Evidence-based OT Interventions

- Activities of daily living (ADLs) – Self-care
  - Establish routines which promote independence
  - Strong evidence for ADL training and activity modification to improve or maintain self-care and leisure performance³
  - Environmental modification
- Exercise
  - Routine exercise for ROM, strength, endurance, and balance
  - Strong evidence for exercise to improve task completion during occupational performance³
- Rest and sleep
  - Strong evidence for exercise intervention to increase sleep³
  - Moderate evidence for beneficial effects of daytime social activities on nighttime sleep³
- Leisure and Social participation
  - Moderate evidence or tailored social activities to enhance daytime engagement³
  - Task simplification through activity analysis for leisure activities
  - Strong evidence for cognitive stimulation to improve social participation³
- Caregiver Strategies
  - Strong evidence for a cognitive reframing approach to reduce caregiver anxiety, depression, and stress³
  - Moderate evidence for periodic practitioner-caregiver interaction with skills training to reduce caregiver stress and promote satisfaction³

Introduction

- More than 5 million Americans currently live with dementia, with more than 15 million unpaid persons, often family members, providing ongoing care to these persons¹
- Strong need for nonpharmacological interventions that directly affect functional independence and quality of life of both persons living with dementia and their caregivers
- Occupational therapy (OT) practitioners use individualized evaluations of environments, routines, roles, and abilities to tailor intervention plans
- By working directly with individuals and their caregivers, OT practitioners recommend modifications to daily routines which will facilitate optimal occupational performance, safety and client participation³

Conclusion

- OT practitioners use the client’s abilities and preferences to help establish successful ADL and leisure activity routines, working to minimize caregiver fatigue and stress²
- Occupational therapy is a vital component of a multi-disciplinary approach to care for persons living with dementia

References