When Care Comes to You: Tips for Using Home Health Aides, PTs and OTs

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Today we will.....

1. Understand the roles of home health aides, physical therapists and occupational therapists for people with PD (PwP).

2. Understand the benefits of home health aides, PTs and OTs as part of your team.

3. Discover the types of questions to ask your aide or therapist to know if they are right for you.
Care coming to you...

Where? (Wherever you are and need to be!)
- Home
- Gym
- Park
- Beach
- Mall
- Baseball stadium

How?
- In-person visits
- Telehealth
- Phone calls
- Wearable sensors

Why?
- Recent hospitalization/ Homebound
- Evaluate and Practice in your Environment
- Decrease burden of travel
Now—what about the logistics?

Telehealth
- Do your research: state by state and insurance differences

Insurance/ Medicare
- Home Health Requirements
  - Homebound
  - Intermittent skilled care needed
  - Home Health Certified
- [https://www.medicare.gov/coverage/home-health-services](https://www.medicare.gov/coverage/home-health-services)
- Outpatient therapy services in the home
Optimal Plan

- MD, ND, Nutrition
- Psych & Social Work
- Fitness
- Home health aide or caregiver
- OT
- PT
- ST
Occupational Therapy

Occupational therapy helps people to do the things they want and need to do through the therapeutic use of daily activities (occupations). Occupational therapists enable people of all ages to live life to its fullest by helping them promote health, and prevent—or live better with—injury, illness, or disability.

Why OT for PwP?

• When you experience difficulties with: personal care, caring for others, indoor/outdoor mobility, work, hobbies, social activities, daily activities
• Early evaluation for prevention and maintaining your lifestyle

**See Dr. Foster’s Webinar for Home Safety in PD, June 2018
And Dr. Berger & Tickle-Degnen on OT, September 2014**
OT for PwP

- ADLs & IADLs
- Assess the Environment
- Self Management
- Stress and Anxiety
- Cognition/Attention
- Fatigue
- Fine Motor Tasks

Lifestyle Redesign®: the process of acquiring health-promoting habits and routines in your daily life.
Questions to ask OT

• Do you have experience with PD?
• Specialized training?
  • PWR! training or other PD specific training
  • Lifestyle Redesign® certification
  • Driving Training
  • Low vision certification
• Do you have experience with home evaluation and modifications?
Home Health Aides (HHA)

What is a HHA?
• Trained and certified health assistant
• Provide personal care help and monitoring
• NOT a caregiver, a personal assistant or trainer

Why a HHA for PwP?
• Homebound
• Need assistance for personal care (bathing, dressing, eating, medications)

Others: caregiver, personal assistant
• Not part of home health care need (Medicare)
• Great resource for support and implementing a rehab plan!
Questions to ask HHA

• Do you have experience with PD?
  • Tell me about the types of things you have done to help someone with freezing? Stuck in a chair? Getting out of bed?
  • If applicable: Do you have experience with dementia?
• What types of techniques do you use if someone is moving slowly?
• What types of assistance have you provided before?
  • Exercise routines?
  • Walking?
• Have you worked with a PT or OT before?

In your PT/OT appointment
• HHA involved and practicing!
Personal Trainers

What is a personal trainer?
Personal trainers design safe and effective fitness programs.

Why personal training for PwP?
• Implement a fitness program
• Frequent accountability to stay active
Questions to ask personal trainers

- What is your background and training?
  - Kinesiology, Exercise Science degree?
  - Certification agency
- Do you have experience with PD or other neurologic disorders?
  - Specialized training in PD or other disorders:
    - Examples: PF training, PWR! Instructor, Rock Steady Boxing, Brian Grant Foundation, APDA
    - ACSM CIFT trainer (Certified inclusive Fitness Trainer)
  - What is your approach to training?
Physical Therapy

What is physical therapy?
Physical therapists are movement experts who optimize quality of life through prescribed exercise, hands-on care, and education.

Why PT for PwP?
• Early for prevention of movement, posture and balance problems
• When you are experiencing problems with posture, balance, gait, functional mobility, falls, flexibility, dual tasking.
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<th>Physical Therapy for PwP</th>
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<tr>
<td><strong>Physical Therapy</strong></td>
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<tr>
<td>Neurologic Physical Therapy</td>
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<td>“Board Certified Neurologic Clinical Specialist”</td>
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<td>“PWR!, LVST”</td>
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http://www.abPTS.org/FindaSpecialist/
Questions to ask PT

• Do you work with PwP? How often?
• What is your approach, or specialized training?
  • Specialized training (PWR! training, LVST)
  • Neurologic residency or fellowship training
  • Yoga, Pilates, manual therapy, mindfulness, neuroplasticity
• What does a typical session look like, and how long do I spend with the PT?
• What is your experience with home evaluation and recommendations?
Why would you want this team?

Prevention
Recover and Maintain Optimal Movement
& Life Engagement
Why would you want this team?

Neuroplasticity

Prevention
Recover and Maintain Optimal Movement & Life Engagement
Therapy coming to you—the evidence

• 10 weeks of PD-specialized home OT improves activities and participation (Sturkenboom et al, 2014)
• Not just a home exercise program (King et al, 2015)
  • Home exercise alone had no change in function compared to individual PT and group classes.
• DVD based home training works, but in-person PT better for balance training (Atterbury and Wellman, 2017)
  • 3x/wk sessions Home based PT vs. DVD improved more in: motivation, confidence, stride length and cadence
• Needs a high dose! (Morris et al, 2017)
  • 6 weeks of 1x//week did not prevent falls
• A combo approach may be beneficial (Canning et al, 2012)
  • Pilot study of home based treadmill training (7 in home sessions, others completed on own), was safe and improved QOL and fatigue
What Principles Can We Apply at Home?

- Neuroplasticity
- Motor Skill Learning
- Aerobic Exercise
- Goal Setting and Self-Management

Petzinger, Fisher et al, 2013
Goal directed motor skill learning

Goal based practice to acquire a skill

- Learning through feedback
- Challenge beyond current skill
- Facilitate engagement of movement awareness
- Progressive
- Environment matters: PwP subconsciously rely on external environmental info
  - Early: Expose to a variety of environments
  - Later stages: train in home environment (Nieuwboer et al, 2009)

Brain changes:

- Decrease in corticomotor excitability through an increase CSP using with treadmill training (Fisher et al 2008)
- Increase binding potential within the dorsal striatum of people with early stage PD (Fisher et al 2013)
Aerobic and Cadence Exercise Principles at Home

- Type
  - Cycling
  - Treadmill
  - Other high intensity interval training
- Intensity
  - 60-80% Heart Rate Reserve—Karvonen Method (Miller-Koop et al, 2019)
  - 80-90 RPMs on bike (Ridigel et al 2015)
- Frequency
  - 3x/wk
  - 45 minutes minimum

But you can start with 5!
Goal Setting and Self Management for Exercise

Self management
– Goal setting and motivational interviewing
  • Identify barriers and facilitators to exercise
  • Strategies to overcome barriers
  • Establish attainable, realistic goals
Choosing exercise you love: walking, dancing, biking, tai chi, yoga
Consider group classes
Schedule intense bouts and regular follow ups

Tickel-Degnen et al, 2010
How much?

150 minutes of aerobic exercise (30 minutes/day) (US Dept of Health)
2-3x/week of strengthening exercise (Corcos et al, 2013)
3x/week stretching (Shulman et al 2013)
2-3x/week balance 30-60 minutes (Shulman et al, 2013)

Bottom line: it takes a lot of practice and feedback to change the brain!
Questions to ask yourself about your home practice

Am I acquiring a skill? Is it challenging, am I working hard?
Is someone analyzing how I perform and providing feedback?
Am I becoming aware of my movement?
Am I continually being progressed vs. doing the same thing again and again?
Am I sweating and getting my heart rate up?
Is it fun, will it become a lifelong habit?
Am I changing environments?
Am I motivated to take my own control of the exercise and do it on my own?
Collaboration Example

Collaboration with fitness partners

Example PT goals
- Gait Speed
- Balance to decrease falls and risk of falls
- Set up and trial home program to include aerobic exercise, strengthening and functional training

Personal training goals
- Maintaining health, activity and recreation
- Implement aerobic exercise
- Accountability for home program: strengthening, balance, aerobic exercise, walking

Resume exercise with Trainer

6 sessions with PT for balance focus

Fall or other change in status--re-eval

Taper PT; PT checks in with trainer every month

During therapy, starts with personal trainer

2x/wk for 6 weeks

PT Evaluation
References


Thank You
Allied Team Training for Parkinson’s Disease (ATTP®)

OCTOBER 23-26, 2019
CHARLESTON, SOUTH CAROLINA
Resources

**National Helpline**
Available at 1-800-4PD-INFO or Helpline@Parkinson.org
Mon- Friday 9 am to 8 pm ET

**Podcast: Substantial Matters**
New episodes every other Tuesday featuring Parkinson’s experts highlighting treatments, techniques and research.
Parkinson.org/Podcast

**Fact Sheets and Publications**
Get the resources and information you need to start living a better life with Parkinson’s.

**Aware in Care Kit**
Includes tools and information for people with PD to share with hospital staff during a planned or emergency hospital stay.
Parkinson.org/Awareincare