

# 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](http://www.aaa7.org) **Helping You Age Better!**



**MAY 2024**

## **Range of Motion Exercises**

Physical and occupational therapies are part of the process of re-learning 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.

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 and sets up an exercise program.



## **Occupational Therapy**

Occupational therapy is designed to help people regain and build skills that are important for functioning on their own. 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 and:

- Test 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.
- Design a program that ensures the greatest possible independence.
- Provide training to re-learn everyday activities of daily living like eating, dressing, toileting, and bathing.
- Decide whether special equipment is needed, such as wheelchairs, feeding devices, transfer equipment, hand and skin devices.

## **Arthritis**

Arthritis is a common chronic health problem causing pain, loss of movement, and sometimes swelling. Osteoarthritis is the “wear and tear” type in which the slippery cartilage that covers the ends of bones in a joint wears out, causing pain and loss of movement as bone begins to rub against bone. It is the most common form of arthritis.

Rheumatoid arthritis is an autoimmune disease in which the person’s body begins to attack its own joints, causing inflammation and pain. It affects mostly women.

# Range of Motion (ROM) Exercises

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

## Joints Used in ROM



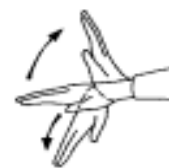
▲ shoulder



▲ hip



▲ shoulders



▲ finger/thumb



▲ feet, ankle, toe



▲ hands



▲ wrists



▲ elbows



▲ neck

# Taking Care of Yourself

## Water-Based Exercises

The Arthritis Foundation Aquatic Program (AFAP) is a community-based, group program that uses a variety of water-based exercises to increase physical activity among adults with arthritis. AFAP is offered in some YMCAs and by other community organizations. Participants do not need to know how to swim to participate in AFAP.



Goals are: improved range of motion, muscle strengthening, endurance, day-to-day function, and self-confidence. Each class has balance and coordination activities. The class also has relaxation and breathing activities.

Source: Arthritis Physical Activity Programs | CDC  
<https://www.cdc.gov/arthritis/interventions/physical-activity.html>

## Can the Medicare Prescription Drug Plan Discount Help You?



**Low Income Subsidy (LIS) or “Extra Help” is a benefit that can:**

- Lower your prescription co-pays
- Cover all or part of your Medicare Part D monthly premiums
- Eliminate the “donut hole” of coverage for your medications

### 2024 Asset and Income Guidelines

**Single** - Monthly income of \$1,903 or less with assets less than \$17,220  
**Married** - Monthly income of \$2,575 or less with assets less than \$34,360  
**Not Subject to Estate Recovery**

If you would like to find out if you are eligible for “extra help” with your Medicare Part D coverage, we can help!  
 Contact your local Area Agency on Aging District 7 (AAA7) today!

**1.800.582.7277** TTY: 711  
**info@aaa7.org**

Covering the following counties in Southern Ohio: Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton.



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## Memory Care

### New Skills

*As time goes by, it may be necessary for you to learn new skills, such as how to use adaptive devices like shower chairs and hand-under-hand-assistance for helping the person in your care in the later stages. Training by an occupational or physical therapist will help you to be more competent and confident and will result in less stress for you and the person in your care.*

## HEAP Home Energy Assistance Program

Now open for applications for 2023-2024. This program can help eligible Ohioans manage their heating bills. Applications are available from your local Community Action Agency

*If interested or if you have questions, contact your county Community Action Agency or the AAA7 Resource Center at 1-800-582-7277.*

# Safety Tips - Range of Motion Exercises (ROM)

When helping a person with any activity, first give verbal instruction, then use visual gestures and finally, touch. Here are some things to do when you are asked to help the person in your care exercise at home:

- Communicate what you are doing.
- Use the flat palms of both hands, not the fingertips, to hold a body part.
- Take each movement only as far as the joint will go into a comfortable stretch. (Mild discomfort is okay, but it should go away quickly.)
- Do each exercise 3 to 5 times.
- Use slow, steady movements to help relax muscles and increase joint range.
- If joints are swollen and painful, exercise very gently.



*Source: The Comfort of Home: A Complete Guide for Caregivers*

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*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.*



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Facebook: [www.facebook.com/AreaAgencyOnAgingDistrict7](https://www.facebook.com/AreaAgencyOnAgingDistrict7)

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*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 email at [info@aaa7.org](mailto:info@aaa7.org).*