

Occupational Therapy Toolkit

Frail Elderly / Oldest Old 85+

Functional Limitations:

ADL, IADL, work and leisure impairment

Functional mobility impairment

Muscle weakness

Limited activity tolerance and endurance

Impaired balance

At risk for - falls, dementia, delirium, depression, urinary incontinence, malnutrition, pressure sores and hypothermia

Occupational Therapy Intervention:

ADL, IADL, work and leisure training including but not limited to...

Treat underlying physical limitations to safety and independence

Recommend and/or provide adaptive equipment

Assess ability to access kitchen and prepare meals

Functional mobility training

Treat underlying physical limitations to safety and independence

Provide functional balance activities to increase balance confidence

Provide UE therapeutic activities and exercises to improve strength and endurance

Educate regarding falls risk and prevention strategies

Assess home safety and functional safety and provide environmental modifications and adaptations

Educate regarding hypothermia prevention (Eat well and dress warmly. Dry off if you get wet. Wear a hat and scarves and gloves when it is cold. Avoid alcohol before going out in the cold.)

Patient Education:

1. Upper Body Strengthening and Stretching Exercises
2. Hand Strengthening Exercises
3. Falls Risk Assessment and Prevention Strategies
4. Home Safety and Functional Safety Assessment