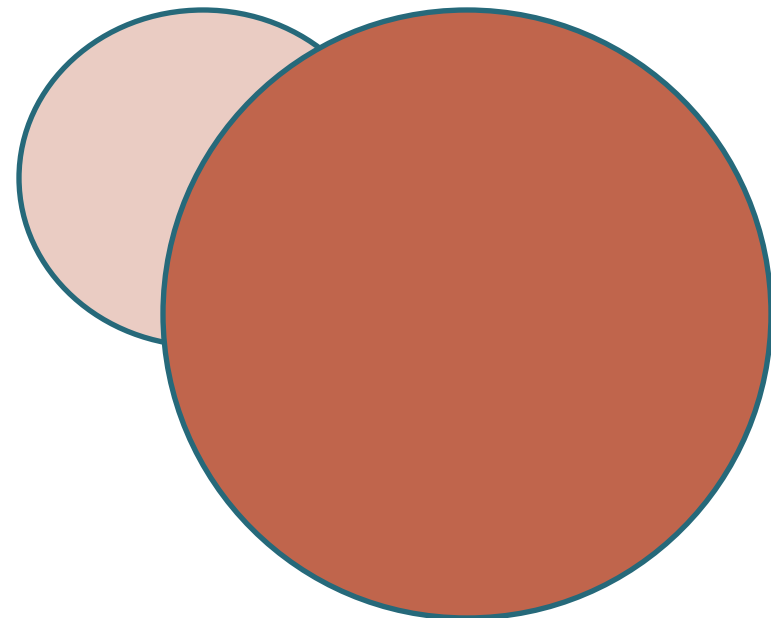




# Techniques for Caregivers

By Sharon Faircloth, OTS  
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# Types of Myositis and Symptoms

- Inclusion-body:
  - *Frequent falling*
  - Trouble climbing stairs or standing from seated position
  - *Foot drop*
  - *Weakened grip*
  - *Difficulty swallowing*

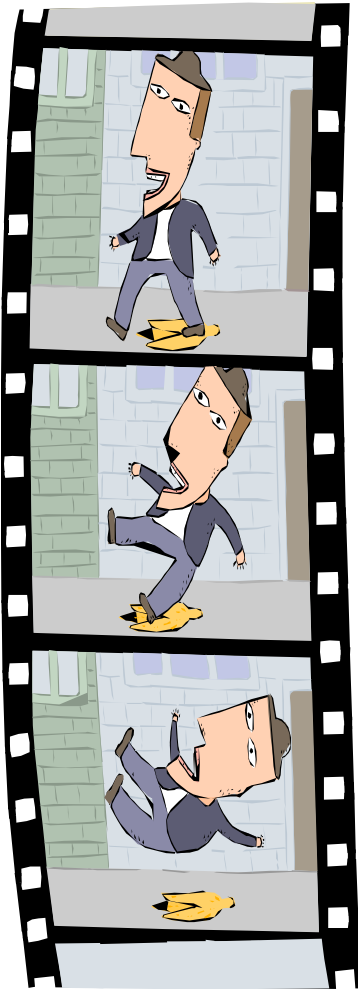


# Types Cont.

- Dermatomyositis
  - Appearance of a rash on the eyelids, cheeks, nose, back, upper chest, elbows, knees and knuckles
  - Scaly, dry, rough skin
  - *Trouble rising from a seated position, or getting up after a fall*
  - *General tiredness*



# Types Cont.



- Polymyositis
  - Sudden or gradual weakness in muscles
  - Difficulty swallowing
  - Falling and difficulty getting up from a fall
  - General feelings of tiredness

# Types Cont.

- Juvenile
  - Visible reddish purple rash over eyelids or joints
  - *General tiredness*
  - *Moodiness or irritability*
  - Complaints of tummy aches
  - *Trouble climbing stairs- getting on bus*
  - *Standing from seated position*
  - *Getting dressed*
  - *Difficulty reaching up*
  - *Trouble lifting the head*



# What is OT?

Yes I can!



Occupational Therapy assists people in developing the “**skills for the job of living**” necessary for independent and satisfying lives.

## Occupational Therapists:

- Understand the **critical demands** of meaningful activities
- Have **science-based knowledge** to understand progressive conditions and life changes affecting your chosen activities
- Understand how myositis affects **quality of life**

# Living Life to It's Fullest!!

# Role of OT....

- Assessment
- Treatment
- Fall Prevention
- Energy Conservation Techniques
- Assess physical lay out of home for safety



## Caregiver Education!!

# Caregiver Burnout

Burnout is a state of emotional, mental, and physical exhaustion caused by excessive and prolonged stress

## Signs and Symptoms

- Feelings of Depression
  - Fatigue
  - Decrease in interests
- No longer participate in social events
  - Feeling helpless and overwhelmed



*Laugh about something every day!*

# Burnout

- Prevention and Reduction
  - Stay involved, continue to do what you love!
  - Participate in a support network if possible
  - Consult with professionals (like OT!)
  - Rotate responsibilities with others
  - Establish alone time



## **1-2-3 to a balanced Me!**

1. Slow down
2. Get Support
3. Re-evaluate your goals and priorities

# Your Safety!

What can you do to stay healthy and safe?

- ✓ Plan out your day
- ✓ Take rest breaks
  - You need a break too!
- ✓ Use proper body position when performing a transfer
  - Bend at the knees
  - Feet flat on the floor
- ✓ Modify your environment
  - Keep things in reach for yourself and others

# Your Safety cont.

- ✓ Know your limits
  - Delegate tasks as needed
- ✓ Tasks frequently delegated
  - Carrying objects, especially up/down stairs
  - Yard work/heavy work
  - Meal preparation
  - Household chores

**Know when to say NO!!**

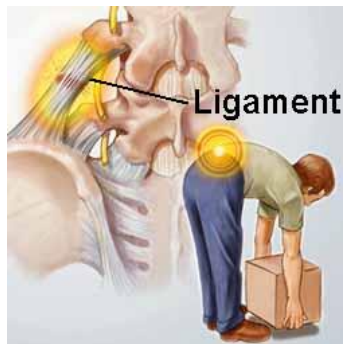
Caregivers are at risk for injury, fatigue and  
**BURNOUT!**

# Proper Body Positioning



Wear non-skid shoes- you and the transferee!

Keep your back straight and knees bent!



Keep your feet at least shoulder width apart and slightly under your knees

# Preparing a wheelchair before transfer

1. Position chair roughly  $45^{\circ}$ - $90^{\circ}$  to transfer surface

Depending upon level of assistance

2. Put on the gait belt

3. Lock the brakes!!

4. Swing legs out and remove leg closest to transfer surface

5. Remove chair arm closest to transfer surface when transferee is unable to push off or if using a sliding board

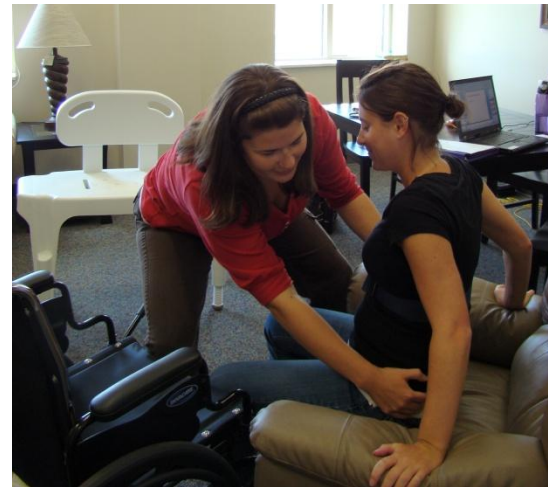


# Putting on a gait belt



# Transfer Techniques:

Wheelchair to chair:



# Transfer Techniques

Wheelchair to tub-bench:





# Getting into the bathtub



# Transfer Techniques

Wheelchair to bed:



# Transfer techniques

Bed to wheelchair:



# Transfer techniques

- Walker to raised toilet



# Assistive Technology can help you too!!

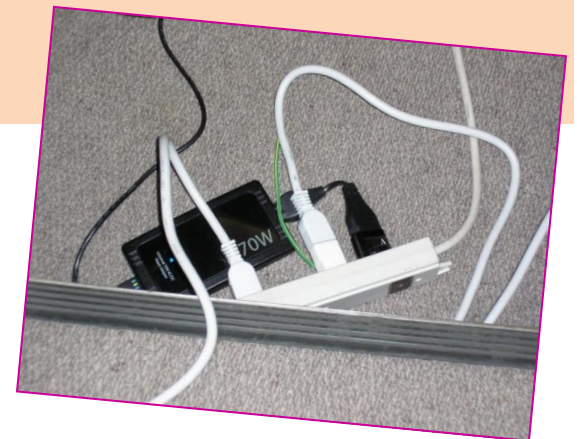
Energy saving devices can reduce your stress and increase your endurance.

Assisting and encouraging the one you care for with their devices will increase their independence and lighten your load.

There are lots of simple things you can do in the home to make it more accessible and efficient to navigate.

# General safety in the home...

1. Remove scatter/throw rugs to prevent tripping
2. Secure electric cords so they aren't in walking areas
3. Rearrange furniture so that the person you care for can navigate more independently.
4. Become familiar with the assistive technology the person you care for uses so you can know when they are using it correctly or assist them



**Help**

# Tips!



Ask for help if you need it!

Don't forget your own needs

Don't be afraid to ask questions



Be an advocate for the person you care for

Become familiar with the resources in your area

*Allow the person you care for as much independence as possible*

# Re-cap!



- ☺ Plan your day
- ☺ Allow the person you care for as much independence as possible
- ☺ Re-arrange your environment so that items are within reach for specific tasks
- ☺ Laugh often!

☺ Give yourself free time-  
maybe a bubble bath!



Remember what's  
most important to  
you!



# Disclaimer!!

**Everything** does not work for **everyone!**  
Find out what works best for your  
needs  
and the needs of the person you care  
for.



# Volunteers Please 😊

How have you changed the way you do things to better suite yourself and the person you care for?

What did you learn from today's presentation that you think will benefit you now or in the future?





Now come try out our devices and techniques!

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