

Safety in the Home

Presented by Emma Larwill

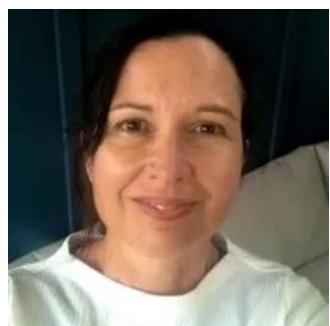
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Our Allied Health Team



Lynne Borgert
Lead Physiotherapist



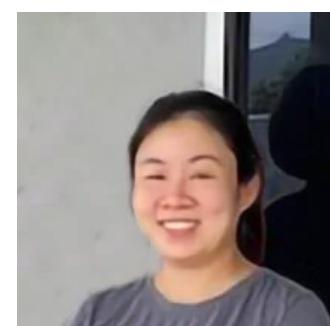
Janine Anderson
Senior Physiotherapist



Joe Nolan
Physiotherapist



Lisa-Maree Harrison
Physiotherapist



Rigel Chan
Physiotherapist



Emma Larwill
Occupational Therapist



Kerri-Anne Harris
Paediatric Occupational Therapist



Noa Lipinsky-Afek
Allied Health Assistant



Katia Magliano
Allied Health Assistant

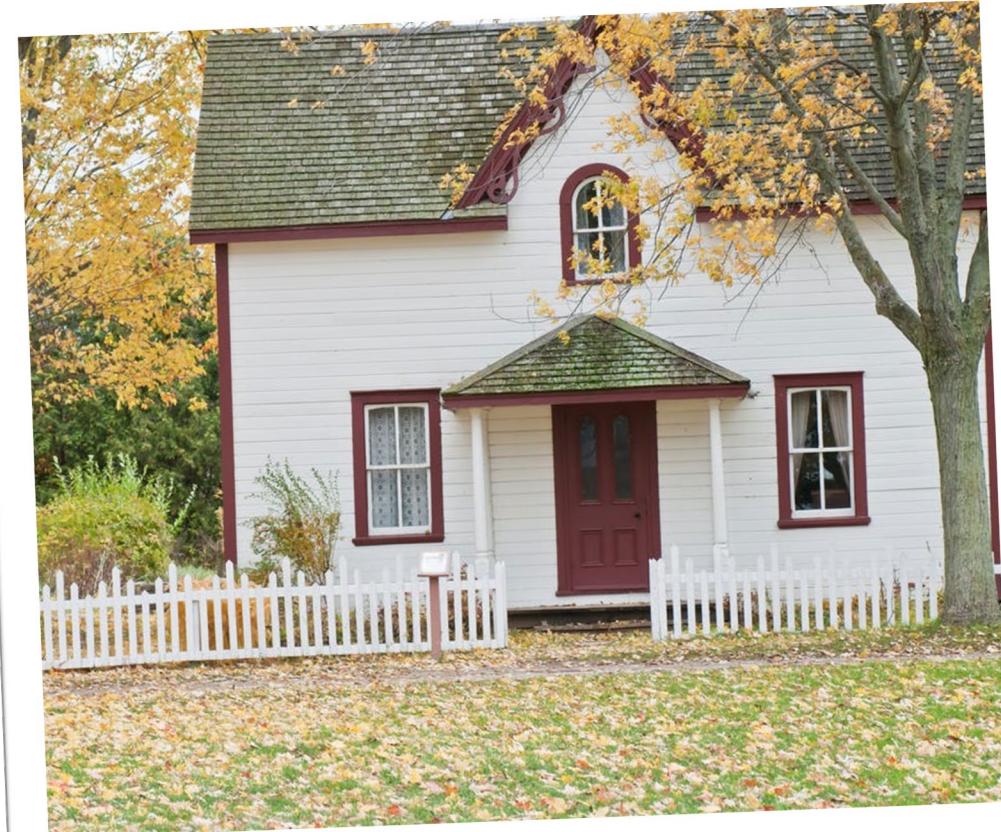
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Outline of Presentation

1. OT Role in Maximizing Home Safety
2. Home Safety
 - a. The Person
 - b. Home Environment
 - c. Occupations
3. Safety with Transfers
4. Supportive Decision Making



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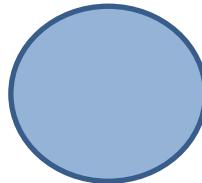
Safety at Home – OT Role

Community OTs can:

- Recommend *strategies* to improve home safety
- Recommend and facilitate minor home modifications (e.g. grab rails)
- Recommend and apply for assistive technology (e.g. hoists)
- Refer to specialist OT for major home modifications
- Refer to Physiotherapists to review mobility aids in the home



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Home Safety – The Person

Person Factors

- Mobility
- Fatigue
- Fall history
- Muscle tone and strength
 - Myotonia
 - Contractures
- Cognition
- Communication
- Height/Weight

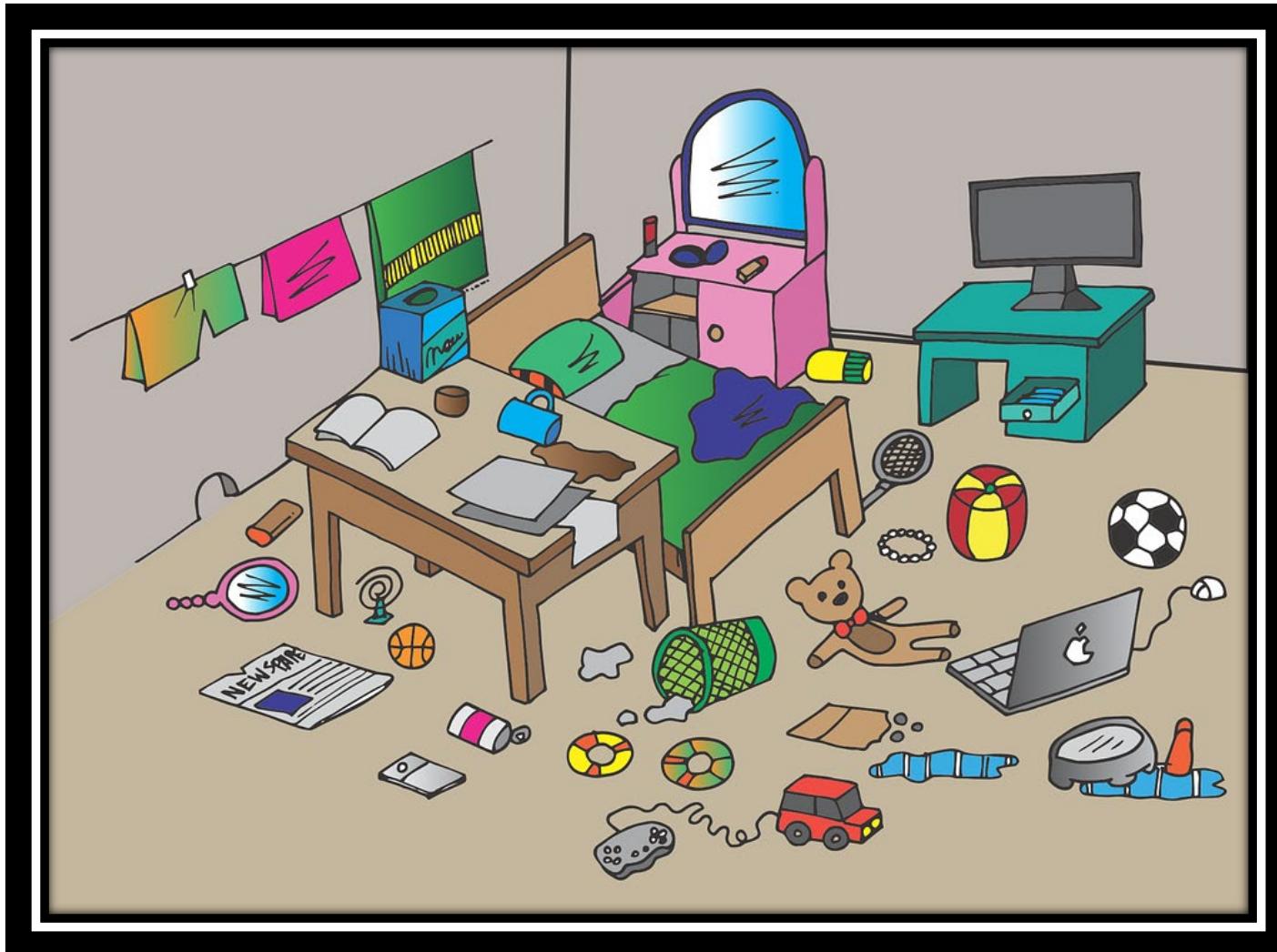


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Home Safety – The Environment



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Risks in this Picture

- Trip hazards
 - General clutter
 - Spills

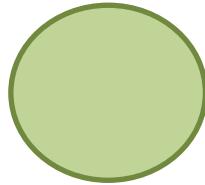
Other Common risks

- Stairs, including small steps (e.g. entrances, shower hob)
 - Lips at changes in flooring
 - Rugs
 - Slippery flooring
 - Poor lighting



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Home Safety – The Occupation



Activity Demands

- Movements
- Postures
- Force
- Time
- Frequency
- Adaptability of the activity

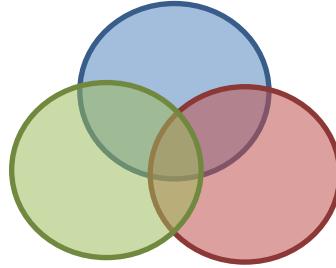


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Home Safety – Example



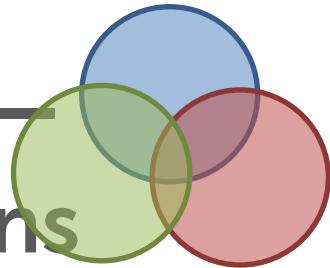
Jane has had a fall in the shower and asked an OT help improve her safety with showering:

- Jane has fatigue and showers at the end of the day, right before bed
- The floor in Jane's bathroom becomes slippery when wet
- The hard surfaces (e.g. tiles, glass) cause greater injury than softer surfaces
- The hot water of the shower, lowers blood pressure, making Jane light-headed and dizzy
- Showering requires bending, twisting, turning, standing on one leg and reaching while washing

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Home Safety - Recommendations



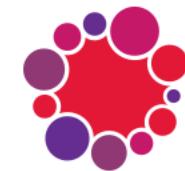
Strategies

- Showering in the morning
- Taking a lukewarm shower rather than a hot shower



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Images sourced from:
<https://www.aidacare.com.au/products/>



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Safety with Transfers

*Transferring is moving from one surface to another surface or to standing
(e.g. sit to stand transfer, bed to wheelchair transfer etc.)*

The signs that someone may benefit from an Occupational Therapist or Physiotherapist to review their transfers are:

- If they avoid transferring as often as normal due to fatigue
- If they can't use a particular part of their house because they don't feel safe or can't transfer off a chair in that room
- They shower less often than desired due to difficulty or fatigue
- They need help to get out of bed some days
- If they feel unsure or worried about any of their transfers

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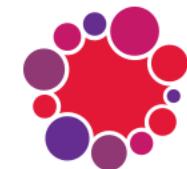


Safety with Transfers at Home – Entry-level Aids



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Images sourced from:
<https://www.aidacare.com.au/products/>
<https://www.liftseat.com/>



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Safety with Transfers at Home – When to Use a Hoist

- Hoists are transferring aids which a support worker or family member can operate to facilitate safe transfers

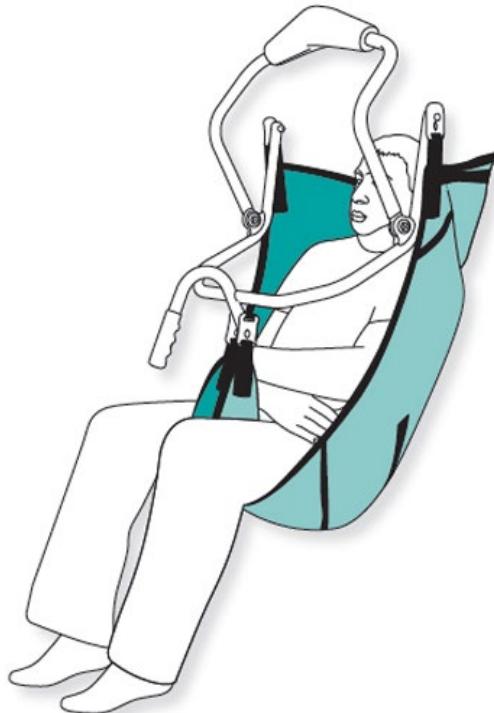
Someone would benefit from using a hoist if:

- If they weigh >25kg, and are not able to contribute at least 50% of the effort in transfers when using entry-level transfer aids
 - This is dependent on the weight of the person transferring and the strength of the person supporting them
- OR if they are sometimes unable to contribute 50% of the effort due to pain, fatigue or illness
- If the person, a family member or a support worker feel unsafe



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Safety with Transfers at Home – Hoists



Images sourced from:
<https://www.aidacare.com.au/>
<https://www.activemobility.com.au/>

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(ISCRR, 2018)

Supportive Decision Making

Tips

- Create your own decision-making matrix/table
- Ask for advice
 - Someone who knows you well
 - Someone with expertise
- Resources

<https://support-my-decision.org.au/mydecisionmakingtoolkit/>

EMPOWERMENT
CHOICE & CONTROL

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Would you benefit from OT?

- Have you had a fall or near miss?
- Have you stopped doing any of your usual activities because you don't feel safe?
- Are you or your support workers/family concerned about safety?
- Are you unable to contribute at least 50% of the effort for your transfers?
- Is your home safe and accessible for wheelchair use?



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Resources

- <https://theloopcommunity.org/> Neuromuscular Resource Hub with tailored condition guides, forums and more
- <https://www.parentprojectmd.org/> Parent-led project to end Duchenne Muscular Dystrophy
- <https://www.mda.org/> Provides condition-specific information and information about managing a range of symptoms in their Quest section

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Connect With Us

- Phone: 1800 676 364 (Free call to our Infoline service)
- Email: info@mdqld.org.au
- Website: [Muscular Dystrophy Queensland Infoline
\(mdqld.org.au\)](http://Muscular Dystrophy Queensland Infoline (mdqld.org.au)) (Make an online enquiry)

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Our Services



Free

- *NDIS Access and Assistance program*
- *Infoline*
- *Breathe Well Rest Well*
- Support Through Crisis
- Advocacy
 - Individual
 - Systemic/peak body

Chargeable under NDIS

- Support Coordination
- Plan Management
- Counselling
- Physiotherapy
- Occupational Therapy
- Programs delivered by Allied Health Assistants

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Exercise for Neuromuscular Conditions

- Rest versus exercise – *How much is too much?*
- The goal of exercise
- Hydrotherapy – low impact, safe and fun exercise

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References

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