



LIVING WELL WITH PARKINSON'S

Fall 2021

Occupational Therapist Use of Adaptive Equipment in the Treatment of Parkinson's

By Meredith Wasserman OTR/L, CSRS and Amanda Bezerra-Richter, OTR/L

Individuals with Parkinson's may experience some or a combination of symptoms depending on which stage of the disease they are in. These can include tremors, rigidity, slowed movements, impaired coordination, fatigue, depression, anxiety, vision changes, and cognitive changes. As individuals begin to experience these symptoms, they may also notice difficulty with doing the activities they want or need to do. Occupational Therapy is a healthcare profession that can help individuals in any stage of Parkinson's to maximize their independence and quality of life, prevent secondary complications, and manage or live better with the disease.



Occupational therapists utilize a variety of client-centered and holistic approaches to promote health and wellness through participation in "occupations." An occupation is anything an individual needs or wants to do. Occupations can include simple or complex activities of daily living (e.g., eating, dressing, bathing, cooking, managing medications, etc.), sleep and rest, work, leisure, and social participation. Approaches used by occupational therapists to maximize participation in occupations can include, but are not limited to, providing strategies to maintain or improve physical function, teaching compensatory strategies, fabricating or prescribing orthotic devices, educating on use of adaptive equipment, and providing recommendations for environmental modifications.



Occupational therapists have access to a wide range of adaptive equipment to maximize participation in activities of daily living. For example, to assist with upper extremity dressing, therapists can train individuals to utilize magnetic buttons, button hooks and velcro closures. To assist with lower extremity dressing, devices such as elastic laces, long-handle shoehorns, sock aides, dressing sticks and reachers can be employed. To improve feeding,

therapists may utilize built up or weighted utensils, scoop dishes or plate guards, no-spill cups, Liftware and Dycem (to prevent plates from moving on a table). For grooming, occupational therapists may recommend the use of an electric razor or toothbrush, a long-handle hairbrush, a hair drying stand, blow-drying brush or foam tubing for easier grasp of tools.

Occupational therapists should be sought out by individuals with Parkinson's and their healthcare providers. The therapists are trained to evaluate what adaptive equipment would work best for the patient based on each person's specific symptoms and presentation. Occupational therapists provide the guidance and training needed to maximize the use of the devices, thereby enabling the individuals to improve their activities of daily living and provide for increased independence. If you are interested in attending occupational therapy or would like to know if occupational therapy is right for you, speak with your doctor about obtaining a referral for an occupational therapy evaluation.



Support Groups!

The Department of Neurology currently hosts 3 support groups:

PD Patient Support Group. Meets the last Tuesday of every month. **NOW VIRTUAL!!**

Care Partner Support Group Meets the first Wednesday of every month. **NOW VIRTUAL!!**

Deep Brain Stimulation (DBS) monthly info-session. NOW VIRTUAL!!

For more information and to register please contact Elizabeth Delaney, LMSW at 212-305-5779.



Shakespeare for Parkinson's

Combines the Bard's poetry and scenes from his plays with movements designed to activate all the muscles of the body, strengthen the voice and speech, stimulate the imagination and improve memory – all of which carry over to the activities of daily living.

Meets every Thursday on Zoom. To sign up, email

Shakespeare-andpd@gmail.com

<https://www.shakespearepd.com/>

Center Spotlight! : Swallowing Study for Parkinson's Disease

What is this study?

The Laboratory for the Study of Upper Airway Dysfunction at Columbia University in New York City is testing a novel treatment intended to improve swallowing and reduce aspiration and aspiration pneumonia risk in people with Parkinson's disease.

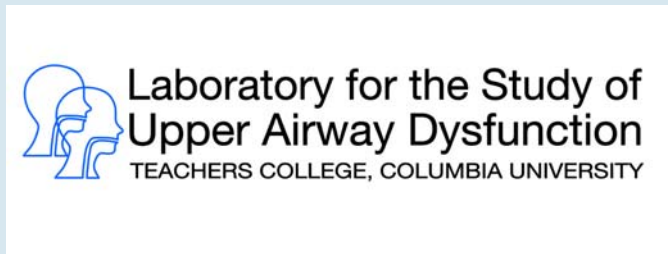
What is involved?

The study will take about 2 hours or less to complete over the course of two in-person visits to our laboratory space in New York City. Each visit will be about one week apart. This study will pay \$100 following participation of both study visits.

Who can participate?

- If you were diagnosed with PD

To enroll or learn more, please contact the UAD Lab at UADLAB@tc.columbia.edu or call 212-678-3072 and mention "James' Swallowing Study for Parkinson's Disease."



Upcoming Event: PwP Tulipfest

The Parkinson's Wellness Project is hosting Tulipfest: A wellness Expo & Concert! A time for planting, exploring, friendship, music, and learning! Explore the WELLNESS EXPO EXHIBIT: As part of the Tulip Fest program, live music will be presented in the Concourse of Boulder Stadium, accommodating several hundred people from the Parkinson's community. Explore activities and information from corporate, business, and organization partners. Your participation is welcomed and appreciated.

Where: Palisades Credit Union Park
1 Provident Bank Park Dr
Pomona, NY 10970

When: Wed, Oct 20, 2021, 4 - 7 pm
Free admission, Buffet and Cash bar



Division of Movement Disorders

Columbia University
Irving Medical Center
710 West 168th Street
New York, NY 10032
212-305-1303

www.columbianeurology.org/patient-care/movement-disorders

Wish to Donate?...

Should you be interested in discussing how you can help support our clinical, research, and patient care activities, please contact Matt Reals, Senior Director of Development, at 212-304-7203 or mr3134@columbia.edu

If you have a question regarding Parkinson's and its treatment that you would like featured in the next newsletter, please e-mail your question to Elizabeth Delaney, LMSW at movementdisorders@columbia.edu. The information published in this newsletter is not intended to replace, and should not be interpreted or relied upon, as professional advice, whether medical or otherwise. Please refer to your own professional for all advice concerning legal, medical, or other matters published in connection with this article.

"Don't count the days, make the days count."

-Muhammad Ali, diagnosed with PD in 1984



Join Us for A Free Virtual Training for

Caregivers, Care Partners, &
Allied health Care Professionals

How to Live & Thrive with Parkinson's disease

When?

3 Day Training
Oct 19, 20 & 21
from 6-8 PM

What?

Culturally-Sensitive Information
Skills Training

Who?

Learn from People with Parkinson's disease
Care partners
Multidisciplinary Specialists

How?

Register via any of the following
Eventbrite Link:
212-678-3916
Neurorehablab@tc.columbia.edu

www.eventbrite.com/e/how-to-live-and-thrive-with-parkinsons-disease-tickets-175887112087

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