

Tools for Safe Caregiving

How to use durable medical equipment, perform transfers, and keep yourself and your loved one safe.

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Aging in Place

The CDC defines Aging in Place as:

“The ability to live in one’s own home and community safely, independently, and comfortably, regardless of age, income, or ability level.”

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As an Occupational Therapist

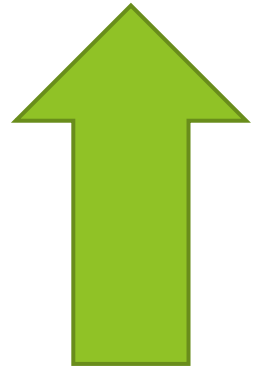
My goal is to provide safety strategies, tools and resources to you as caregivers to support your family member with Aging in Place

Tools for Safe Caregiving

Topics

- ▶ Common/Frequently used equipment
- ▶ Where to get equipment
- ▶ How to correctly use equipment
- ▶ Safety, including transfers and caregiver help
- ▶ The CAPABLE Program
- ▶ Additional Resources

Age Related Changes



Increased Risk of Falls



Decreased Functional Abilities



Age Related Changes Affect Aging in Place

- ▶ Cardiovascular System
- ▶ Bones, Joints, and Muscles
- ▶ Bladder and Urinary Tract
- ▶ Eyes and Ears
- ▶ Skin/Sensation (reduced sensation, fragile skin)
- ▶ Memory and Thinking Skills

3 Key Areas

- ▶ **Safe Mobility**
- ▶ **Activities of Daily Living (ADLs)** ex. bathing, dressing, personal hygiene
- ▶ **Instrumental Activities of Daily Living (IADLs)**
ex. light homemaking, meal prep, medication management
- ▶ **How can we improve safety and independence, increase accessibility and reduce fall risks in these areas**

Safe Mobility

- ▶ Walking indoors/getting around the house
- ▶ Reaching items on the floor or above head
- ▶ Moving in/out of the shower and maintaining balance while showering
- ▶ Moving in/out of a chair or bed
- ▶ Getting on/off the toilet
- ▶ Getting in/out of the car
- ▶ Getting up from the floor

Safe Mobility- First place to address Preventing Falls in the Bathroom

- ▶ According to the National Institute of Health, the majority of falls in the home occur in the bathroom.
- ▶ With age, the body changes making it more difficult or less safe to do everyday tasks like bathing.
 - ▶ Balance issues, muscle weakness, reduced vision
- ▶ Good news! There are some easy ways to make the bathroom safer and reduce the risk of falls
- ▶ Some ways: add grab bars, shower chair, raised toilet seat, handheld shower head, non-slip bath mat

Common/Frequently Used Equipment ~Bathrooms- Bathtub or Shower



Consider a **Shower Chair** or **Tub Transfer Bench**

Tub Transfer Bench



Shower Chair



Transfer Bench

- On inside and outside of bathtub
- Longer than shower chairs
- More support to assist individuals transferring
- Safer for those having difficulty getting in/out of the bathtub
- Requires a little more space

Shower Chair

- On the inside of bathtub/shower
- Smaller and more compact
- Some -smaller weight capacity than transfer benches
- More ideal for smaller showers
- Portable for travel

How to use a Tub Transfer Bench

- Using Transfer Bench



Occupational Therapy TOOLKIT

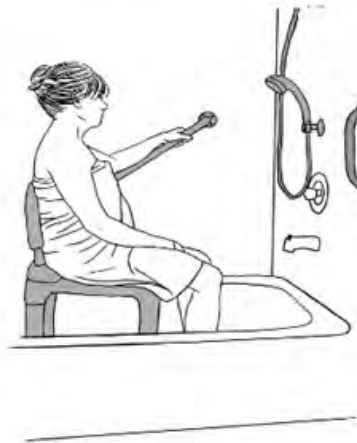
Transfer to Shower Chair (left leg, right leg, sit)



1. Face the wall and hold onto the grab bar. 2. Step into the tub with your left leg.



3. Lift your right leg into the tub.



4. Sit down on the shower chair. Reverse the steps to get out.

Occupational Therapy TOOLKIT

Transfer to Tub Using Bath Transfer Bench (right)



1. Back up to the tub bench until you can feel it against the back of your legs.



2. Reach for back for the tub bench and lower yourself onto the seat. Scoot back as far as you can.



3. Turn your body to the right, in toward the tub and lift your right leg into the tub.



4. Scoot your bottom farther onto the seat and lift your left leg into the tub. To get back out, reverse the steps.

Improving Safe Mobility by Adding Grab Bars



Safe Mobility- Grab Bars in the Bathroom

>>Shower/Bathtub



Grab bar- important to think about the person that is going to use the grab bar. Is it for a specific disability or for a preventative measure

Safe Mobility- Options for the Toilet

Grab Bars or Safety Rails/Arms



Mount easily to your existing toilet



"Comfort height" or "right height" toilets the bowls that are 17 to 19 inches high, as compared to the standard 15 inches of a regular toilet.

Grab Bar Options>> Toilet



Raised Toilet Seats



Determine if
elongated or round



3-in-1 Bedside Commodes



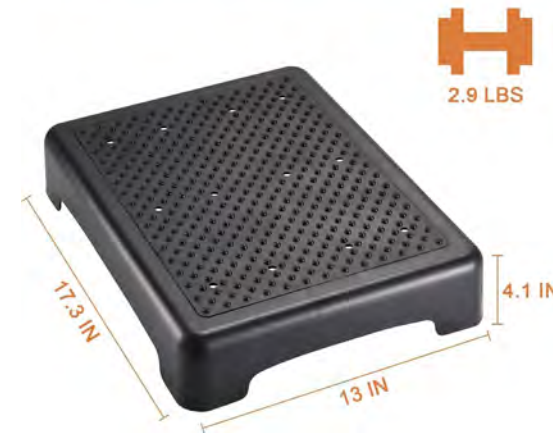
- Used as a bedside commode
- Used as a raised toilet seat with a safety frame over a standard toilet
- Some are designed with wheels for use as a shower chair to improve safe bathing

Safe Mobility

Getting in/out of bed safely



PRODUCT PARAMETER



Mobility Step Stool

Occupational Therapy TOOLKIT

Getting In and Out of Bed with Help, Toward the Right Side



1. Your caregiver will help you bend your knees.



2. Your caregiver will help you roll toward your right side, by placing their right hand on your hip and their left hand on your shoulder.



3. Your caregiver will help you swing your legs over the side of the bed. They will place one hand under your shoulder and their other hand on your hip.

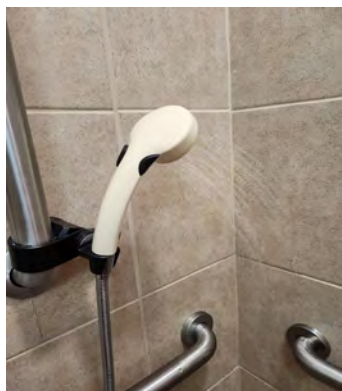


4. Your caregiver will encourage you to push up on the mattress with your free hand. Your caregiver will reverse the steps to help get you back into bed.

Activities of Daily Living (ADLs)

- ▶ Bathing/showering
- ▶ Personal Hygiene and grooming
- ▶ Dressing including shoes and socks
- ▶ Reaching

Adaptive tools to support ADLs



Sock Aid



Reacher/Grabber



Long handle shoe horn

Instrumental Activities of Daily Living (IADLs) Task

Examples of some common areas

- ▶ Doing light homemaking
- ▶ Taking Medication
- ▶ Meal Prep and Clean up

Adaptive tools and equipment to support IADLs

- Light weight vacuum (3-5 lbs.)
- Light weight Swiffer type mop
- Take breaks



Medication management



Meal Prep

Common Transfers Locations

- ▶ In and out of bed
- ▶ In and out of a wheelchair
- ▶ In and out of a chair or sofa
- ▶ On and off of toilet or commode
- ▶ On and off bath chair or bench
- ▶ In and out of a car

Reduces the Risk of Injury to Patient or Caregiver During:



- ✓ Physical therapy
- ✓ Ambulation
- ✓ Transfers

<https://a.co/d/0hMXVG1>

Transfers

- ▶ Disclaimer notice: The content in this resource is intended for general informational purposes only and is not a substitute for professional medical advice or treatment for specific medical conditions.
- ▶ This video demonstrates the steps to perform a squat and stand pivot transfer. These transfers should only be done when a person is strong enough to provide some assistance. **It is recommended that you receive training from a medical professional before performing these transfers.**
- ▶ [Transfer video](#) (3:53)

Occupational Therapy TOOLKIT

Transfers In and Out of a Car

1. Position the car seat back as far as possible. Use a cushion or pillow on the seat to raise the sitting surface. Use plastic trash bag on the seat to make it easier to slide.



2. Back up to the car until both of your legs are touching the seat of the car.



3. Place one hand on the dashboard and one hand on the back of the seat. Tuck your head and lower yourself onto the edge of the seat.



4. Move back onto the seat as far as possible. Lift your legs into the car one at a time. Maintain any precautions you have been instructed to follow.



Remove trash bag while driving.

Reverse this procedure to exit the car.

Common Brands of Durable Medical Equipment

- ▶ Drive
- ▶ Guardian
- ▶ Carex
- ▶ Homecraft
- ▶ Medline
- ▶ Vive

Where to buy items

- ▶ Amazon.com - read the reviews
- ▶ CVS
- ▶ American Discount Medical Equipment - home-med-equip.com
- ▶ Lowes or Home Depot
- ▶ Target
- ▶ Walgreens
- ▶ Walmart



CAPABLE

PROGRAM

Community Aging in Place- Advancing Better Living for Elders



St. David's
FOUNDATION



What is the CAPABLE Program?

CAPABLE is participant-directed home-based intervention

To increase mobility, functionality and capacity to “age in place” for older adults

It is time-limited services which includes an interprofessional team of Occupational Therapist, Registered Nurse and a Home Repair Professional working in tandem with the older adult

This is done through the CAPABLE Approach....



Approach

Older adult is the expert

**Team supports
what older adult
wants**



AGE IN PLACE

Results

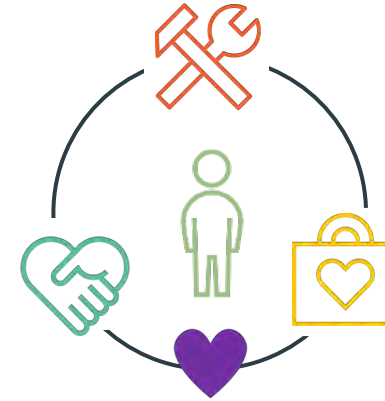
- Increased physical function
- Reduced depression
- Fewer hospitalizations over time; need for nursing facility long-term placement delayed/avoided
- Environment modified to support person

CAPABLE Team=4



Participant

- Self-assessment
- Readiness to change
- Drives own goals and priority settings
- Brainstorms options/solutions; team in consultative role
- Makes progress between each visit; develops Action Plan in own words
- Exercises, reads material, practices within home
- Absorbs tips for safe, independent living
- Uses new skills and equipment regularly



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Motivational Interviewing

The interdisciplinary team uses motivational interviewing, active listening, and coaching communication methods to enable the participant to achieve the self-prioritized goals



Occupational Therapist

- Functional/Mobility assessment
- Home risk; modifications & equipment needs
- Fall prevention, equipment guidance



Registered Nurse

- Medical history, current healthcare providers
- Key health issues/risks
- Pain, medication review



Home Repair Professional

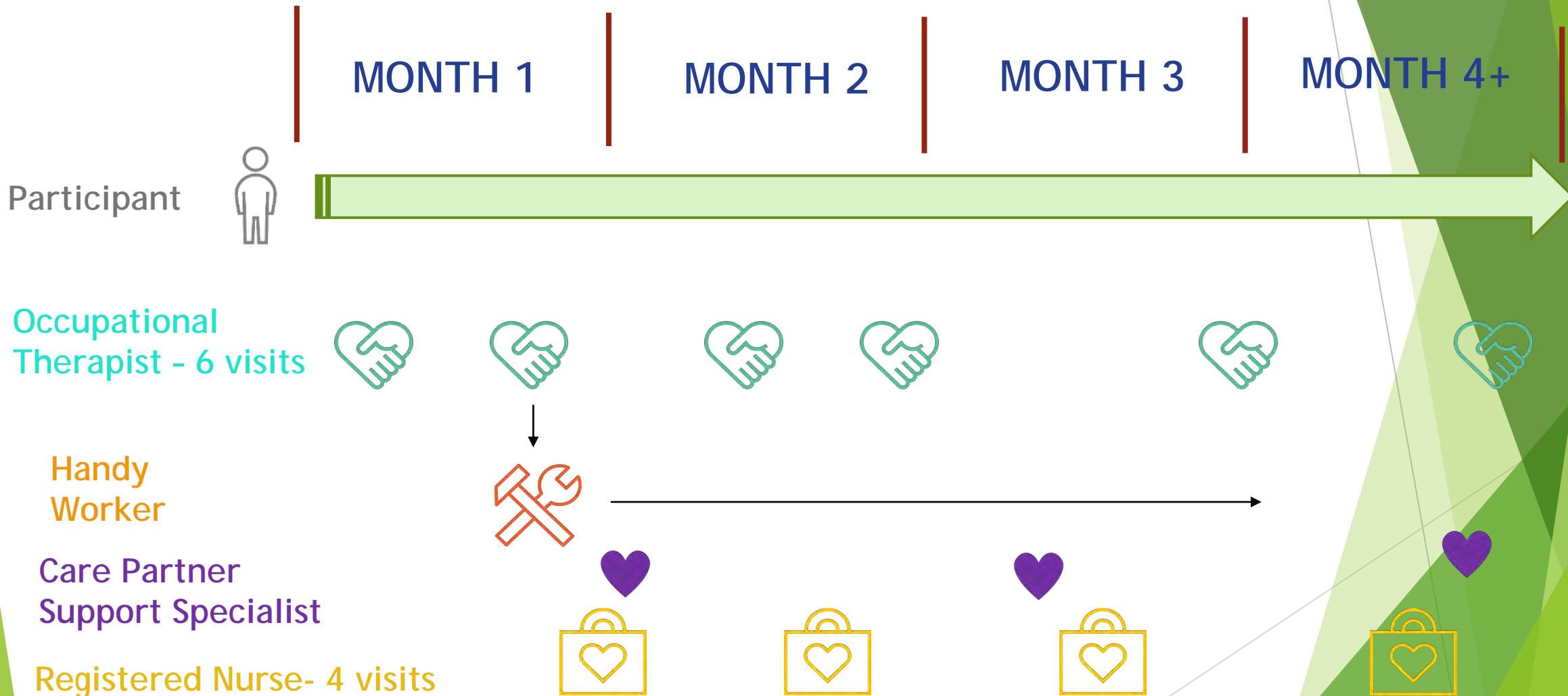
- Receives work order; confers with participant
- Obtains and installs equipment
- Makes minor home repairs/modifications



Johns Hopkins University

CAPABLE Video

CAPABLE Program Visit Sequence



CAPABLE *RESULTS* - Evidence Base



MORE THAN 6X RETURN ON INVESTMENT

Roughly \$3,000 in program costs yielded more than \$30,000 in savings in medical costs driven by reductions in both inpatient and outpatient expenditures.*



HALVED DIFFICULTIES IN FUNCTION

Participants had difficulty with an average of 3.9 out of 8.0 Activities of Daily Living (ADLs) at baseline, compared to 2.0 after five months.



IMPROVED MOTIVATION

The change in physical environment further motivates the participant. Addressing both the people and the environment in which they live allows the person to thrive.




REDUCED SYMPTOMS OF DEPRESSION

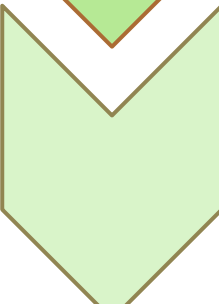
Symptoms of depression, as well as the ability to grocery shop and manage medications also improved.

*Ruiz et. al, 2017

Eligibility Criteria

- 
- At least age 60 or older
 - Reside in Bastrop, Caldwell, Hays or Williamson Counties

- 
- Some difficulty performing 1 ADL and/or 2 IADL's
 - Live at or below 200% Federal Poverty Level

- 
- Have ability to self-manage goals and action plans - **cognitive intact** *(Cannot any type of dementia or Alzheimer's Disease)*
 - Not currently receiving advanced cancer treatment, Hospice or Medical Home Health Services

CAPABLE Care Partner Pilot Program



Approved November 17, 2022

Principal Investigator: Dr. Sarah Stanton
IRB00308713



Care Partner Research Study - We NEED YOU!



Our organization provides the CAPABLE program developed by Johns Hopkins. They have a pilot study to *add an extra service to CAPABLE for care partners* - family members and friends of older adults who help out regularly.

We need your help to give them feedback about this extra service. There is no cost to you. Johns Hopkins wants to be sure care partners are supported as they help an older adult make progress on function through the CAPABLE program.

Will you give us permission to share your name and number with the Johns Hopkins study team for this CAPABLE Care Partner pilot? What it involves:

- ♦ Look over the care partner folder with information for caregivers
- ♦ Meet with a support specialist (over the phone or in person) up to three times in 4 months to talk about your needs and self-care
- ♦ When you can, attend one or more of the CAPABLE home visits
- ♦ Johns Hopkins study team will call you two times:
 - ⇒ The first phone call will be when CAPABLE begins
 - ⇒ The second phone call will be after the CAPABLE program ends.

Your feedback will help design this new extra service!

A \$50 gift card will be provided as a thank you.

For More Information, Please Contact:

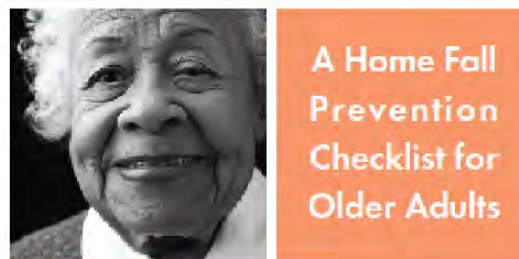
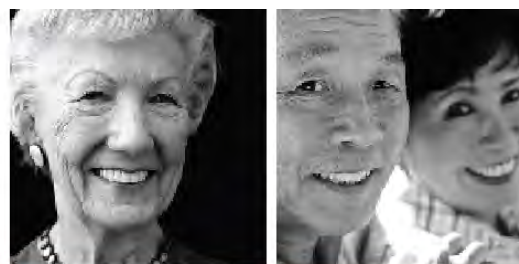
Deborah Paone, Implementation & Evaluation Director-CAPABLE
OR

Jeanne Schuller, Senior Research Associate
Johns Hopkins School of Nursing
Phone #410-498-4214 (please leave message with name and phone #)

- ▶ The CAPABLE Care Partner is a Pilot Program to assist those who are giving care to a family member or friend
 - ▶ *Must be participant in CAPABLE Program.*
- ▶ The Care Partner has one to three sessions with a social worker
- ▶ Care Partner can have one to three goals - items they would like to work on as a care partner
- ▶ Enrollment is done through the JHU Study Team

This checklist is based on the original version printed by the Centers for Disease Control and Prevention. Support for this version was provided by MetLife Foundation.

2005



A Home Fall Prevention Checklist for Older Adults



For more information, contact:
Centers for Disease Control and Prevention
770-488-1506
www.cdc.gov/injury



For each hazard, the checklist tells you how to fix the problem. At the end of the checklist, you will find other tips for preventing falls.



FALLS AT HOME Each year, thousands of older Americans fall at home. Many of them are seriously injured, and some are disabled. In 2002, more than 12,800 people over age 65 died and 1.6 million were treated in emergency departments because of falls.

"Making changes in our home to prevent falls is good and for our granddaughter when she come to visit."

Falls are often due to hazards that are easy to overlook but easy to fix. This checklist will help you find and fix those hazards in your home. The checklist asks about hazards found in each room of your home.

Floors: Look at the floor in each room.



When you walk through a room, do you have to walk around furniture?



Ask someone to move the furniture so your path is clear



Do you have throw-rugs on the floor?



Remove the rugs or use double-sided tape or non-slip backing so the rugs won't slip



Floors: Look at the floor in each room.

"Last Saturday our son helped us move our furniture. Now all the rooms have clear paths"



Are there papers, books, magazines, boxes, blankets or other objects on the floor?



Pick up things that are on the floor. Always keep objects off the floor.



Do you have to walk over or around wires or cords (like lamps, telephone or extension cords)?



Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

STAIRS AND STEPS:

Look at the stairs you use both inside and outside your home.



• Are the papers, shoes, books or other objects on the stairs?

- Pick up things on the stairs. Always keep objects off stairs.



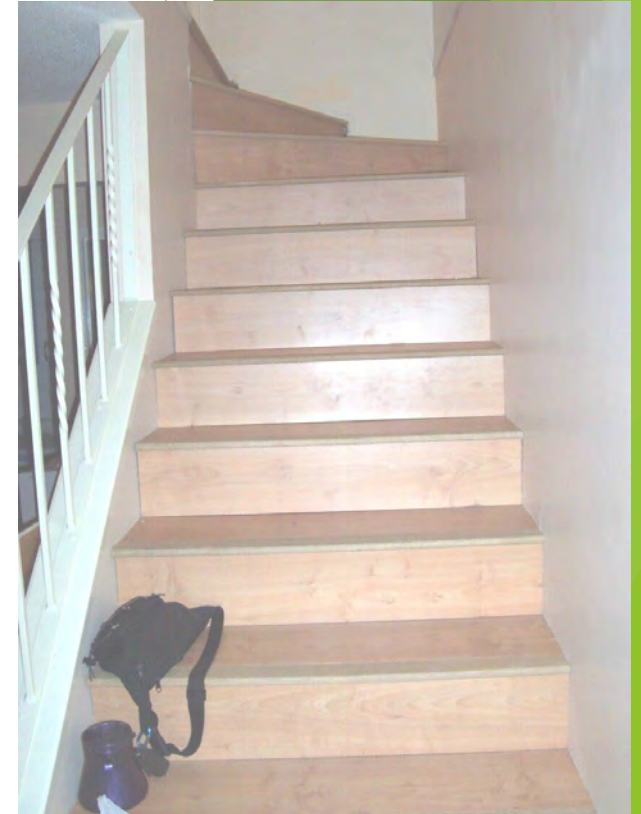
• Are some steps broken or uneven?

- Fix loose or uneven steps



• Do you have only one light switch for your stairs (only at the top or at the bottom of stairs?)

- Have an electrician put in a light switch at the top and bottom of the stairs. You can get light switches that glow.



STAIRS AND STEPS:

Look at the stairs you use both inside and outside your home.



• Do you have only one light switch for your stairs (only at the top or at the bottom of stairs)?

- *Have an electrician put in a light switch at the top and bottom of the stairs. You can get light switches that glow.*



• Has the stairway light bulb burned out?

- *Have a friend or family member change the light bulb*



• Is the carpet on the steps loose or broken? Is there a handrail on only one side of the stairs?

- *Make sure the carpet is firmly attached to every step or remove the carpet and attach non-slip rubber threads to the stairs.*



STAIRS AND STEPS:

Look at the stairs you use both inside and outside your home.



- Are the handrails loose or broken? Is there a handrail on only one side of the stairs?

- *Fix loose handrails or put in new ones. Make sure handrails are on both sides and are long as the stairs.*



Kitchen: Look at your kitchen and eating area.

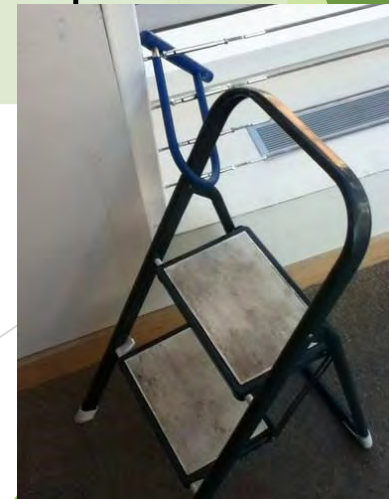
Are the things you use often on High Shelves?

* Move items in your cabinets. Keep things you use often on the lower shelves (about waist level).



Is the step stool unsteady?

*If you must use a step stool, get one with a bar to hold onto. Never use a chair as a step stool.



Bathrooms: Look at all your bathrooms.

Is the tub or shower slippery?

Put non-slip rubber mat or self stick on the floor of the tub or shower.



Do you need some support when you get in and out of the tub or up from the toilet?

Have a carpenter put in grab bars inside the tub and next to the toilet.



Bedrooms: Look at all your bedrooms



Is the light near the bed hard to reach?

Is the path from your bed to the bathroom dark?

- *Place a lamp close to the bed where it's easy to reach.*
- *Put in a nightlight so you can see where you're walking. Some night-lights go on by themselves after dark.*

Other Things You Can Do to Prevent Falls



Exercise regularly. Exercise makes you stronger and improves your balance and coordination.



Have your doctor or pharmacist look at all the medicines you take, even over-the-counter medicines. Some medicines can make you sleepy or dizzy.



Have your vision checked at least once a year by an eye doctor. Poor vision can increase your risk of falling.

Other Things You Can Do to Prevent Falls



Get up slowly after you sit or lie down.



Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.

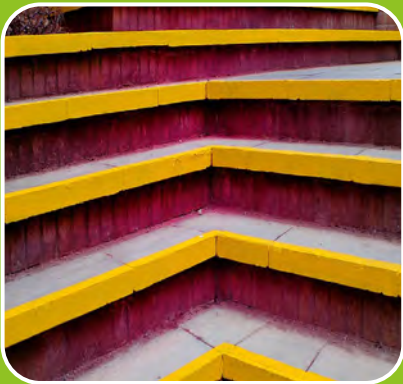


Improve the lighting in your home. Put in brighter light bulbs. Florescent blubs are bright and cost less to use.

Other Things You Can Do to Prevent Falls



It's safest to have uniform lightening in a room. Add lighting to dark areas. Hang lightweight curtains or shades to reduce glare.



Paint a contrasting color on top edge of all steps so you can see the stairs better. For example, use a light color paint on dark wood.



Safety Tip

- Put a phone near the floor in case you fall and can't get up.



Safety Tip

- Think about wearing an alarm device that will bring help in case you fall and can't get up.

CAPABLE

Get Free Tips to be Safe at Home

Work with Nurses

- To learn medication management
- To get help talking to doctors
- To know your health risk

Work with Occupational Therapists

- To understand how to prevent falls
- To improve your physical health
- To learn how to stay active

Work with a Home Repair Pros

- To build a safer home environment
- To maintain your active lifestyle
- To ease your daily routines

Contact Sherry Wright at 512-916-6183 or swright@capcog.org for more info and about qualifying.



Area Agency
on Aging
of the Capital Area

 **CAPABLE**
StDavid's
FOUNDATION

CAPABLE

COMMUNITY AGING IN PLACE-ADVANCING
BETTER LIVING FOR ELDERS

CAPABLE is a client-driven, goal-oriented program designed to help older adults age in place.

It involves home visits over the course of 4 months from an occupational therapist, a registered nurse, and a home repair professional.

Participants identify goals such as walking to the mailbox, safely showering, or doing laundry and work with the CAPABLE team to achieve their goals.

There is no cost to participants.



Eligibility

To qualify, clients must:

- * Reside in Bastrop, Caldwell, Hays or Williamson Counties
- * Be at least 60 years old
- * Have difficulty performing at least one activity of daily living (e.g., bathing, dressing) or two Instrumental Activities of Daily Living (meal, prep, housework, shopping, etc...)
- * Live at or below 200% Federal Poverty Level
- * Have the ability to self-manage goals and action plans
- * **Not currently receiving advanced cancer treatment or Hospice**
- * Not currently receiving Medical Home Health Services (PT, OT, RN) – can be placed on Hold until discharged.

Participants have reported:

- * Reduced symptoms of depression
- Improved mobility
- * Reduced risk of falls
- * Fewer hospitalizations
- Improved overall quality of life

Get more information at <https://nursing.jhu.edu/capable>



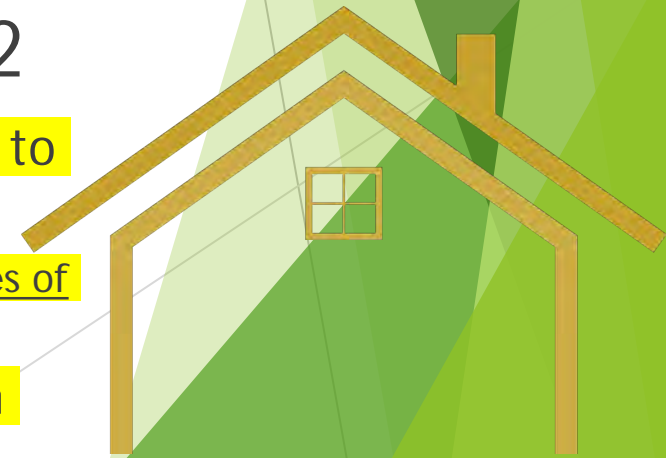
**St David's
FOUNDATION**



For more information and to refer a client for the interest list, contact
Sherry Wright, Social Services Project Coordinator at swright@capcog.org or 512-916-6183

REFERRAL PROCESS

- ▶ Can call the Program Manager to do a referral at (512) 916-6183
- ▶ Can call the IRA at the Area Agency on Aging of the Capital Area at (512) 916-6062- *request CAPABLE Program.*
- ▶ Can fill out the CAPABLE Referral form and fax to the Area Agency on Aging at (512) 916-6042
- ▶ CAPABLE Referrals: a referral can have some difficulties. Does not have to be someone with many difficulties
 - ▶ Focus on Person & Environment- what they can do and what their environment requires of them
- ▶ The CAPABLE Program is person-centered, guiding to elicit & strengthen motivation to change.



What happens after being referred?

 The Program Manager/Program Coordinator will call the potential participant:

- * Explain the CAPABLE Program - it is a 4-month program (*6 OT visits/4 RN visits*)
- * Intake and Screening to determine eligibility for the CAPABLE Program

 If eligible:

- * Asked if they would like to participate in the CAPABLE Program
 - Participant can decline to participate in the CAPABLE Program
- * An OT and RN will be assigned
- * If on Medical Home Health Services - can place them on HOLD until discharged.

 If Not Eligible:

- * Will explain why they do not qualify and refer to other programs if applicable

Additional Resources

- ▶ Wheelchair to bathtub bench transfer <https://pascohh.com/wp-content/uploads/2020/09/Wheelchair-to-Bathtub-Bench-Transfer-Guide.pdf>
- ▶ Bed to Wheelchair transfer <https://pascohh.com/wp-content/uploads/2020/08/Bed-to-Wheelchair-Transfer-Guide.pdf>
- ▶ Grab bar installation tips <https://www.lowes.com/n/how-to/grab-bar-essentials>
- ▶ Accessibility needs <https://www.lowes.com/nl/diy-projects-and-ideas/t/lowes-livable-home>
- ▶ Caregiver support HHS <https://www.hhs.texas.gov/services/health/support-caregivers/caregiver-training-planning>
- ▶ Check Your Risk of Falling <https://www.cdc.gov/steady/pdf/STEADI-Brochure-StayIndependent-508.pdf>
- ▶ Age of Central Texas -DME lending closet <https://ageofcentraltx.org/index.php/seniors/health-equipment/>
- ▶ Resources in your community <https://www.findhelp.org/>

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Thank you for your time!

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