

*Caregiving in  
The Comfort of Home®*

# Caregiver Assistance News

"C A R I N G   F O R   Y O U ... C A R I N G   F O R   O T H E R S "

## Range of Motion - Exercise

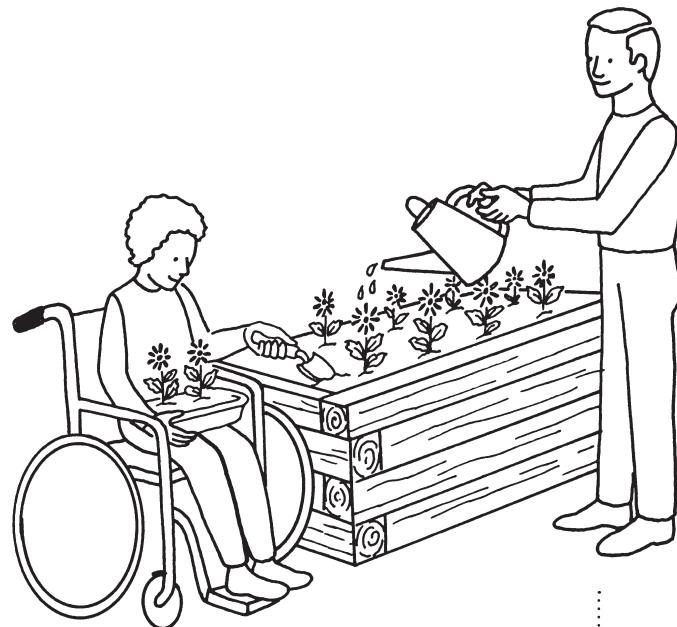
### Occupational Therapy

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 relearn 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, 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:

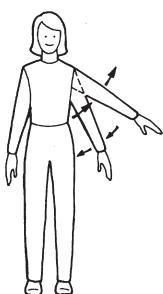
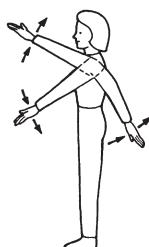
- ✓ Sets the goals of treatment with patient and family
- ✓ Shows how to use special equipment
- ✓ Instructs in routine daily functions
- ✓ Teaches safe ways to move
- ✓ Sets up and teaches an exercise program

Article continues  
on page 2

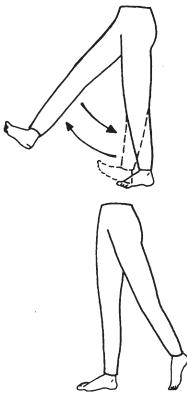
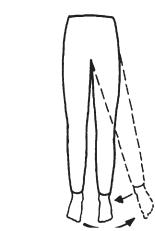
## Range-of-Motion (ROM) Exercises

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



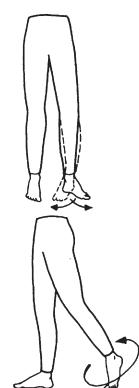
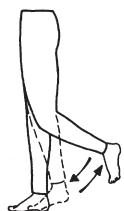
▲ hands



▲ feet, ankle, toe



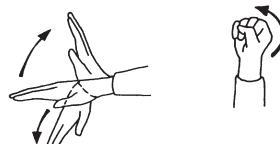
▲ wrists



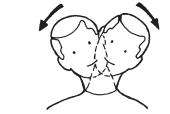
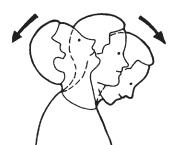
▲ elbows



▲ shoulders



▲ finger/thumb



▲ neck

## Taking Care of Yourself—Staying Fit While Quarantined 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



## Live Life Laughing!

So I say, wash your hands like you just got done slicing jalapeños for nachos and you need to take your contacts out.



## Inspiration

*People resist change  
but embrace progress.*

## Memory Care - Alzheimer's Gestures & 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 her to stand up, raise your hands up in a matching gesture and then if necessary touch her arm or leg.

## **Powerful Tools for Caregivers**

*Are you struggling balancing life with  
caregiving for a loved one?*



This **six-week** educational program is for family and friends who are caring for older adults suffering with long-term chronic illnesses and/or dementia. The class provides the skills and confidence you need to better care for yourself while caring for others.

### **Tools to help you:**

- Better manage personal stress
- Change negative self-talk
- Communicate needs more effectively to family members and medical professionals



Class participants also receive a copy of *The Caregiver HelpBook*, developed specifically for the class. We will mail you the corresponding handouts after your registration is confirmed and email you the Zoom link for the class. Space limited. Donations accepted.



*Classes are free and offered weekly online through Zoom. RSVP by Sept. 29.*

**Dates:** Oct. 6th, 13th, 20th, 27th,

Nov. 3rd, 10th

**Time:** Tuesdays, 4:30-6:00



### **To Register contact Eve at**

585-244-8400 ext. 213 or email

[emoses@lifespanrochester.org](mailto:emoses@lifespanrochester.org) or

register online at

[www.lifespanrochester.org/new-events/](http://www.lifespanrochester.org/new-events/)

## *Caregiving in The Comfort of Home®*

### **Our Purpose**

To provide caregivers with critical information enabling them to do their job with confidence, pride, and competence.

### **Ordering Info**

From the publishers of

*Caregiving in  
The Comfort of Home®*

*Caregiver Series*

**available from...**

CareTrust Publications LLC

PO Box 10283, Portland, OR 97296

800-565-1533

or [www.comfortofhome.com](http://www.comfortofhome.com)

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completeness or application of information presented or the reader's misunderstanding of the text.

## **SAFETY TIPS – 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 face covering and wash hands immediately after removing.

*Source: Centers for Disease Control and Prevention (CDC)*

# Caregiver Assistance News

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## Q   U   I   C   K   Q   U   I   Z

Therapy is key to functional independence for the person in your care. Answer True or False to the questions below.

1. Among other things, occupational therapy helps people regain skill in using their hands.  
T F
2. It is important to be careful *not* to touch your eyes, nose, and mouth when removing a face covering and wash hands immediately after removing.  
T F
3. Physical and occupational therapies are *not* part of the process of relearning how to function after an injury, illness, or period of inactivity.  
T F
4. A ROM exercise program is ideally started before deformities develop.  
T F
5. A physical therapist uses massage, heat, water, and electricity as well as physical exercises to help people regain function.  
T F
6. When helping a person with any activity, first give verbal instruction, then use visual gestures and finally, touch.  
T F
7. An occupational therapist focuses on training to relearn everyday activities of daily living like eating, grooming, dressing, toileting.  
T F
8. If muscles are not used, they do *not* shorten and tighten, making joint motion painful.  
T F
9. Occupational therapy is designed to help people regain and build skills that are important for functioning on their own.  
T F
10. Use range-of-motion exercises to relieve pain, maintain normal body alignment, help prevent skin swelling and breakdown, and promote bone formation.  
T F

Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_