



**NEWS RELEASE – Area Agency on Aging District 7, Inc.**

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**AAA7 and Shawnee State University**  
**OT Program Partner on “Functional Fridays”**

The topic of managing function in your everyday life was the feature of “Functional Fridays,” a weekly livestream that was recently presented by the Area Agency on Aging District 7 (AAA7) and the Shawnee State University (SSU) Occupational Therapy program. The series can currently be viewed on the AAA7 Facebook Page and website at [www.aaa7.org](http://www.aaa7.org).

According to the American Occupational Therapy Association, occupational therapy is the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations). Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health and prevent—or live better with—injury, illness, or disability.

The students in the Occupational Therapy Program at Shawnee State incorporate educating the community as a part of their studies in providing additional resources and information about occupational therapy and the many ways it can be used to help individuals. According to their professor, Dr. Christine Raber, "We are so fortunate and grateful for the opportunity to partner with AAA7 on the Functional Fridays initiative. This experience has provided meaningful learning opportunities through the delivery of virtual education for our students while observing pandemic precautions."

Through the Functional Fridays livestreams, the graduate students from the Occupational Therapy Program at Shawnee State University discussed a number of topics surrounding older driver safety awareness and every day function when living with a chronic condition.

The weekly topics, that are available as a playback on social media or on the AAA7's website include:

- Everyday Activities After a Stroke
- Anticipating Changes That Affect Driving
- Family Conversations (regarding driving)
- Screening and Evaluation of Driving
- Interventions that Can Empower Drivers and Families
- Staying Engaged in the Community With or Without a Car
- Chronic Condition Management
- Importance of Daily Routines and Habits for People Living with Dementia

- Energy Conservation for COPD/Pulmonary Problems

All of the broadcasts can be watched on playback on the AAA7 Facebook page or a dedicated page on the AAA7's website for the Functional Fridays education. In addition to the broadcast, educational information for each episode is also provided for the specific topic discussed. To find the educational information, log on to [www.aaa7.org](http://www.aaa7.org), click on the "Functional Fridays" box mid-way on the Home Page, and find the topic you are looking for.

For more information about Functional Fridays, call the AAA7 at 1-800-582-7277 or [info@aaa7.org](mailto:info@aaa7.org), or Dr. Christine Raber with the Shawnee State University Occupational Therapy Program at (740) 351-3530 or [craber@shawnee.edu](mailto:craber@shawnee.edu).

Your local Area Agency on Aging District 7, Inc. provides services on a non-discriminatory basis. These services are available to help older adults and those with disabilities live safely and independently in their own homes through services paid for by Medicare, Medicaid, other federal and state resources, as well as private pay. The AAA7's Resource Center is also available to anyone in the community looking for information or assistance with long-term care options. Available Monday through Friday from 8:00 am until 4:30 pm, the Resource Center is a valuable contact for learning more about options and what programs and services are available for assistance.

Those interested in learning more can call toll-free at 1-800-582-7277 (TTY: 711). Here, individuals can speak directly with a specially-trained Resource Specialist who will assist them with information surrounding the programs and services that are available to best serve their needs. The Agency also offers an assessment at no cost for those who are interested in learning more. Information is also available on [www.aaa7.org](http://www.aaa7.org), or the Agency can be contacted through e-mail at [info@aaa7.org](mailto:info@aaa7.org). The Agency also has a Facebook page located at [www.facebook.com/AreaAgencyOnAgingDistrict7](http://www.facebook.com/AreaAgencyOnAgingDistrict7).

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