



## PROGRAM II



- **Personal Hygiene**
- **Body Mechanics**
- **Mobility**
- **Common Geriatric Problems**
- **Home Safety**
- **Changing the Care Plan**



*The Comfort of Home*™

## Activities of Daily Living



**HOW DO YOU KNOW THAT SOMEONE  
IS NOT ADEQUATELY MEETING  
THEIR PERSONAL CARE  
NEEDS?**



## Personal Hygiene



**Types of Baths:  
Bed, Basin, Tub, Shower**



**Shampooing the Hair**



**Nail Care**



**Oral Care**



**Foot Care**





## **EQUIPMENT**

- Hand Held Shower Head
- Shower Chair or Bench
- Grab Bars
- Mitt like Wash Clothes





## **DRESSING**

- Establish a routine
- Lay out the clothes in the order they will be put on
- Have Sneakers/Shoes with Velcro
- If the person has weakness or paralysis
  - Put clothing on the impaired extremity first
  - Take clothing off the non impaired extremity first





## **BODY MECHANICS**

### **PRINCIPLES**

- Create a wide base of support
- Use the longest and strongest muscles in your arms and legs **NOT YOUR BACK**
- Do not twist your back....keep it straight
- Keep load close to your center of gravity
- Wear supportive foot wear....sneakers





## **AMBULATORY DEVICES**

- Be sure the rubber tips on the ends of walking device are in good conditions otherwise the person may slip
- Be sure all screws and bolts are present and securely in place





## **AMBULATORY DEVICES**

- **Canes**
  - Single tip
  - Tripod
  - Quad
  
- **Walkers**
  - Non wheeled
  - Wheeled
  - Merry





# TRANSFERS

- Guidelines

- Person being transferred must have at least one stable lower extremity
- Do not grab person under their arm
- Use transfer belts
- Sit person in chair with arms
- If you must lift the person then use a **MECHANICAL LIFT**





## Stair Climbing

**HAVE HAND RAILS ON BOTH SIDES OF  
THE STEPS**





## **IMMOBILE PERSON/EXTREMITY**

- **Range of Motion Exercises**
  - The movement of joints through all their natural movements
  - Promotes circulation and prevents deformity
  - Move joint until you feel resistance not to the point when the person complains of pain
  - Support joint as are you are exercising it





## **POSITIONING IN BED**

- Promotes comfort
- Improves blood circulation
- Prevents complication such as contracture of bed sore
- Reduces the risk of swelling or blood clot formation
- Increases lung expansion
- Change position every two hours





## Control of Infection



**#1 WAY**





## COMMON GERIATRIC PROBLEMS

- Urinary Tract Infection
- Respiratory Tract Infection
- Constipation
- Pressure Ulcers
- Dentition Problems
- Polypharmacy





# URINARY TRACT INFECTION UTI

- Cause
- Signs and Symptoms
- Treatment
- Prevention





## Respiratory Tract Infection

- Cause
- Signs and Symptoms
- Treatment
- Prevention





## **CONSTIPATION**

- Cause
- Sign and Symptom
- Prevention





## Skin Care & Prevention of Pressure Sores

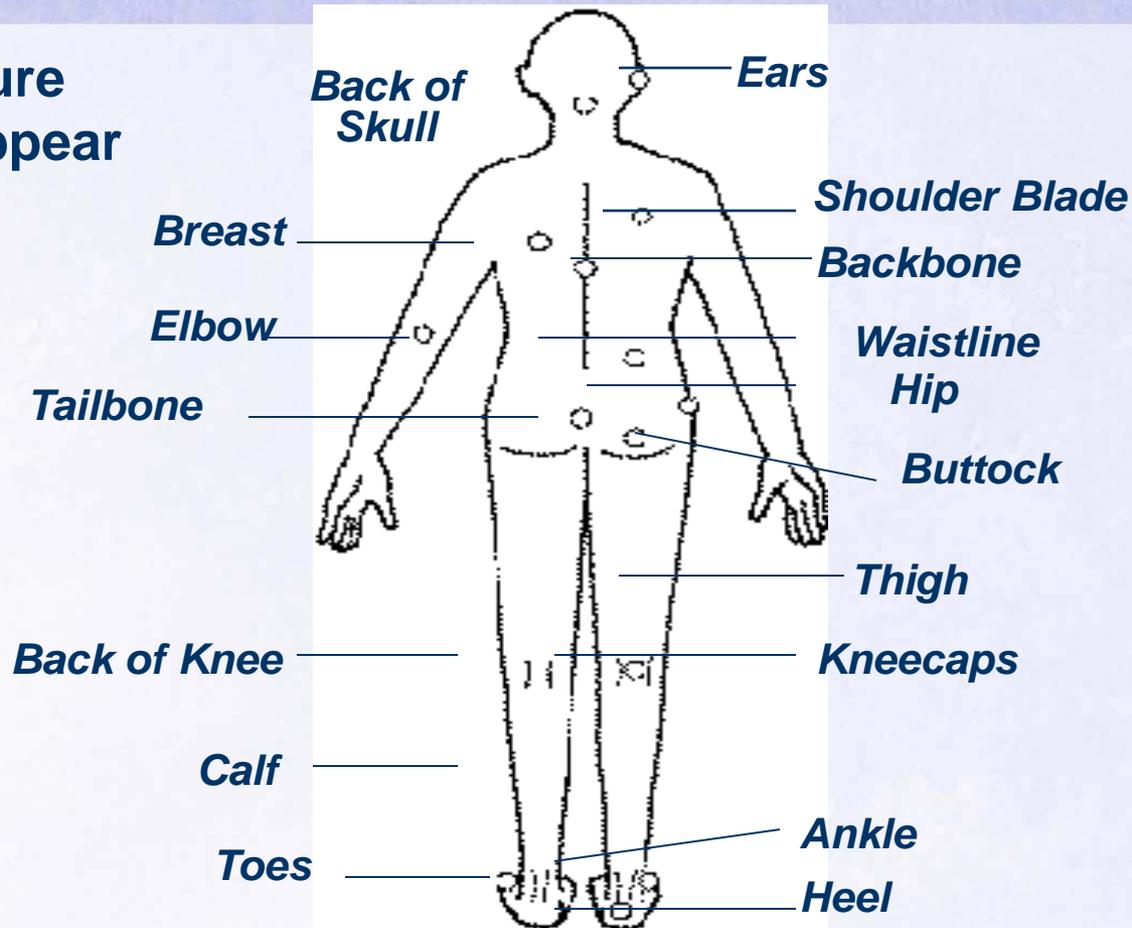
- **Fact—*It is harder to treat than to prevent!***
- **Prevention**
- **Turn Regularly in Bed to Minimize Sores**
- **Treatment—*If you see pressure sores, you must alert the nurse or the doctor immediately.***





## Skin Care & Prevention of Pressure Sores (2)

### Where Pressure Sores Can Appear





## DENTITION PROBLEMS

- If have teeth see dentist every 6 months
- If have dentures see dentist annually to adjust the dentures' fit

**YOU CAN'T EAT PROPERLY IF  
YOUR TEETH/MOUTH HURT**





## **POLYPHARMACY**

- Seeing specialists
- Treating medication side effects
  
- Use only one pharmacy
- Tell your PCP all the medications other doctors are prescribing
- Consult your pharmacist or PCP before using any over the counter products





## Talking to your doctor

- Be prepared for your office visit
- Write down your complaints or concerns prior to the office visit
- Bring something to write on and to write with into the exam room





## New Medications

- What am I taking this medicine for?
- What time of day do I take it
- How many pills do I take
- Do I take it with or without food
- What are the possible side effects of this medicine
- Will this medicine interact with any of the other medicines I am taking or any OTC medications
- Is there any foods, medicines or activities I should avoid?

\*\*\*\*\* ask your pharmacist these questions also





## **PROCEDURES OR TESTS**

- Why am I having this test done?
- What if the test is positive?
- What do I have to do before this test
- What do I have to do after this test?
- Are there any complications I have to watch for after this test?
- When will you receive the test results?





## **Diagnosis**

- What caused my condition?
- Can my condition be treated?
- What if I do not want to undergo the treatment?
- How will this condition effect me now and in the future?
- Should I watch for any particular symptom and notify you if they occur?
- Should I make any lifestyle changes?





## HOME SAFETY

**An ounce of  
Prevention  
Is worth a pound of  
Cure!!!**





## **TIME TO CHANGE THE PLAN OF CARE**

When is it time to recognize I can't manage my loved one at home any longer?

- If my loved one is no longer safe at home
- If my loved one has daily needs that require a licensed professional to manage
- If I am becoming chronically ill
- If I am feeling angry or depressed all the time





## LONG TERM CARE PLACEMENT

- You are still the caregiver!!
- The quality of care your loved one receives in a Long Term Care Facility is directly proportionate to the frequency of your/family/friends visits





# The Comfort of Home™



## QUESTIONS

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