

Caregiver Assistance News

"Caring for You - Caring for Others"

Area Agency on Aging District 7, Inc.

*Serving Adams, Brown, Gallia, Highland, Jackson, Lawrence,
Pike, Ross, Scioto and Vinton Counties in Ohio*

www.aaa7.org **Helping You Age Better!**



SEPTEMBER 2020

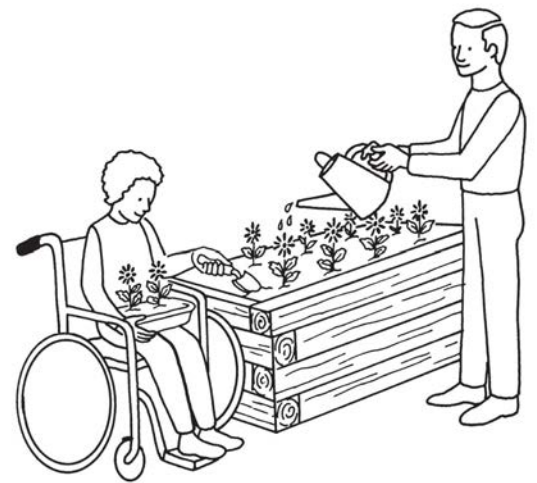
Range of Motion - Exercise

Occupational Therapy

Occupational therapy is designed to help people regain and build skills that are important for functioning on their own. The occupational therapist will help the person evaluate levels of function.

An occupational therapist:

- Tests a person's strength, range of motion, endurance (the ability to continue an activity or effort), and dexterity (skill in using hands) to do everyday tasks that were done easily before an illness or injury happened.
- Designs a program of activities and solutions that ensure the greatest possible independence.
- Provides training to re-learn everyday activities of daily living like eating, grooming, dressing, toileting, bathing, and leisure activities such as gardening.
- Decides whether special equipment is needed, such as wheelchairs, feeding devices, transfer equipment, and hand and skin devices.



Physical and occupational therapies are part of the process of relearning how to function after an injury, illness, or period of inactivity. If muscles are not used, they shorten and tighten, making joint motion painful. For the person in your care, these therapies are key to achieving as much functional independence as possible. Although you may not be asked to assist with these exercises, it is useful for you to know how they help.

The Physical Therapist

A physical therapist treats a person to relieve pain, build up and restore muscle function, and maintain the best possible performance. The therapist does this by using active and passive exercises, massage, heat, water, and electricity. Broadly speaking, a physical therapist:

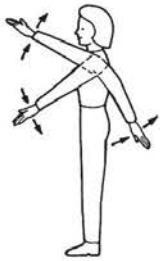
- Sets the goals of treatment with patient and family
- Shows how to use special equipment
- Instructs in routine daily functions
- Teaches safe ways to move
- Sets up and teaches an exercise program

Range-of-Motion (ROM) Exercises

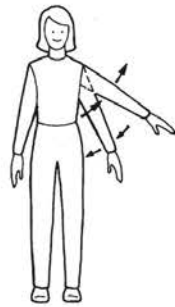
The following information is provided for your general knowledge. It IS NOT a substitute for training with professional therapists.

Use range-of-motion exercises to relieve pain, maintain normal body alignment, help prevent skin swelling and breakdown, and promote bone formation. A ROM exercise program is ideally started before deformities develop.

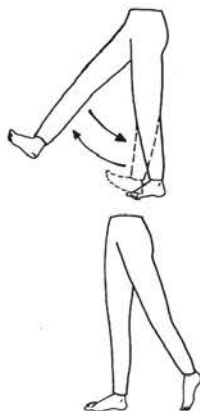
Joints Used in ROM



▲ shoulder



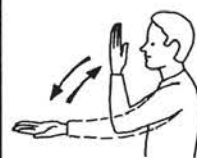
▲ hip



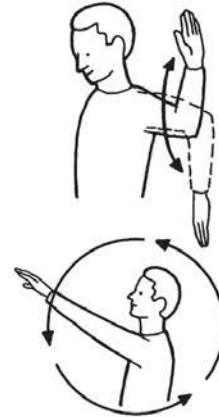
▲ feet, ankle, toe



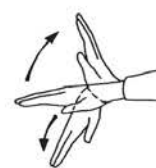
▲ wrists



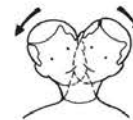
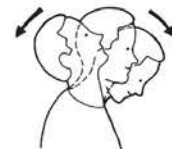
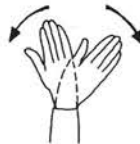
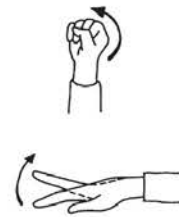
▲ elbows



▲ shoulders



▲ finger/thumb



▲ neck

Taking Care of Yourself

Staying Fit While Quarantining at Home

Thanks to social distancing and shelter-in-place orders amid the coronavirus pandemic, it is important to be flexible and creative in exercising. If you enjoyed exercise classes with friends or long walks, in order not to backslide and become sedentary that will affect your health, you now have to be open to an exercise routine in your apartment no matter how small.



You don't need a gym, expensive equipment, special clothing or a large space to do many activities at home. The goal during a pandemic is to maintain your fitness level, not increase it. Older adults should combine moderate aerobic activity with balance and muscle-strengthening exercises. Balance and muscle mass deteriorate as people age.

Source: NextAvenue.org/coronavirus-fitness-home; CNN exercise

Memory Care - Alzheimer's Gestures and Cues

When helping a person with any activity, first give verbal instruction, then use visual gestures, and finally, touch. It may be effective to combine a verbal cue with a gesture so that the person can get the information in more than one way. For instance, if you want the person to stand up, you can ask them to stand up, raise your hands up in a matching gesture, and then if necessary, touch their arm or leg.

Interested in a Telephone Support Group for Caregivers?

The Caregiver Support Program at the Area Agency on Aging District 7 is offering a free telephone support group for caregivers.

Upcoming Calls: October 15th and November 19th from 1:30 pm - 2:30 pm

If you are interested, please call Vicki Woyan for more details.

1-800-582-7277, extension 215 or you can e-mail info@aaa7.org.



Fall-Free Fridays

with the Area Agency on Aging District 7 and Shawnee State University Occupational Therapy Program

Fridays at 10:00 am
from September 11th
through December 4th

AAA7 Facebook Page



Join us on Fridays at 10:00 am on Facebook!

Upcoming Episodes:

September 25th - "What's Seeing and Hearing Got to Do with Falls?"

October 2nd - "What's On Your Feet Matters!"

October 9th - "Your Health and Falls"

October 16th - "Exercise is the Best Medicine"

FALL PREVENTION COACHING now available over the telephone or virtual format at no cost. If interested, contact Hannah at 1-800-582-7277, extension 247.



Area Agency on Aging District 7, Inc.

F32-URG, PO Box 500 • 160 Dorsey Drive • Rio Grande, OH 45674-0500

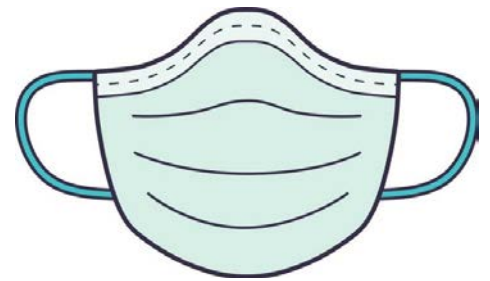
Toll-Free Number: (800) 582-7277 • TTY: 711 (Relay Ohio)

Website: www.aaa7.org • E-Mail: info@aaa7.org • Facebook: www.facebook.com/AreaAgencyOnAgingDistrict7

Your local Area Agency on Aging District 7, Inc. serves the following counties in Ohio: Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. Services are rendered on a non-discriminatory basis. Those interested in learning more about the services provided through the Area Agency on Aging District 7 can call toll-free at 1-800-582-7277. Here, individuals can talk directly with a trained Resource Specialist who will assist them with information surrounding the programs and services that are available to best serve their needs. The Agency can also be reached via e-mail at info@aaa7.org.

COVID-19 Face Masks

The CDC recommends wearing cloth face coverings in public where social distancing is difficult to maintain. Cloth face coverings should fit snugly but comfortably against the side of the face and be secured with ties or ear loops. They should include multiple layers of fabric and allow for easy breathing and be able to be laundered and machine dried without damage to shape.



Follow these tips to stay safe:

- Always wash your hands before and after wearing a mask.
- Use the ties or loops to put your mask on and pull it off.
- Do not touch the front of the mask when you take it off.
- For apartment dwellers, put the mask on and remove it while inside your home. Elevators and stairwells can be high-contamination areas.
- Wash and dry your cloth mask daily and keep it in a clean, dry place.

Be careful not to touch your eyes, nose and mouth when removing a face covering and wash hands immediately after removing.

Source: Centers for Disease Control and Prevention (CDC)

Some content in this publication is excerpted from The Comfort of Home: Caregivers Series. It is for informational use and not health advice. It is not meant to replace medical care but to supplement it. The publisher assumes no liability with respect to the accuracy, completeness or application of information presented or the reader's misunderstanding of the text.