

PARKINSON SUPPORT GROUP OF SUDBURY

MEETING NOTES

November 16, 2022

What a lovely crowd there was at this month's meeting! At first we thought the group would be small as we knew so many that were away or would not be able to attend. You surprised us! There were 24 attending the meeting and 6 on Zoom the next day. A great opportunity to support one another.

Our topic this month was

Occupational Therapy and the assistive devices available for home safety

Guest Speakers: Lee-Ann Scott & Saudia Jabar, OT Reg. (Ont)

Occupational Therapists. Home and Community Care Support Services North East

Brian introduced Lee-Ann and Saudia and they introduced the objective of their presentation: to help people with Parkinson's create a safer home environment. They wanted to look at strategies/modifications and assistive devices for daily tasks which are often areas of difficulty for the person with Parkinson's. Here are some of the typical challenges in daily life experienced by people with Parkinson's:

- Trouble getting moving
- Shuffling
- Tremors
- Freezing
- Feeling rigid/stiff
- Decreased balance
- Trip and fall risk
- Unsafe transfers
- Difficulties with activities of daily living (ie. eating, dressing, bathing)



How do Occupational Therapists help?

- OTs assess your abilities in relation to your daily activities and home environment, and work with you to develop a plan to help you live safely and independently.
- OTs will look at the following areas because there is no "one size fits all" approach
 - Person (strengths, challenges)
 - Environment (home)
 - Occupation (meaningful daily activities)

Your environment. Tips to create a safer home:

- Clear pathways
- Secure or remove mats or rugs
- Secure power cords
- Use good lighting including night lights
- Use of grab bars
- Use stable chairs
- Railings on stairs, keep them clear
- Use bright coloured tape (floors and stairs)
- Store regularly used items within reach
- Use assistive devices

During an assessment they will help you to look at all these areas of concern and suggest helpful changes.

Dressing:

- Strategies/Modifications
 - Dress when medication is working the best
 - Few gentle stretches first
 - Sit down to get dressed
 - Dress weaker/stiffer side first
- Assistive Devices
 - Sock aid
 - Reacher
 - Elastic shoelaces or light weight Velcro shoes
 - Long handled shoehorn
 - Adaptive clothing could be purchased or made

The girls brought samples of this equipment so we could try these aids and see if they could make a difference.

Bathing:

Strategies/Modifications

- Allow enough time, do not rush
- Consider a tub cut-out or installing shower stall
- Non-slip treads/tape in tub

Assistive Devices

- Grab bars
- Bath chair, stool, bench
- Long handled sponge
- Long hand-held shower head
- Non-slip bathmat

Samples and pictures of items helped us visualize what they were describing to us.

Toileting:

Strategies/Modifications

- Night light
- Consider installing a higher toilet
- Moist wipes

Assistive Devices

- Grab bar

There is quite a variety of raised toilet seats and ones with bars and/or arm rests. Ease of cleaning is one thing to consider when choosing, as well as what is best for you to use.

- Raised toilet seat
- Toilet safety frame
- Commode
- Urinal

Personal Hygiene:

Strategies/Modifications

- Use of walker seat or stool to sit on during personal care tasks
- Support your elbows on the counter

Assistive Devices

- Use an electric razor
- Use an electric toothbrush
- Hands free hair dryer stand

Eating:

Strategies/Modifications

- Eat slowly
- Ensure supportive sitting position

Assistive Devices

- Adapted utensils (built up handles, weighted, foam tubing)
- Universal cuff
- Adapted plate
- Adapted cup
- Non-slip material

Sit to stand:

Strategies/Modifications

- Consider the height of your chair
- Stable chair with arms
- “Nose over toes”

Assistive Devices

- Seat risers
- Lift chairs
- Couch cane
- Transfer belt
- Floor to ceiling pole

Getting in and out of bed:

Strategies/Modifications

- Assess the height of the bed
- Consider a height adjustable bed
- Easy access to lighting, use of nightlight

Assistive Devices

- Use of a bedrail
- Floor to ceiling pole
- Transfer board
- Leg lifter
- Commode or Urinal at bedside

Mobility and walking:

Strategies/Modifications

- Bright coloured tape



Christmas Party Luncheon

When: Dec 14th - 12 to 2pm

Where: Minnow Lake Legion

Who: people with Parkinson’s and their care partners or a “plus+1”

What: hot luncheon served at your table, and lots of socializing, darts tournament and table-top shuffleboard and live music.

How: a gift from an anonymous Sudbury Parkie, now deceased

Why: Its Christmas and the donor wanted us to have fun!!

Extra tickets \$30**

** Parkinson Support Group members receive 2 free tickets, any additional tickets are \$30**

You must call or email Nora Lea for tickets before Dec. 6th.

- Step to a rhythm (1,2 1,2)
- Stair lift
- Assistive Devices
 - Cane
 - Walkers (2 wheels, rollator)
 - Hybrid walker (walker/transport chair)
 - Wheelchair (manual, power)

TRY BEFORE YOU BUY
 Home and Community Care Services have a system where you can do this, try various pieces of equipment for a month or so before buying an assistive device.

Home & Community Care Support Services North East

Need an Occupational Therapy home safety assessment?

- We receive referrals from hospitals, doctors, caregivers, or self-referral
- Patient consent is required for a referral
- 705-522-3461

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Something Missing?
 Unfortunately there will be no cookies to sell this year. Disappointing, but beyond the bakery's control. If you want a similar taste and texture shortbread I have a recipe I'd share!

Christmas Cakes and Plum puddings have arrived!

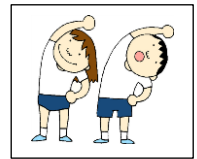
Selling for the same prices as last year.

- Cakes (Light, Dark, Cherry) are \$20
- Plum Puddings with sauce are \$15

The order form on the website is ready and waiting for you parkinsonsudbury.ca/order/ or you can call Brian at 705-522-3495 or Claire at 705-522-9682.

RE: EXERCISE PROGRAM – We still need some feedback from you!

We say big “thank you” to those who took the time to answer our request for feedback on the exercise program. We could still use some ideas on how to encourage participation.



Next meeting: January 18, 2023 from 2 – 3:30 pm at All Nations Church, 414 St. Raphael St.

Parkinson's Christmas Luncheon
 and
Darts Tournament
 Minnow Lake Legion
 1553 Weller Street, Sudbury
 Wed. December 14, 2022
 12:00 - 2 pm

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