

CPT- Self Care Group

Purpose

- Increased safety awareness while performing self care
- Stimulate interaction with others
- Improved self esteem
- Increased independence and control of personal look
- Improved trunk control
- Improved balance (sitting or standing)
- Improved task development and completion

Admission Criteria

- Free of illness or isolation precautions
- Cognitive level > 16 short BCAT
- Sitting tolerance of 30 minutes
- > fair vision
- Able to use UEs for self-care tasks to some extent

Objectives/Goals

- Increased knowledge of safe self-care techniques
- Independence with basic hygiene / self-care
- Improved balance while performing self-care tasks
- Improved fine/ gross motor control
- Energy Conservation while performing self-care tasks

Suggested Materials List

- Toothbrush, toothpaste
- Mirror
- Washcloth, shaving cream, Safety razor
- towel, soap, face cream, Makeup
- Nail brush, file, polish
- Adaptive equipment: reacher / sock aid/ commode/ button hooks, etc..

Suggested Activities

- Repeat demonstrating safe movement while completing self care techniques (w w/o adaptive equipment)
- Demonstrate/ patients return demo of safe sit to stand transfers: hand/walker placement
- Review Safety with sink:
 - Modify activities in sitting if necessary
- Review Safety with Tub/Shower
 - Check for safe water temp
 - Check for water prior to transfer
 - Non-slip mat
 - Use assistance when needed
 - Emergency response alert close by if available/ recommend if necessary
 - Have items within easy reach
 - Review ADA recommendations for transfer bars
 - Shower chair/tub transfer bench
 - Take breaks while drying if needed
 - Review available adaptive equipment: long handled sponge, removable shower head
- Safe Toileting
 - Adaptive equipment:
 - Moist flushable wipes
 - Toilet aid
 - Safety frame
 - Elevated toilet seat with/without arms
 - 3 in 1 commode
 - Male/ Female urinal
- Review dressing techniques:
 - Adaptive equipment: educate/ practice use
 - Dressing stick
 - Sock aid
 - Reacher
 - Button hook
 - Footwear: educate/ practice taking off/putting on socks/ shoes/ braces / orthotics
 - Long handled shoe horn
 - Elastic shoe laces
 - Velcro closures