

# Interventions to Independence

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# In the next hour we will . . .

- Review the trigger language for the ADL Benefit trigger [ NTQ policies].
- A Peek at ADL plan of care
  - Components
  - Effective functional assessment
- Interventions to Independence
  - Show & Tell
- Q & A

# LTCI Triggers

- Medical Necessity
- Cognitive Impairment
- Activities of Daily Living [ADL]

# Activities of Daily Living

Bathing



Dressing



Ambulation  
/Transfer



Eating



Toileting



# ADLs Defined

## Bathing:

*Your ability to wash yourself in a tub or shower, or to give yourself a sponge bath, without the assistance of another person.*

# ADLs Defined

Dressing:

*Your ability to dress without the physical assistance of another person*

# ADLs Defined

## Ambulation/Transferring:

*Your ability to move from place to place, including getting in and out of bed or a chair, without the physical assistance from another person.*

# ADLs Defined

## Eating:

*Your ability to get nourishment into Your body by any means once it has been prepared and made available to you without physical assistance from another person.*

# ADLs Defined

## Toileting:

*Your ability to get on and off the toilet and to maintain a reasonable level of personal hygiene.*

# ADL Plan of Care: *The Theory*

*Early Intervention*

**means**

*Greater opportunity to ensure most effective treatment at best pricing is delivered to client*

**result**

*Shorter duration/least costly claim*  
*[Client gets better-quicker-cheaper]*

# ADL Plan of Care

- Services provided
- Who's providing
- Are deficiencies being addressed
- Expected duration of services
- Prognosis for independence
  - *Is it maximizing opportunities for reaching highest level of independence*

# ADL POC

- Starts with an effective assessment
  - RN or OTR
- Effective assessment includes
  - Demonstration and observation*
    - Range of Motion
    - Balance
    - Coordination
    - Strength
    - Cognitive abilities
    - Pain

## Next step

*Identify opportunities to restore or improve independence.*

*Don't just document deficiency and not comment on possible interventions.*

# Interventions to Independence:

## Why bother?

- Eliminate dependency / Eliminate trigger
  - Win / Win
- If not eliminate trigger:
  - reduce dependency resulting in . . .
  - reduced intensity of services resulting in .
  - reduced cost 😊

# Interventions to Independence

- Exercise
- Change in technique
- Adaptive equipment

# Interventions to Independence

- Exercise
  - Strength
    - Resistive therabands
    - Isometrics
    - Light dumbbells [or roll of quarters]
  - Stamina [SOB]
    - Diaphragmatic breathing
    - Inhale 2 steps – exhale 4 steps

# Interventions to Independence

- Change Technique
  - Replace bath towel with several hand towels
  - Put arms all the way in sweater-then tuck head
  - Lower back pain -Log roll in and out of bed
  - Make 1 trip

# Adaptive Equipment

*Show & Tell*

# Bathing

- Tub safety rail
- Tub transfer bench & shower hose
- Long handle sponge
- Dressing stick

# Bathing

- Bathtub Safety Rail



# Bathing

- Tub transfer bench
- Shower hose



# Bathing

- Long handle sponge
- Dressing stick

# Dressing

- Velcro behind buttons and on shoes
- Button hook / Zipper pull
- Reacher
- Sock aide
- Dressing hook
- Long shoe horn

# Transferring/Ambulation

- Walkers
- Canes
- Transfer Pole
- Trapeze
- Bed hoist

# Transferring/Ambulation

- Walker



# Transferring/Ambulation

- Canes



# Transferring/Ambulation

- Mobile Transfer Pole



# Transferring/Ambulation

- Trapeze



- Bed Hoist



# Eating

- Large handled utensils
- Adjustable angle utensils
- Weighted utensils
- Plate guard
- Scoop bowl

# Toileting

- Safety frame & Raised Seat
- Toileting paper aide [demo]
- Hygiene Mirror

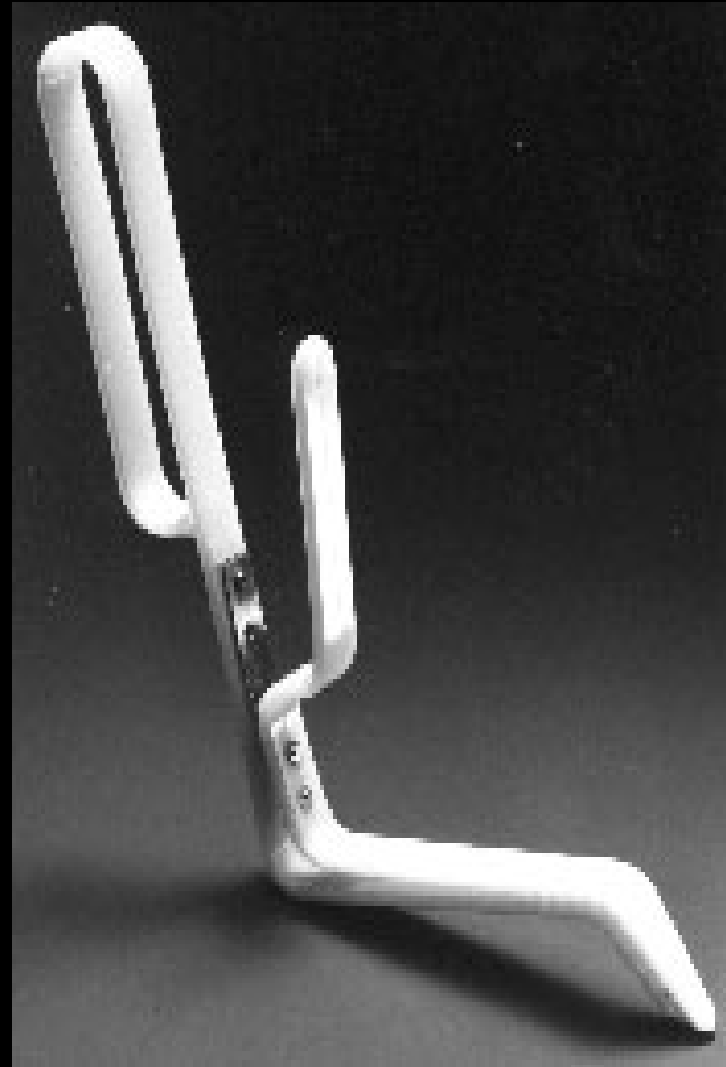
# Toileting

- Raised Seat & Safety Frame



# Toileting

- Toilet Paper Tongs



# Toileting

- Hygiene Mirror



That's All Folks !

