

Occupational Therapy

Improving function through participation in meaningful daily life activities

Combination of:

- *rehabilitation*- gaining strength, endurance, mobility, etc.
- *compensation*- adaptive equipment or adaptive techniques

Living Life To Its Fullest®
O C C U P A T I O N A L T H E R A P Y

Why OT?

OTs address the physical, cognitive, and social-emotional skills needed for anything that “occupies” your time. This might include self-care skills, driving, mobility, cooking, cleaning, work, volunteering, or hobby activities.

Community Resources

- Arizona Assistive Technology [Resource](#) Center
- Special Needs [Solutions](#): Non-profit in Tucson that can adapt or build items at-cost with volunteer makers
 - TMC for [Seniors](#)
 - The [Core](#) Health and Wellness at La Encantada
 - Parkinson.org [dressing](#) advice



Tucson Medical Center Outpatient Therapy

Occupational Therapy

Physical Therapy

Speech Therapy

Nutritional Services

Accept most insurances



Address: 5395 E. Erickson Dr. #101

Tucson, Arizona 85712

Office Phone: (520) 324-7005

Fax Number: (520) 324-6498

Website: www.tmc.az.com/outpatient-services/outpatient-therapy

Occupational Therapy in Parkinson Disease:

Resources for the job of living



Emily Rich, MOT, OTR/L

This is what Parkinson's Disease Looks Like.

Aa	Bb	Cc	Dd	Ee
Ff	Gg	Hh	Ii	Jj
Kk	Ll	Mm	Nn	
Oo	Pp	Qq	Rr	
Ss	Tt	Uu	Vv	
Ww	Xx	Yy	Zz	
0	1	2	3	4
5	6	7	8	9



Fine Motor Skills

- Vive Foam Built-up handle [tubing](#) (or cheaper option is insulation tubing from home improvement store)

Handwriting Skills

- Button [Hook](#) or DIY with plastic spoon or tape and paper clip
- Big Grip Pen options:
 - Big Fat [Pens](#)
 - Pilot [Pens](#)
 - Foam egg [grips](#)
 - Pen [Again](#)
- Wide-lined paper (bigger = better) for [purchase](#) or print online
- Better handwriting for adults ([free](#) download)
- Computer – Mouse for [smaller](#) hands and [larger](#) hands
- Steady Mouse [Software](#) (minimize tremor) (\$43-\$127)

Kitchen

- Kitchen adaptations – [cutting board](#), rocker knife, scooped [dish](#)
- Lightweight utensils vs. weighted utensils (individual preference)
- Liftware [utensils](#) counteract tremors to minimize spilling (starting at \$195)

Environment Adaptations

- Anti-skid, non-slip [mats](#)

Medication Management

- [Medi-Q](#) pill box with alarm (\$70)
- Medisafe [app](#) (free)
- Pharmacy options online
 - [Phil](#)
 - [Pill Pack](#) by Amazon



“Help me to do it myself.”

- Maria Montessori

Bathroom Self-Care and Toileting

- Hair dryer [stand](#) (hands-free)
- Adaptive floss [aid](#) or purchase pre-threaded “flossers” at drug store
- One-handed nail [clippers](#)
- One-handed denture [brush](#)
- Magnified [mirror](#)
- Raised toilet [seat](#) with grab bar frame
- Grab [bars](#) (**avoid** suction cup bars)

Dressing Skills

- Button [Hook](#) or Do it yourself using a plastic spoon or medical tape and a paper clip pulled apart
- Shoelaces
 - Lock [laces](#) (pinch and slide)
 - [Zubits](#) magnetic closure
 - LattoGe No-Tie [laces](#)
- Dressing stick, sock aid, zipper pull