

Tips and Tricks of Daily Living with ALS



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Objectives



- Educate on commonly used items for Mobility and Activities of Daily Living (ADLs)
- Take that one step further with Tips and Tricks for accomplishing these tasks

Physical Therapy



- Physical Therapists address mobility needs including bed mobility, transfers, ambulation and use of ambulatory aids or wheelchairs



Occupational Therapy



- Occupational therapists can recommend a variety of activity of daily living (ADL) devices to assist people and caregivers living with ALS



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ADLs: A collaborative approach

- Eating
- Grooming
- Bathing
- Dressing
- Toileting
- Tub transfer
- Leisure pursuits
- Work related activities



ADLs: A collaborative approach



- Bed mobility
- Toileting
- Bathing
- Grooming
- Dressing
- Eating
- Work related activities
- Recreational/leisure pursuits



Mobility



- Bed mobility
- Transfers
- Ambulation
- Wheelchair

Bed Mobility



- Equipment

- Bed rails
- Adjustable bed
- Hospital bed



Bed Mobility



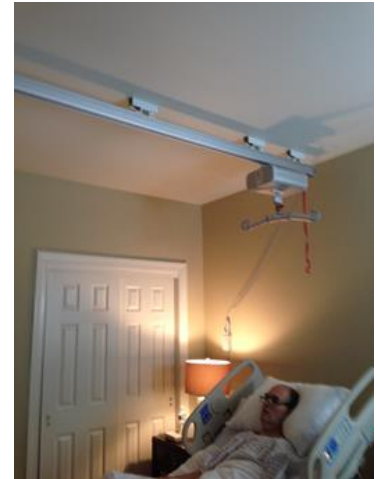
- Tips
 - Wedges
 - Egg crate at feet/box at feet
 - Satin/Sateen sheets
 - Leg position
 - Draw sheets
 - Recliners

Transfers



- Equipment

- Raise seat height
- Uplift seat
- Pivot disc
- Transfer board
- Sit to stand lift
- Hoyer lift
- Barrier free lifts



Transfers



- Tips
 - Hips higher than knees
 - Choose chairs with arm rests
 - Patio cushions can be used
 - Bed risers (like for dorm rooms)
 - Platforms
 - Aerobic step
 - Hoyer lift
 - Color code the links/loops
 - Plastic under base
 - Moleskin on edge of sling

Mobility-Ambulation



- Equipment- Assistive devices
 - Cane(s)
 - Rolling walker
 - Rollator
 - Upright rolling walker
 - Braces/Orthotics



Mobility-Ambulation



- Tips

- Walking sticks
- High top shoes/boots



- Increase support when you start limiting your activity
- Increased support conserves energy
- Standing is great exercise even when ambulation is limited

Mobility-Wheelchair



- Equipment

- Manual

- Transport
 - Standard

- Power

- Scooter
 - Custom



Mobility-Wheelchair



- Tips
 - Hold insurance for power wheelchair
 - Get equipment from a loan closet
 - Style
 - Transport wheelchair if lifting is difficult and will be mainly used indoors
 - Standard wheelchair if able to get in and out of a car; better for uneven surfaces
 - Position should still be considered. Think about a regular chair and add a cushion, drop footplates as able
 - Wear your seatbelt!

Mobility-Wheelchair



- Tips
 - Portable power wheelchairs; not covered by insurance
 - Additional positioning and padding
 - Car wash mitts for footplates
 - Gel pads
 - Bike phone holders
 - Gooseneck clamps



Toileting



- Equipment
 - Grab bars
 - Toilet seat riser
 - Bidet
 - Commode chair
 - Rolling commode chair
 - Bedside urinal
 - Purewick PureWick™ External Catheter (wick) and the PureWick™ Urine Collection System

Toileting



- Tips

- Grab bars can be installed in the bathroom to provide support to sit down, stand up and move around
- A toilet seat riser can be added to the toilet to raise it a few inches
- A bidet can help perform personal hygiene. It can be used with your existing toilet.
- A commode chair can be placed next to the bed or in any convenient location in the home. It has a bucket or pan and can be used with plastic liners for easy clean up.

Toileting-Equipment-Grab Bars



Toileting-Equipment-Grab Bars



“You can use a grab bar like a towel rack but it is unsafe to use towel rack like a grab bar.”

(physiotherapist, circa unknown)

Toileting-Equipment-Grab Bars



A more appealing in appearance grab bar may be more acceptable



Toileting-Equipment-Bidet



- A bidet can be used with a raised toilet seat



Toileting-Equipment-Raised Toilet Seat



- A hinged raised toilet seat can be used to stand and urinate. It can also be used with the existing personal toilet seat
- A raised toilet seat can also come with a locking mechanism



Toileting-Equipment-Raised Toilet Seat



- Safety awareness and fall prevention



Toileting-Equipment-Commodes



- Commode liners



Toileting



- Tips

- A rolling shower chair can be used bedside. positioned over a commode or rolled into a stall shower.
- A bedside urinal can be used for urination if you have difficulty getting out of bed
- A PureWick™ is designed for both women and men offering a non-invasive option to manage urinary incontinence. The PureWick™ System uses suction and a soft, flexible wick to draw urine away from the body into a sealed collection canister, helping to keep skin dry.

Toileting-Equipment-Rolling Shower Chair



Toileting-Equipment



Male and female urinals



Toileting-Equipment



- Purewick urine collection system
 - Non invasive
 - Suction and soft wick
 - Draws urine away into a sealed collection canister keeping skin dry



Bathing



- Equipment
 - Shower Chair
 - Tub transfer bench
 - Hand held shower
 - Long sponge
 - Bath lift

Bathing-Equipment



- Tip

- Shower stools, chairs and tub benches help conserve energy
- Sitting during bathing helps prevent the risk of falling
- Using a hand held shower can help make washing easier and more comfortable/direct stream of water
- Long handle sponges can help reach areas without bending over
- A bath lift can help you safely lower you into the bathtub

Bathing-Equipment



- Tip
 - Simplify your routine: Using a no-rinse body wash is an energy conservation technique.
 - Use non-slip mats: Using non-slip mats on the shower floor is good for fall prevention.
 - Consider the temperature: Make sure the water temperature is comfortable.
 - Take breaks: Don't be afraid to take breaks during your bathing routine to conserve energy.

Bathing-Equipment-Shower stool/chair



Bathing-Equipment-Tub bench



Standard



Slider



Slider/swivel seat

Bathing-Equipment-Tub bench



Bathing-Equipment-Bath Lift



Bathing-Equipment-Hand Held Shower Head



Bathing-Equipment



- Tip
 - Adapted shower curtain
 - **Bench Buddy Adapted Shower Curtain Whitaker**



Bathing-Equipment



- Tip
 - Long handle sponge
 - Bendable



Bathing-Equipment



- Tip
 - Adapted techniques
 - Soap pump
 - Bath mitt
 - Soap on a rope



Bathing-Equipment-Showering



- Tip
 - Tracheostomy cover



Bathing-Equipment-Bed Bath



- Tip
 - Inflatable bed tub/pillow
 - Air pump
 - Water bag



Bathing-Equipment



- Tip
 - Barrier free roll in shower



Grooming-Equipment-Shaving



- Tip
 - Adapted razor
 - Universal cuff



Grooming-Equipment-Cutting Nails

- Tip
 - Battery Operated
 - Gross Assist



Dressing



- Equipment
 - Reacher
 - Sock aide
 - Dressing stick
 - Velcro closures
 - Elastic waistband
 - Elastic shoelaces
 - Slip on sneakers
 - Long shoe horn

Dressing



- Tips
 - Sit to dress as this saves energy and is safer
 - Have clothes ready the night before
 - Put the weaker side in 1st
 - Elastic waistbands do not fall to the ankles
 - Elastic shoelaces need to be tied only once
 - Slip on sneakers using a long shoe horn to help avoid bending over.

Dressing



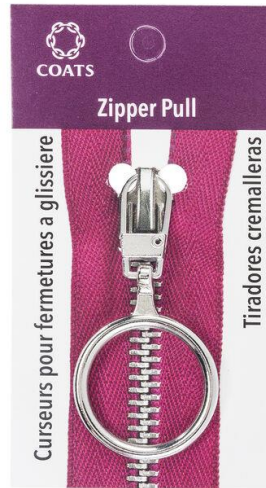
- Dressing stick, reacher and sock aide



Dressing



- Button hook, zipper pull and elastic shoelaces



Dressing



- Velcro front and side closures



Dressing



- Elastic band pants, slip on shoes and overhead dress.



Eating



- Equipment
 - Adapted utensils
 - Plate guards
 - Non slip mats
 - Straws/cup holders

Eating



- Tips
 - Larger handles utensils can be easier to hold
 - Plate guard can help prevent food from slipping off of the plate
 - Non slip mats can help prevent the dish from sliding
 - Using a straw can help with drinking liquids

Eating



- Utensils



Large Handle Utensils



Adjustable Utensils



Universal Cuff

Eating



- Plate guard, non skid mat and a 1 way valve straw



Eating



- Tip
 - Sitting sideways at the table can support your shoulder



Eating



- Tip
 - Obi Self Feeder



Work Related Activities



- Tip
 - Accessing Keyboard



Ergonomic Forearm Rest



Typing Aides

Work Related Activities



- Tip
 - Handwriting

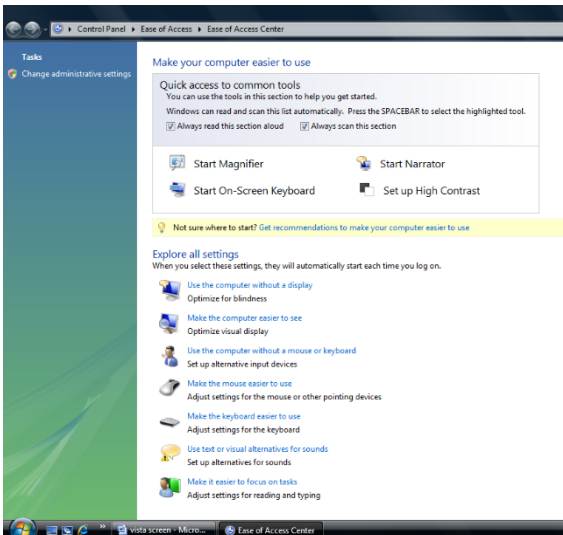


Computer Access



- Tip

- The operating systems of both Mac and PC have accessibility features built in.
- Ease of Access in Settings on a PC
- Accessibility in System Settings on a Mac



MDA/ALS Center of Hope Team



MDA ALS Engage Symposium 2023

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Questions?



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