

# Occupational Therapist Role in Geriatric Community Rehab Services

*David Lau*  
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## Self Introduction

- Registered OT (Hong Kong)
- Certified Vitalstim Provider
- Dementia Care Mapping (Basic Mapper)
- Master of Social Sciences in Behavioural Health (HKU)
- Professional Diploma in Primary Health Care (CUHK)

## Goal of OT

- ◊ To enable people to participate in the activities of everyday life (WFOT, 2014)



## Perception of elderly

- ◊ Slow
- ◊ Dirty
- ◊ Less productive
- ◊ ...Low participation



## Service models for elderly care

- ♦ Institutionalisation
- ♦ Community Based

## Professionals in community services

- ♦ Doctors
- ♦ Nurses
- ♦ Social Worker
- ♦ Occupational Therapist
- ♦ Physical Therapist
- ♦ Supporting staff

## What is OT usually doing?

- Assessment
  - General condition
  - Physical
  - Cognitive
  - Social
  - Environmental
  - Community
  - Aids
  - Daily function assessment



## What is OT usually doing?

- Planning & Implementation
  - Cognitive Rehabilitation
  - Daily Function Training
  - Home Modification
  - Aid Prescription
  - Referral



# What is OT usually doing?

- Sustainability
  - Case conference
  - Liaise with other professionals & agency



Frame of Reference

## Person Environment Occupation (PEO Model)

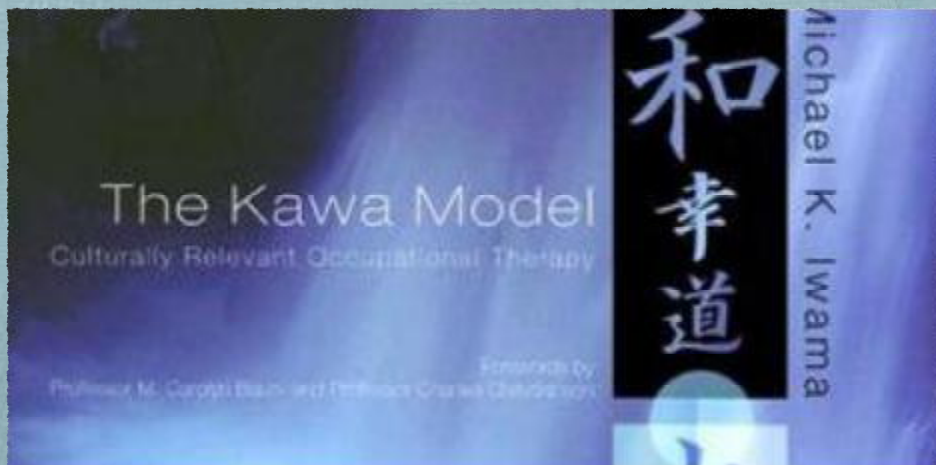
- ♦ Person:
  - ♦ Physical health
  - ♦ Cognitive health
  - ♦ Social health

## Person Environment Occupation (PEO Model)

- ♦ Environment:
  - ♦ Lightning
  - ♦ Ventilation
  - ♦ Safety
  - ♦ Interaction with surroundings

## Person Environment Occupation (PEO Model)

- ◆ Occupation
  - ◆ Life role
  - ◆ Interest
  - ◆ Activity



## KAWA Model

*Implication to geriatric population*

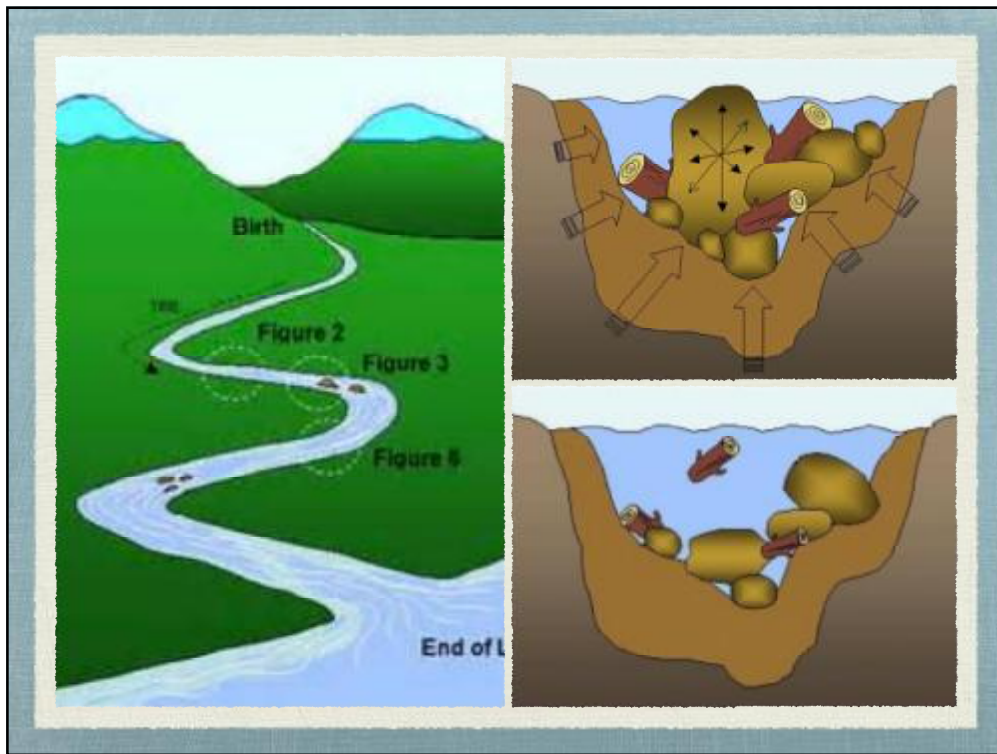
## Characteristic of elderly in Hong Kong

- ♦ Body
- ♦ Good endurance
- ♦ Do not voice out sickness easily
- ♦ Still engage in work
- ♦ Mind
- ♦ High level of resilience
- ♦ Relative good support from siblings
- ♦ Spirit
- ♦ Tends to feel negative about future life
- ♦ One of the highest suicidal rate in the world

## Life flow and overall occupation

- Elderly would express a lot of their lives history in the past and little about the present.
- Concerning with future (The sea), they may not be willing to share / discuss due to the cultural issue
- Cueing cards / picture of river should be prepared as most of them are illiterate





## Rocks

- Tends to express physical barriers
  - Joint pain
  - Visual deficits and other sensory deficits
  - Lack of community access
  - Lose of spouse / lack of support

## River walls and floors

- Supportive network
  - Family
  - NGO services (Meals on wheel, escort...)
  - Housing
  - Community environment
  - Neighbor support

## Driftwood

- Support from Government
- Awareness of citizen towards elderly rights
- Filial piety of Chinese people
- Resilience

## How KAWA model facilitate process

- In daily practices, many assessment tools are being used:
  - Berg balance scale
  - Lawton iADL
  - Barthel index
  - MMSE
  - GDS
  - ...

## How KAWA model facilitate process

- But when if an elderly has a specific conditions, e.g. dementia?
- By using KAWA model, emphasis can be understood prior to assessment.
- In this case, more time and resources allocate to the management of cognitive aspect
- More clear profile of elderly can be identified