



Occupational Therapy: Adaptive Equipment for Older Adults and Home Safety

Stacey Kolenda, OTR/L & Andrea Pultz, OTR/L

This project is supported, in part by grant number 90INNU0044-01-00, from the Administration for Community Living, U.S. Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy

Occupational Therapy

- OT's look at the physical ability of a person and their lived environment to determine interventions to help make them the most functional in their home
 - Including durable medical equipment (DME), grab bars, or modification of tasks for safer living

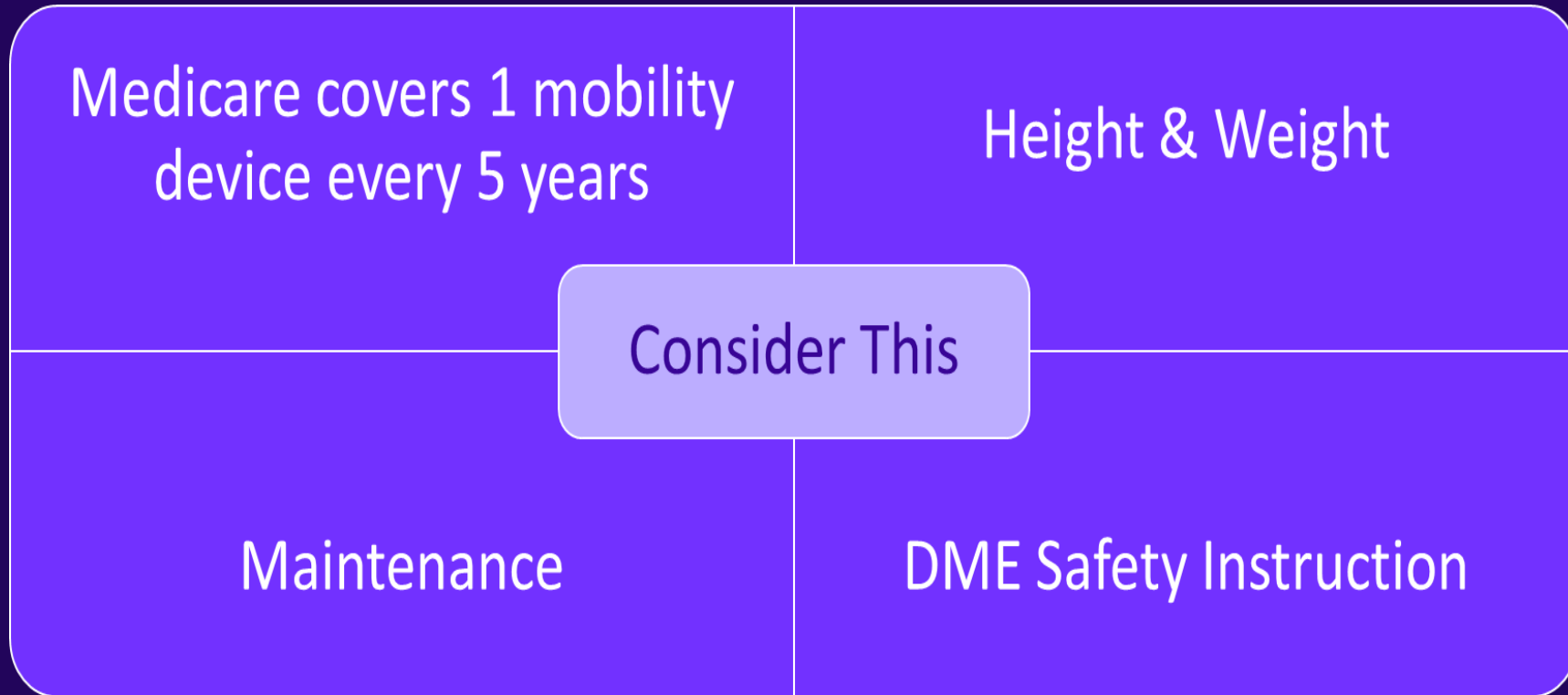
Case Study

- Ms. Smith was a Help-At-Home referral that had difficulty with transfers from the toilet and into the tub shower. Client was a fall risk and had other health impairments that made it hard to complete self-care and homemaking due to fatigue. Client's goal was to soak in her tub; although it had sliding doors and was a Jacuzzi making it dangerous for her to get in and out.
- Our intervention
 - Stair lift education (she was not utilizing as needed)
 - Tub transfer education (options for safe access, ultimately choosing an electric bath lift)
 - Provided rollator, step to bed, bed rail, and shower seat
 - Installed 2 grab bars for tub transfer, 1 for toilet transfer, and 1 for stepping out of home, removal of tub sliding doors

When to Contact Us

- If the client is....
 - Falling
 - Struggling with self-care or homemaking
 - Furniture walking
- If the equipment is....
 - Broken
 - Not fitting the needs of the client or appears unsafe

Mobility Devices



Wheelchairs

Standard



Transport



Walkers

Rollator



Standard



2-Wheeled Walker



Canes

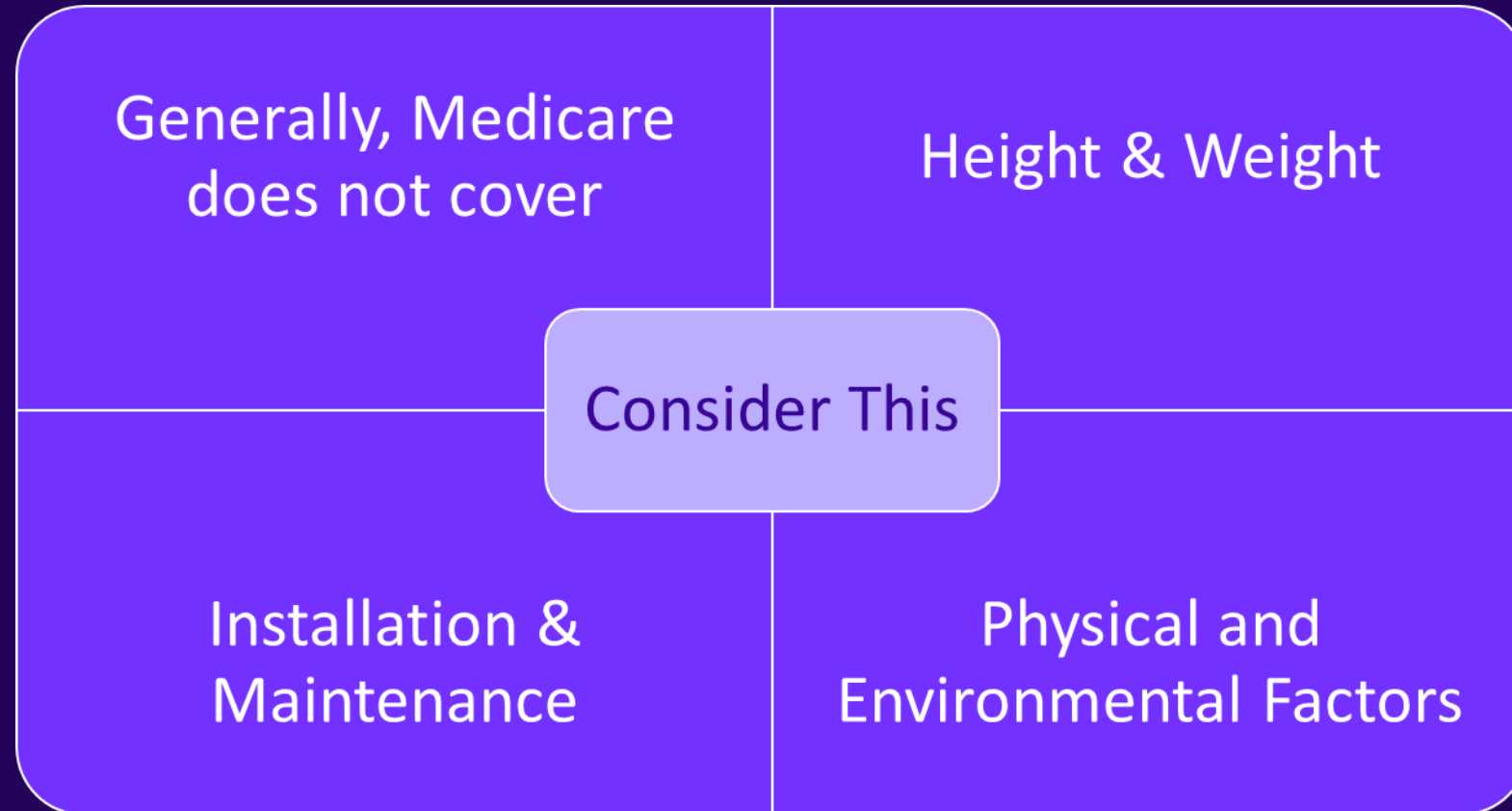
Straight Cane



Quad Cane



Bathroom Equipment



Raised Toilet Seat (RTS)



Commodes



Tub Seating



Miscellaneous Equipment

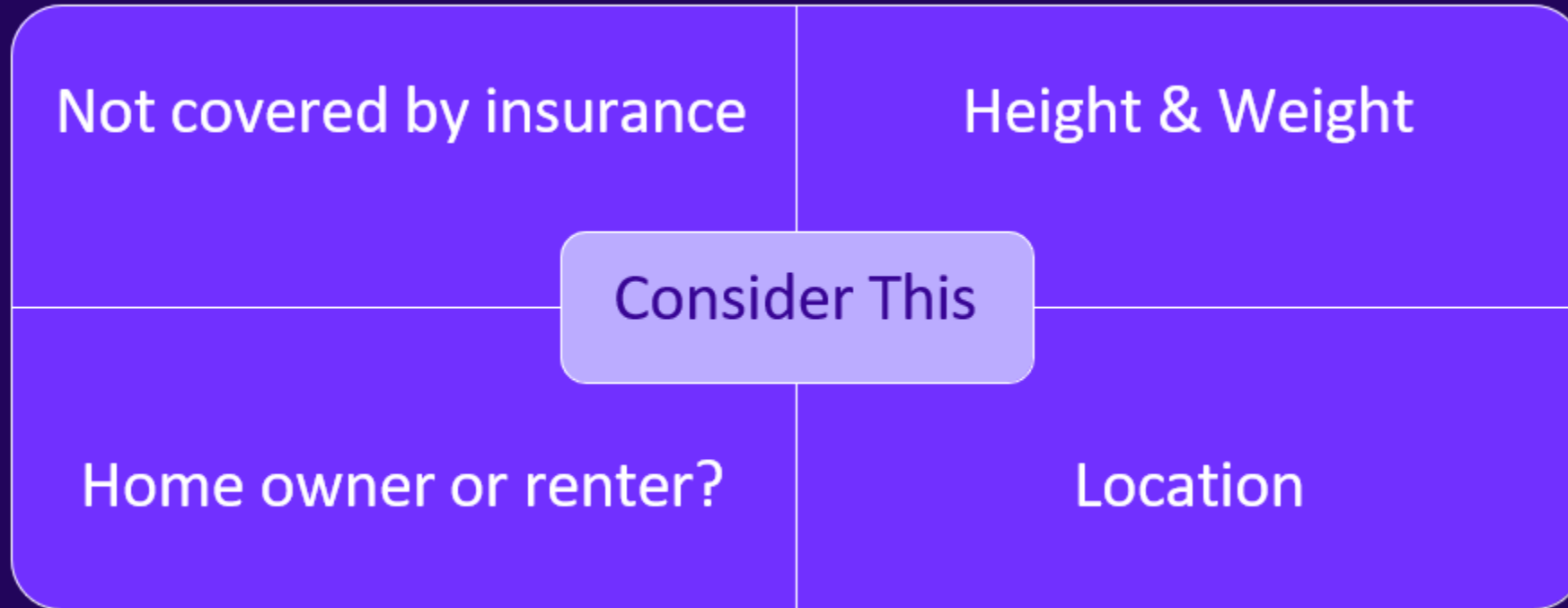
Bedrails



Reachers



Grab Bars



Occupational Therapy Fall Prevention Program

- Our program has been installing grab bars and hand rails through the American Rescue Plan Act (ARPA) funding
 - From February 2024-May 2024, we were able to service 42 clients and spent over \$44,000 to help clients stay safe in their home!
- Program Eligibility
 - Client must own their home
 - Grab bar must be installed in drywall or fiber glass sheet
 - Installing grab bars and hand rails only

Grab Bars Continued



18-in H x 60-in L x 30-in W



Grab Bars for renters

Tub-Mount Grab Bar



Suction Cup Grab Bar



Key Takeaways

Why are they requesting equipment?

Terminology

Height and weight

Cognition and physical function

Environment

References

Walk-In with Seat - <https://www.lowes.com/pd/Delta-White-Acrylic-One-Piece-Bathtub-Common-32-in-x-60-in-Actual-73-5-in-x-32-in-x-59-875-in/3328474>

Grab Bars for Toilet - <https://www.nsm-seating.com/accessibility/bathroom-modifications/bathroom-grab-bars/>

Quad Cane - [https://www.amazon.com/RMS-Quad-Cane-Adjustable-4-](https://www.amazon.com/RMS-Quad-Cane-Adjustable-4-Pronged/dp/B07K2KL1VP/ref=sr_1_1_sspa?crid=9AMDMX0WLNO1&keywords=Quad+Cane&qid=1684760307&s=hpc&srefix=quad+cane%2Chpc%2C68&sr=1-1-)

[Pronged/dp/B07K2KL1VP/ref=sr_1_1_sspa?crid=9AMDMX0WLNO1&keywords=Quad+Cane&qid=1684760307&s=hpc&srefix=quad+cane%2Chpc%2C68&sr=1-1-](https://www.amazon.com/RMS-Quad-Cane-Adjustable-4-Pronged/dp/B07K2KL1VP/ref=sr_1_1_sspa?crid=9AMDMX0WLNO1&keywords=Quad+Cane&qid=1684760307&s=hpc&srefix=quad+cane%2Chpc%2C68&sr=1-1-)

[Adjustable RTS - https://www.amazon.com/RMS-Raised-Toilet-Seat-Adjustable/dp/B0889KQVPW/ref=sr_1_1_sspa?crid=S4MP105VTE5I&keywords=Raised+Toilet+Seat&qid=1684760623&s=hpc&srefix=raised+toilet+seat%2Chpc%2C78&sr](https://www.amazon.com/RMS-Raised-Toilet-Seat-Adjustable/dp/B0889KQVPW/ref=sr_1_1_sspa?crid=S4MP105VTE5I&keywords=Raised+Toilet+Seat&qid=1684760623&s=hpc&srefix=raised+toilet+seat%2Chpc%2C78&sr)

[RTS with Handles - https://www.amazon.com/Vive-Toilet-Seat-Riser-Handles/dp/B074JCVMY2/ref=sxin_16_pa_sp_search_thematic_sspa?content-id=amzn1.sym.0aa4d02f-da7d-419a-973d-b8a7d4190b28%3Aamzn1.sym.0aa4d02f-da7d-419a-973d-](https://www.amazon.com/Vive-Toilet-Seat-Riser-Handles/dp/B074JCVMY2/ref=sxin_16_pa_sp_search_thematic_sspa?content-id=amzn1.sym.0aa4d02f-da7d-419a-973d-b8a7d4190b28%3Aamzn1.sym.0aa4d02f-da7d-419a-973d-)

[Toilet Seat with Handles - https://www.amazon.com/Toilet-Safety-Frame-Vive-](https://www.amazon.com/Toilet-Safety-Frame-Vive-Installation/dp/B06WD46FH2/ref=sr_1_5?crid=3K95VTVMBNMBP&keywords=Toilet+Seat+with+Arms&qid=1684760945&s=hpc&srefix=toilet+seat+with+arms%2Chpc%2C91&sr=1-5)

[Installation/dp/B06WD46FH2/ref=sr_1_5?crid=3K95VTVMBNMBP&keywords=Toilet+Seat+with+Arms&qid=1684760945&s=hpc&srefix=toilet+seat+with+arms%2Chpc%2C91&sr=1-5](https://www.amazon.com/Toilet-Safety-Frame-Vive-Installation/dp/B06WD46FH2/ref=sr_1_5?crid=3K95VTVMBNMBP&keywords=Toilet+Seat+with+Arms&qid=1684760945&s=hpc&srefix=toilet+seat+with+arms%2Chpc%2C91&sr=1-5)

Standard Wheelchair - <https://www.carlsoneng.com/industrial-automated-screwdriver-industries/medical-industry-automatic-screw-feeding/>

Transport Wheelchair - <https://www.wippet.com/22-bariatric-steel-transport-chair>

Rollator - <https://www.walmart.com/ip/drive-Rollator-Adjustable-Height-Folding-Aluminum-300-lbs-29-5-to-38-inch-Handle-Height->

[Standard Walker - https://www.amazon.com/Carex-Folding-Walker-Seniors-](https://www.amazon.com/Carex-Folding-Walker-Seniors-Adjustable/dp/B00OSENLCN/ref=sr_1_2_sspa?crid=2NFMSJOZGW5A2&keywords=Standard+Walker&qid=1684759985&s=hpc&srefix=s)

[Adjustable/dp/B00OSENLCN/ref=sr_1_2_sspa?crid=2NFMSJOZGW5A2&keywords=Standard+Walker&qid=1684759985&s=hpc&srefix=s](https://www.amazon.com/Carex-Folding-Walker-Seniors-Adjustable/dp/B00OSENLCN/ref=sr_1_2_sspa?crid=2NFMSJOZGW5A2&keywords=Standard+Walker&qid=1684759985&s=hpc&srefix=s)
[tandard+walker%2Chpc%2C74&sr](https://www.amazon.com/Carex-Folding-Walker-Seniors-Adjustable/dp/B00OSENLCN/ref=sr_1_2_sspa?crid=2NFMSJOZGW5A2&keywords=Standard+Walker&qid=1684759985&s=hpc&srefix=s)

[2 – Wheeled Walker - https://www.amazon.com/Deluxe-Button-Folding-Walker-5-Inch/dp/B001HOM4U2/ref=d_pd_day0_vft_none_sccl_2_1/138-3949650-9153500?pd_rd_w=M3lGY&content-id=amzn1.sym.8ca997d7-1e a0-4c8 f-9e14-a6d756b83e 30&pf_rd_p=8c a997d7-1e a0-4c8 f-](https://www.amazon.com/Deluxe-Button-Folding-Walker-5-Inch/dp/B001HOM4U2/ref=d_pd_day0_vft_none_sccl_2_1/138-3949650-9153500?pd_rd_w=M3lGY&content-id=amzn1.sym.8ca997d7-1e a0-4c8 f-9e14-a6d756b83e 30&pf_rd_p=8c a997d7-1e a0-4c8 f-)

Join the Alliance

lifecarealliance.org/donate

lifecarealliance.org/volunteer

lifecarealliance.org/careers

STAY CONNECTED

LifeCare Alliance

Office 614.278.3130

lifecarealliance.org

FOLLOW US

Facebook

LinkedIn

Instagram



LifeCare Alliance