safe



- According to an ARRP survey 90% of seniors want to stay in their home as long as possible.
- However houses age along with our bodies.
- No matter how active or vital we are, we cannot always perform the activities that we use to do.
- Therefore we must make living independently easier, more comfortable and most importantly SAFE.

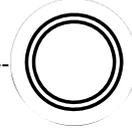
# Simple home modifications



## Bathroom Upgrade

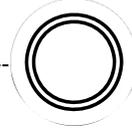
- Movable shower heads
- Grab bars next to the toilet and in the tub
- Walk in shower versus a tub
- Tub bench
- High rise toilet
- Non-slip strips in bath/shower
- Remove Throw rugs
- Nightlight

# Kitchen Safety



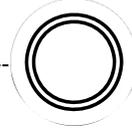
- **Make sure all major dishware and food products are within reach, eliminating the need for a step stool**
- **Increase lighting at sink and stove**
- **Remove throw rugs**
- **Use a timer when cooking**
- **Keep all towels and other flammable items away from the stove and oven, do not wear clothing with loose sleeves**

# Outside your home



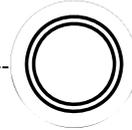
- Get handrails added to outside stairs, have them extend beyond the bottom step.
- Get help in winter weather with ice or snow removal
- Use high wattage light bulbs near outside doors and stairs.
- Have hazards that could trip you, such as hoses removed.
- Have rough edges, holes, or large cracks in sidewalks or driveways repaired.

## Other safety tips



- Use nightlights for safety in the hallway and bathroom.
- Keep phones in every room of the house and by your bed, or carry cordless phone or cell phone – keep emergency numbers by each phone.
- First Alert .
- Have at least one working smoke detector on every floor of your home.
- Use pill organizer to keep track of daily medications, or keep a pill journal.

# Community Resources



- **HELP (Health Equipment Lending Program) Closet**
  - Hospital Beds, Wheelchairs, Commodes, Toilet Seat Risers, Rollators, Bath Benches/Shower Seats, Canes
  - 1106 5<sup>th</sup> St Wausau
  - Goodnewswi.com
- **Loan Closets**
  - Medical Equipment Ministry
  - Aging and Disability Resource Center of Central Wisconsin

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