



## Engaging Occupational Therapy as a Core Service in Long-term Care Homes

### Potential Roles & Contributions

#### **I. Resident assessment/treatment/intervention**

1. **Assessment** focused on accurate determination of functional status, level of safe independence, potential for functional improvement and interventions to achieve maximal safe participation in ADL and social/recreational activities. Include attention to:
  - Physical/functional/ADL assessment
  - Cognitive assessment
  - Seating/mobility assessments
  - Mental health status screening/assessmentand appropriate treatment/intervention thereafter...
2. **ADL Training/Functional Restoration**
  - Retraining, assistive devices, environmental accommodation to promote improved functional status
3. **Restorative feeding programs**
  - assessment for positioning and swallowing techniques;
  - recommend strategies and assistive devices
4. **Wheelchair/mobility device prescriptions/adaptations**
5. **Restraint assessment and recommendations to promote appropriate utilization of PASDs**
  - Full facility restraint audit and education to staff re: risk and benefits of restraints and use of restraint alternatives
6. **Wound management**
  - seating/cushion assessment/prescription,
  - positioning in bed and wheelchair
7. **Contracture management**
  - use of splint and brace to prevent further contracture; positioning in wheelchair, bed.
8. **Falls prevention programs/supports post-fall assessments**
  - including environmental assessment, transfer assessments, ADL assessments, etc; provide associated consultation reports for recommended environmental modification and/or assistive devices.

9. **Behaviour management strategy scripting**
  - to manage behaviour, improve resident's quality of care and create a better work environment for staff
10. **Resident/family education to promote participation in ADLs and activity,**
  - education re: minimizing restraint and falls prevention – risk and benefits;
  - beneficial for family to understand how they can be involved in falls prevention such as purchasing proper footwear.
11. **Cognitive restorative program**
  - based on the results from the cognitive assessments, create treatment plans to maintain resident's cognitive abilities and increase resident's ability to participate in ADLs.

## II. LTC Home Staff Consultation/Support

1. **Behaviour management – dementia care**
2. **Education/supports to effect true restorative care approaches (ADL, etc.)**
3. **Education and implementation for restorative and nursing rehabilitation program;** create treatment plans that transition resident from restorative to nursing rehabilitation program
4. **Support to wound management, falls prevention, pain management, restraint minimization** Familiarity with long term care act and inspection protocols to ensure expectations are met
5. **Participation in resident/family education sessions**
6. **Team –focused participant in Team Meetings**
7. **System navigator resource** – familiarity with equipment, community supports, etc.

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