OTA 221 Occupational Performance and Aging

COURSE LEARNING OUTCOMES (CLOs)
1. Articulate knowledge of physiological, psychological, and sociocultural changes that accompany the aging process.
2. Identify changes in occupational performance related to typical disabling conditions and functional changes associated with the aging process.
3. Apply frames of reference in with aging population and disabilities.
4. Explain the role with occupational therapy assistants in dealing with the aging population.
5. Assist with development of written intervention plan/strategies based upon data gathered during evaluation process in collaboration with OT/ client and others.
6. Through development of written treatment plans, identify treatment techniques for cognitive deficits, taking into account occupational performance outcomes.
7. Describe the role of interdisciplinary and transdisciplinary teams in the provision of services for persons who are aging.
8. Describe the role of the OTA in screening and intervention processes for the facilitation of optimal feeding and eating performance and techniques for treatment of swallowing disorders among the aging adult.
9. Articulate the application of motor control theory and its application with NDT, Rood, Brunstrom, and PNF.
10. Describe precautions and limitation patients may demonstrate during treatment following degenerative diseases, cardiac dysfunction, motor unit dysfunction.
11. Demonstrate compensatory strategies used with aging population and a clients with chronic disabilities.
12. Explain the role of the occupational therapy assistant and occupational therapists in the screening and evaluation process.
13. Articulate environmental modifications and other adaptive strategies to maximize safety, mobility and optimal occupational performance in response to the physical, cognitive and sensorimotor changes that accompany the aging process.
14. Explain principles, techniques, and precautions for feeding and eating performance with client and train others.
15. Discuss the process of monitoring and reassessing, in collaboration the effect of occupational therapy intervention and the need for continued or modified intervention, and communicate the identified needs to the occupational therapist.
16. Identify and contrast the various practice settings of rehabilitation, acute, nursing home, assisted living facility, in-patient, outpatient and the variety of service delivery models for the aging population to include wellness models.
17. Demonstrate the use professional literature to make evidenced-based practice decisions (in collaboration with the occupational therapist) that are supported by research.
18. Describe the role of the OTA in intervention processes for physical/sensory limitations for the aging process.
19. Identify process of therapeutic use of self in therapeutic process with both groups and individual treatments.
20. Describe the common medications administered to the aging population, the impact of the meds on occupational performance and the cognitive and physical affects of those medications in relation to treatment.
21. Articulate the importance of balancing areas of occupation and the achievement of health and wellness with the aging population.
22. Explain the role of occupation in the promotion of health and the prevention of disease and disability in the aging population.
23. Identify, through skilled activity analysis, the appropriate assistive technology and or orthotic device to enhance occupational performance in a mock scenario.

Course Outline

I. Occupational Therapy Practice Framework & Successful Aging
   A. Productive activities
   B. Daily living skills
   C. Social participation leisure
   D. Normal Aging Process
   E. Well-elderly Population

II. Community Housing/ Services
   A. ECF
   B. SNF
   C. Assisted Living
   D. Retirement Communities
   E. Elderly Services
   F. Adult Protective Services
   G. Home Health Care
   H. Senior Centers
   I. Adult Day Health

III. Motor Control Principles and Techniques
   A. Rood
   B. NDT
   C. Brunnstrom
   D. PNF

IV. CVA: Evaluation Techniques
   A. Motor
   B. Sensory
   C. Cognitive
   D. ADL’s/IADL’s
   E. Leisure/Community

V. CVA Intervention Techniques
   A. Motor re-training
   B. Adaptive/compensatory strategies
   C. ADL/IADL retraining
   D. Community Adaptation

VI. Dysphagia Evaluation and Intervention
   A. Mechanics of normal swallow
   B. Unsafe swallow/dysfunction in adults
   C. Evaluation techniques for swallowing in adults
D. Compensatory Strategies for unsafe swallow
E. Self-feeding/eating
   1. Compensatory strategies
   2. Adaptive equipment
   3. Posture/positioning

VII. Dementias – OT evaluation and Intervention
   A. Evaluation tools
   B. Engagement in activity
   C. Community Experience

VIII. Parkinson’s Disease
   A. Evaluation and intervention

IX. Communication Disorders and Deficits

X. Fall Prevention and Home Evaluations/Aging-in-Place

XI. Splinting Principles
   A. Contracture management
   B. Tone management
   C. Deformity prevention

XII. Restraints in long term care