



Functional mobility for the Joy of Living

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- Dr. Cindy (Sclinda) Janssen is currently a faculty member at the University of North Dakota in the Occupational therapy Program

We both want to acknowledge that we reside on the traditional broad territory of the Ojibwe (Anishinaabe, Chippewa), Métis, Assiniboine, Yanktonai and Očeti Šakówin (Dakota). The territory expanded into areas now known as Canada, North Dakota and Minnesota.

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Warm-up Activity

- What activity gives you the greatest joy?
- What physical abilities do you need so you can continue doing this activity?
- What activities can help you get and stay active?

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Introduction

- Our purpose today is to help you find ways to get active and stay active.
- The best activities are the ones that you enjoy and bring balance to your life.

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Definitions



Meaningful Activities:
Anything you do

Something you *want* to do

Something you *need* to do



Meaningful Occupations:
Anything you need or want to do

Berry picking, gardening, going visiting, going for a walk, gardening, washing dishes, getting dressed, playing cards, painting, going to pow-wows, dancing,

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Definitions

Mobility: Being able to move around

Functional Mobility: The ability to move from one place to another to complete an activity or task safely

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Safe Mobility

- How many of you know someone who has had a fall?

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FALLS AT HOME

Each year, thousands of older Americans fall at home. Many of them are seriously injured, and some are disabled. In 2011, nearly 23,000 people over age 65 died and 2.4 million were treated in emergency departments because of falls.

Falls are often due to hazards that are easy to overlook but easy to fix. This checklist will help you find and fix those hazards in your home.

The checklist asks about hazards found in each room of your home. For each hazard, the checklist tells you how to fix the problem. At the end of the checklist, you'll find other tips for preventing falls.

"Making changes in our home to prevent falls is good for us and for our granddaughter when she comes to visit."



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What hazards do you see in this picture?

- What would you do to promote safe mobility in this room?



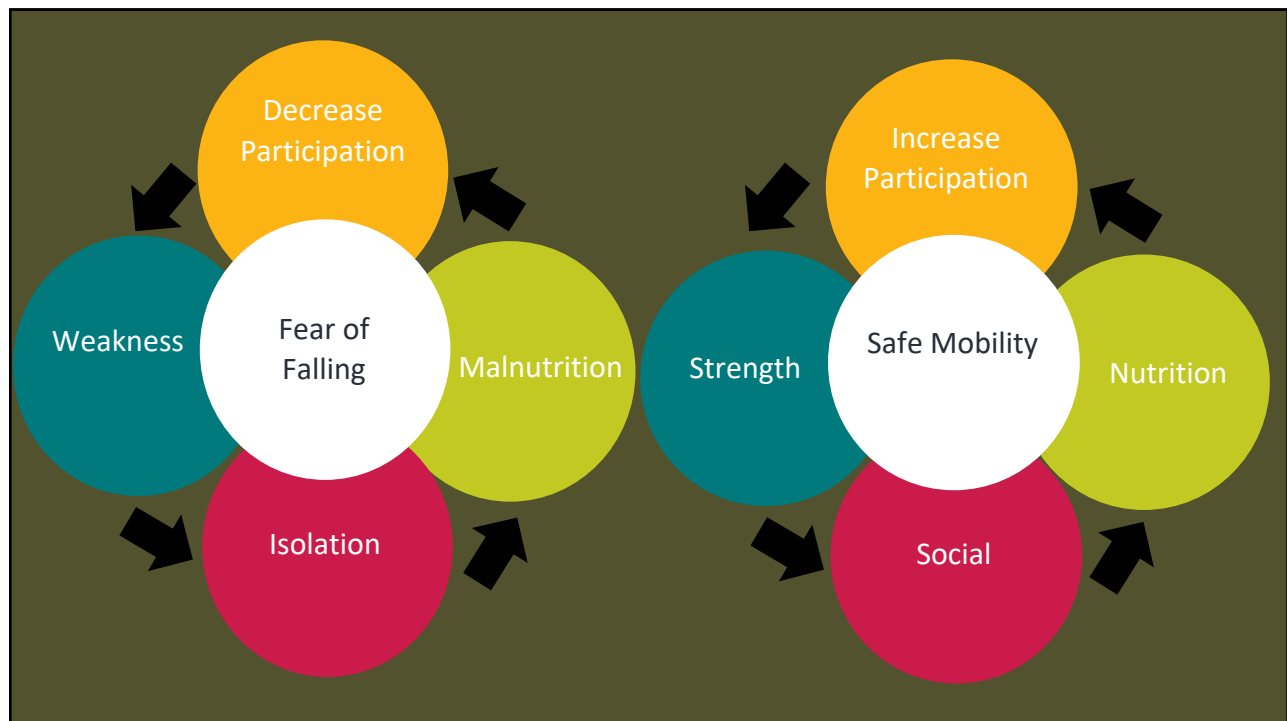
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So Lets Talk Falls Prevention & Safe Mobility

- Falling is one of the most common & serious risks facing the elderly.
- Staying active is a primary prevention tool.



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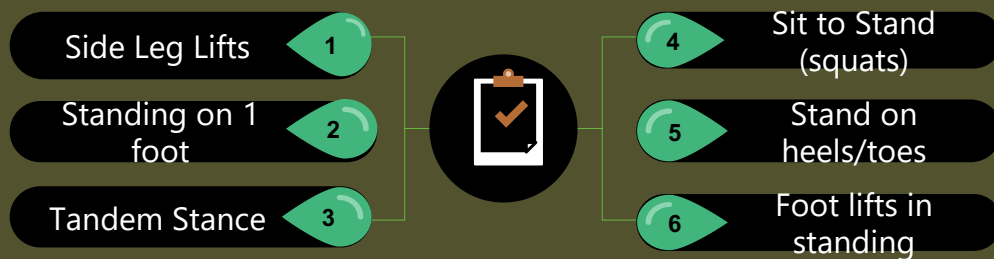
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The key to safe mobility is to promote safe participation



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Stepping on Safe Mobility Program 6 Exercise Activities



Clemson, 2004

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Getting Active

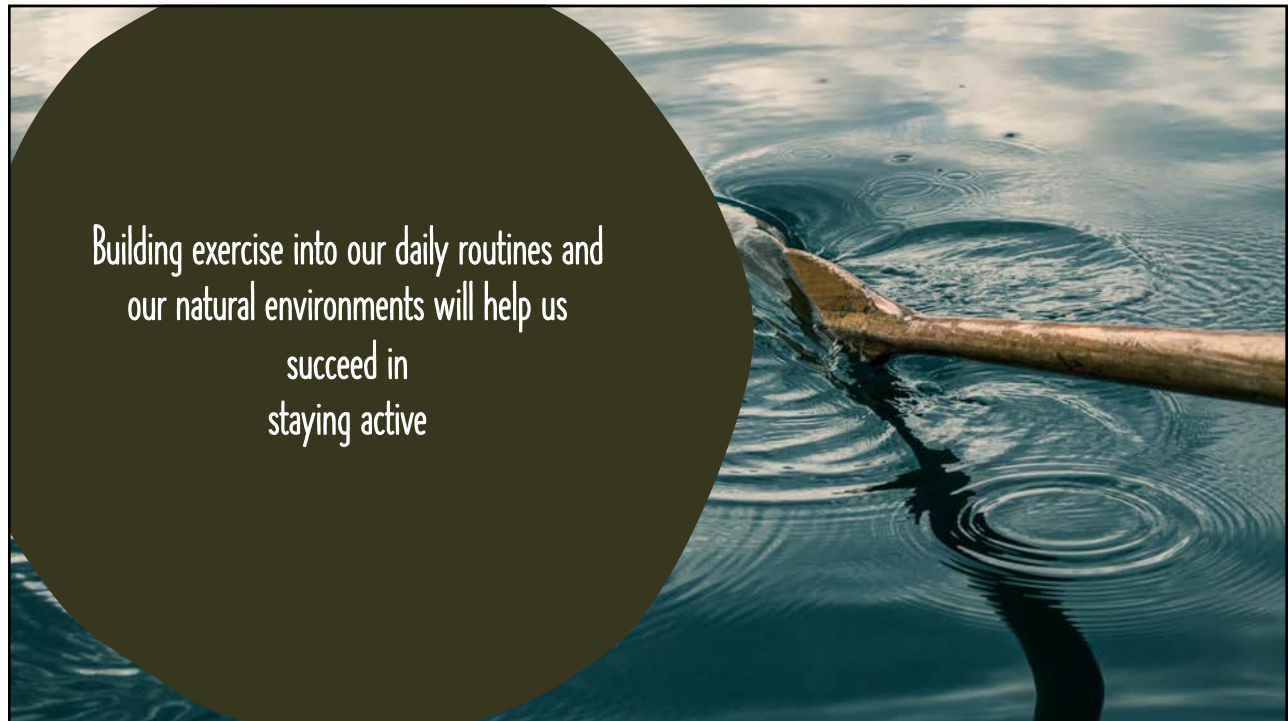
- If we taught you today how to do 5 exercise activities, how many of you would do them?
- How many of you have started doing exercises and then quit after a short time?

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Building Habits to Stay Active

- What are some things I can do so I can stick to an exercise routine ?
 - Don't do too much too soon.
 - Include fitness activities I enjoy.
 - Find a fitness buddy so I have someone to exercise with.
 - Get it into my daily routine so it becomes a habit.
 - Build it into my natural environments (where I spend my time, home, yard, car etc..).

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Building exercise into our daily routines and
our natural environments will help us
succeed in
staying active

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Exercise examples
from Home
Occupations for
Mainstay Elders,
2020, Jahnke &
Simpron. Scholarly
Project.
Permission granted
for use

HOME
Home Occupations for Mainstay Elders

By Marissa Jahnke & Alyana Marie Louise Simpron
University of North Dakota Occupational Therapy Students
Advisor: Dr. Scilinda Janssen, PhD, OTR/L,|CLA

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Exercise Activities

Adding to daily task/occupations, routines, habits,
and environment

Exercise	Activity
Side Leg Lifts	Step to side while putting dishes away
Standing on 1 foot	While brushing teeth
Tandem Stance	During TV commercials behind chair
Stand on Heels/Toes or Ankle Pumps	Upon waking in bed
Sit to Stands (squats)	Between hands /games while playing cards
Knee Kicks in Sitting	While reading

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Side Leg Lifts: While Washing Dishes



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Standing on 1 Foot & Switching



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Ankle Pumps:

- Right after I sit up in bed



How else might you do this at home?

Ankle Pumps:

-

Ankle Pumps

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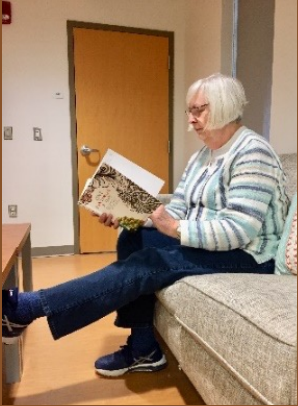
Knee Kicks

- After I turn a page in my book

Knee Kicks in your activities:

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How else might you do this at home?

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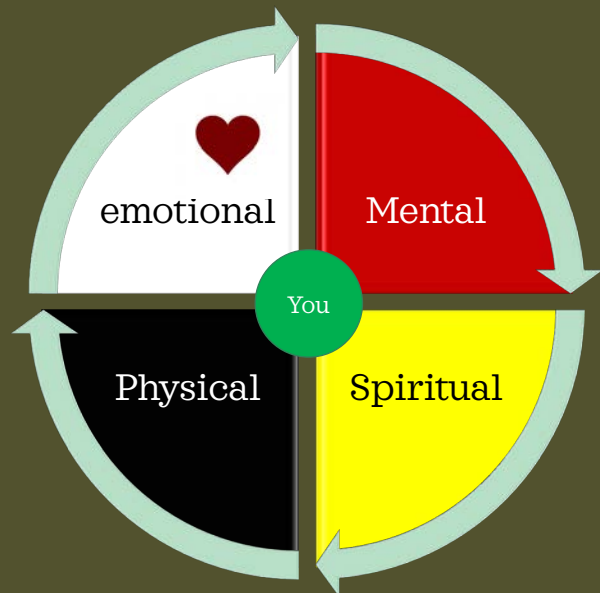
Functional Mobility

- These were just a few examples of how you can add exercise activities into your daily task/occupations, routines, habits, and environment.
- Of course you have the freedom to choose *how, when,* and *where* you want to add exercise activities into your own daily tasks/occupations, routines, habits and environment.

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Being active in all 4 of these areas is essential as well:

- help us stay engaged in life,
- improve our mental health,
- increase our independence,
- improve sleep and,
- keep our minds in good condition.



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Home Safety

- Center for Disease Control has an excellent home safety checklist that is free and available to everyone

- Available at:

https://www.cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf

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"Last Saturday our son helped us move our furniture. Now all the rooms have clear paths."

FLOORS: Look at the floor in each room.

- Q: When you walk through a room, do you have to walk around furniture?
 - Ask someone to move the furniture so your path is clear.
- Q: Do you have throw rugs on the floor?
 - Remove the rugs or use double-sided tape or a non-slip backing so the rugs won't slip.
- Q: Are there papers, books, towels, shoes, magazines, boxes, blankets, or other objects on the floor?
 - Pick up things that are on the floor. Always keep objects off the floor.
- Q: Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?
 - Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.



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STAIRS AND STEPS: Look at the stairs you use both inside and outside your home.

- Q: Are there papers, shoes, books, or other objects on the stairs?
 - Pick up things on the stairs. Always keep objects off stairs.
- Q: Are some steps broken or uneven?
 - Fix loose or uneven steps.
- Q: Are you missing a light over the stairway?
 - Have an electrician put in an overhead light at the top and bottom of the stairs.
- Q: Do you have only one light switch for your stairs (only at the top or at the bottom of the stairs)?
 - Have an electrician put in a light switch at the top and bottom of the stairs. You can get light switches that glow.
- Q: Has the stairway light bulb burned out?
 - Have a friend or family member change the light bulb.
- Q: Is the carpet on the steps loose or torn?
 - Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.
- Q: Are the handrails loose or broken? Is there a handrail on only one side of the stairs?
 - Fix loose handrails or put in new ones. Make sure handrails are on both sides of the stairs and are as long as the stairs.



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KITCHEN: Look at your kitchen and eating area.

- Q:** Are the things you use often on high shelves?
 - Move items in your cabinets. Keep things you use often on the lower shelves (about waist level).
- Q:** Is your step stool unsteady?
 - If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.



BATHROOMS: Look at all your bathrooms.

- Q:** Is the tub or shower floor slippery?
 - Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.
- Q:** Do you need some support when you get in and out of the tub or up from the toilet?
 - Have grab bars put in next to and inside the tub and next to the toilet.



Other Things You Can Do to Prevent Falls

- Do exercises that improve your balance and make your legs stronger. Exercise also helps you feel better and more confident.
- Have your doctor or pharmacist look at all the medicines you take, even over-the-counter medicines. Some medicines can make you sleepy or dizzy.
- Have your eyes checked by an eye doctor at least once a year and update your glasses.
- Get up slowly after you sit or lie down.
- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.
- Improve the lighting in your home. Put in brighter light bulbs. Florescent bulbs are bright and cost less to use.
- It's safest to have uniform lighting in a room. Add lighting to dark areas. Hang lightweight curtains or shades to reduce glare.
- Paint a contrasting color on the top edge of all steps so you can see the stairs better. For example, use a light color paint on dark wood.



Other Safety Tips

- Keep emergency numbers in large print near each phone.
- Put a phone near the floor in case you fall and can't get up.
- Think about wearing an alarm device that will bring help in case you fall and can't get up.

"I feel stronger and better about myself since I started taking Tai Chi."

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In Summary

- The key to quality of life is a balance.
- These four components are all needed to create a holistic level of well-being.
- As you strengthen one area, the others will follow because they are all interconnected

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Thank you



- We hope this session has helped you create ideas that support functional mobility for the

Joy of Living

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