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
AAA Programs

- **Aging Information and Assistance.** Aging information specialists provide timely, updated facts about aging issues and services over the phone, through email, or in person by appointment.

- **Publications about Aging.** A variety of print and electronic materials provide important information of interest to senior adults and family caregivers.

- **The Best Times,** a quarterly newsmagazine, is available to Johnson County residents 60 and older. The Best Times provides vital information about aging services, programs, organizations, activities, and issues. The publication is also available online. Contact 913-715-8930 concerning subscriptions.

- **Caregiver Support.** Services to support non-paid caregivers of frail older adults who need services to maintain independent living.

- **Homemaker/chore programs.** Ongoing assistance with the upkeep and cleanliness of the home, shopping, and occasional heavy-duty cleaning are available through these programs.

- **Medication management.** Nurses visit private homes regularly to setup medications and monitor their use.

- **Assessment.** An in-home meeting with a potential client to determine needs for services. Additional assistance may be provided to coordinate multiple services if needed.

- **Nutrition Services.** Adults 60 and older in Johnson County have three dining options, based on their needs and preferences. Each meal provides a minimum of one-third of the daily nutritional requirements.

  *CHAMPSS:* A senior dining option to augment meals at Senior Nutrition Centers, CHAMPSS provides greater time flexibility and more extensive menu selections at local grocery stores. Call 913-715-8894 for information regarding enrollment.

  *Meals on Wheels:* Volunteers deliver nutritious meals Monday through Friday to senior adults who are homebound.

  *Senior Nutrition Centers:* Nutritious meals are served at 11:30 a.m. five days a week at six centers. The centers offer friendship, education, fitness, and opportunities for socializing. See locations on the back of this brochure.

- **Legal services.** Seniors receive access to legal consultation and representation, education, and assistance with access to government benefits.

- **Personal care.** Attendants help senior adults with bathing, grooming, and other personal care.

- **Respite care.** An in-home substitute caregiver or adult day care can provide temporary relief for non-paid caregivers.

- **A private pay care management service** is offered through the ADRC. This service assists those who need help in setting up services for seniors in Johnson County.
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
- Neck

Use range-of-motion exercises to relieve pain, maintain normal body alignment, help prevent skin swelling and breakdown, and promote bone formation. A ROM exercise program is ideally started before deformities develop.
The Aging Network

As a result of 1973 amendments to the 1965 Older Americans Act, federal funding is provided for a network of agencies to coordinate services for the growing population of older Americans. This network includes the federal Administration for Community Living (ACL), state administrative units on aging, more than 655 nationwide Area Agencies on Aging (AAA), and thousands of community-based senior centers and nutrition sites.

The Kansas Department for Aging and Disability Services (KDADS) is the state administrative unit that oversees the operation of 11 state AAAs. Although most AAAs are private, not-for-profit agencies operating in multiple counties, the Johnson County AAA is a public not-for-profit operating as a unit of Johnson County Human Services.

For detailed information, visit www.jocogov.org/hsd.

Aging and Disability Resource Center

The Area Agency on Aging hosts your local Aging and Disability Resource Center (ADRC), where people can turn for information, assistance, and a single point of entry to public long-term support programs and benefits. ADRCs provide unbiased, reliable information and options assistance to persons eligible for Medicaid Home and Community-Based Services (HCBS) for Frail Elderly, Physical Disabilities and Traumatic Brain Injuries, as well as assessment services for persons considering a move to a nursing facility.

Receive services or be of service. Both are easy!

Begin receiving aging services. To learn more about any of the services provided through the Johnson County AAA, call an aging information specialist at 913-715-8861.

Become a volunteer. Consider joining the network of dedicated volunteers who help senior adults live in the Johnson County community with independence, dignity, and hope. Volunteers may choose activities that meet their interests and time schedules. The AAA’s priority volunteer program is Meals on Wheels. Call the coordinator of Volunteer Services at 913-715-8859 to learn more or to become a volunteer.
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

Inspiration

People resist change but embrace progress.

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.

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.
Aging
Information...913-715-8861

...Your Key to Aging Services in Johnson County

Johnson County Area Agency on Aging, through Human Services, offers a single point of entry for services. Aging Information Specialists are your starting point for locating resources such as in-home services, congregate and home-delivered meals, transportation, legal assistance, insurance, housing and more. In addition to phone assistance, you can receive resource directories, booklets and brochures via mail to further address your informational needs.

Johnson County Aging Information Specialists have voice mail to take your message when they are on another line. Please be sure to include your phone number when you leave a message. If you don’t hear back, please do not hesitate to call again.

Additional information may be requested when calling in a referral for department-provided services:

- Name, address and phone number of the person needing services
- Physician and phone number
- Emergency contact(s) and phone numbers
- Health information - important for assessing needs
- A Social Security number to keep multiple records in order
- Income and asset information to help determine appropriate services

After an initial intake, an in-home assessment will be arranged to gain further insights regarding needs and resources available.

Our philosophy is client centered. Agency staff visit and talk with each client before services begin. Each call or visit is handled in a confidential and timely manner.

We welcome your calls and the opportunity to assist with your needs.

Simply call (913) 715-8861
(If you reach a recording, please leave your name and phone number)

Visit our website at www.jocogov.org/hsd
Then click on Area Agency on Aging link at left.

AAA programs are funded by the Older Americans Act and state funds through the Kansas Department on Aging, Johnson County government, agency matching funds, and individual participant donation. Johnson County government does not discriminate on the basis of race, color national origin, sex, religion, age or disability in employment or the provision of services. If you feel that you have been discriminated against, you have the right to file a complaint with Human Services. (913) 715-8800/Voice or (913) 894-8822/TTY.
QUICK QUIZ

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_________________________
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)