

Practical Strategies for Completing Activities of Daily Living

Presented by: Stefanie Roth OTR/L, LSVT BIG Certified
Clinician

Our Focus Today

- Education on different adaptive equipment and techniques that may be useful for people with tremors.
- Education on moving “BIG” to be more efficient with self care tasks.
- Time for demonstration and questions.

Why Am I Having Trouble with my Self Care?

- Degeneration of the Basal Ganglia of the Brain and a deficiency of the neurotransmitter dopamine.
- Tremors
- Bradykinesia

What Can I do?

- Schedule a visit with a Movement Disorder Specialist or Neurologist
- Ask for a formal referral for Physical Therapy/Occupational Therapy/Speech Therapy

Adaptive Equipment

- Weighted Items have shown to decrease tremor during self care for **some** people with a distal tremor:
- Weighted utensils <https://www.liftware.com/steady/>
- Weighted pen holder
- Weighted glove or forearm weight

(See additional handout)

Additional Adaptive Equipment/Adaptive Clothing

- Velcro Fasteners
- Button hook/ Key Ring
- Silverts Adaptive Clothing and Footwear (Clothing Company)
- The Able Label (Clothing Company)

Adaptive
Equipment
Continued..

[//www.theablelabel.com/en-us](http://www.theablelabel.com/en-us)

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

Adaptive Techniques

Positioning is important!

- Proximal joint support can decrease the distal tremor
- Keep elbows, forearms and even wrists supported on table during table top activities.

Adaptive Techniques continued..

Lee Silverman Voice Treatment (LSVT) BIG:

“Intensive amplitude-based exercise program for the limb motor system. Re-education of the sensorimotor system” –LSVT Global, Inc. 2014.

- PT/OT/ST Certified Clinicians
- “Finger flicks”

LSVT BIG and LOUD

- Warrensville Outpatient and Neuro Rehab
4480 Richmond Road
Warrensville Heights, OH 44128

Physical Therapists: Amy Mikulec, Shawn Sutton
Occupational Therapist: Stefanie Roth
Speech Therapist: Lindsay Reynolds

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- Time for Questions!



Time to try the equipment!