




“Fun In Function” through Functional KITS

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Learning Objectives

- Explain the benefits and important components of functional exercise
- Define Functional Tool Kits and how to design kits that are meaningful, motivating and fun for the individual resident integrating the whole person wellness model
- Develop awareness and sensitivity of the generational culture and value/belief system for effective Functional Tool Kit implementation
- Explore a variety of kits and understand how to address various impairments across the rehab spectrum with all diagnoses (high level to low level residents)



Functional Exercises

- Purposeful Exercises
 - Not activity-specific, but activity-general
 - Functional exercise looks at the commonalities of movement and reinforces them
 - push/pull
 - change speeds
 - change direction
 - single leg stance
 - lunging, bending, twisting
 - The goal of functional training is to not only change how the body looks, but how the body moves



Functional Exercises

- Functional Training focuses primarily on multi-joint movements
- Multi-joint movements integrate muscle groups into patterns (which we use for EVERYTHING)
 - Walking up a step, carrying a bag, picking up dropped keys, walking through a crowded room, getting out of a car
- When do most orthopedic injuries occur and where?
 - Activities of Daily Living- i.e. shoveling snow, picking up garbage bag, playing with kids
- When and where do most geriatric falls occur?
 - Activities of Daily Living, and NOT IN THE REHAB GYM



Functional Exercises



- We lose the movement because we don't train for the movement
- Age-related losses → Use it or lose it!



Impairment or Functional?



Impairment or Functional?



Functional Exercises

- Every resident goal must have a functional component
- Why hasn't the health industry embraced the concept of functional exercises and functionally training our residents to adequately prepare them for their D/C environment?



Functional Exercises for the Elderly

- Functional training for elderly adults needs to address each person's physical abilities, goals and general health, and it should never use a one-size-fits-all approach
- Besides strength, what other areas should be addressed with exercise in the elderly?



Evidenced Based Research

- Suggests that functional exercises is the best way to ensure successful outcomes
- Supports that there is minimal translation of carryover from performing impairment based exercises to functional everyday activities

• SOURCE: De bruin, E.D. & Murer, K., (2007). Effect of additional functional exercises on balance in elderly people. Clinical Rehabilitation. February 2007, vol. 21, no.2, 112-123.



Impairment Vs. Function

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| <ul style="list-style-type: none">• Impairment Interventions• Seated exercises• Riding a bike• Stacking cones• Using a peg board• Exercises with pulley/weights• Random flashcards• Videotape exercise programs• Kicking a ball/catching a ball | <ul style="list-style-type: none">• Functional Interventions• Reaching into a cabinet• Pulling out a drawer• Making a bed• Sweeping the floor• Carrying a beverage while walking• Using activity calendar• Using a phone• Reading a newspaper |
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Key Points for Successful Outcomes

- In order for the resident to obtain the functional goals established, therapeutic intervention strategies must be based on functional activities
- Meaningful activity is the key to maximizing independence
- Purposeful tasks help to challenge the brain and keep basic ingrained functions utilized
- The therapist needs to learn how to structure the therapeutic interventions that replicate everyday, common activities, tasks, interests and hobbies
- Utilizing Functional Kits will allow the resident with any diagnosis (including dementia) the opportunity to engage in meaningful and purposeful activities



What is a Functional Tool Kit?

- A Functional Tool Kit is a collection of commonly used materials or items from everyday life that provide the healthcare professional and resident an opportunity to work on specific impairments or tasks that are challenging to the resident in a more meaningful, purposeful, fun, motivational, functional manner



Benefits of Functional Tool Kits

- Materials and items are easy to find
- Cost effective
- Adaptable to meet the resident's need
- Easily stored
- Available for use anywhere
- Transport ready
- Versatile for PT/OT/ST
- Meaningful and purposeful
- Incorporates the 6 dimensions of wellness
- Encompass all aspects of the resident's present and past life activities and passions
- Enhances quality of life and well being
- Promotes active aging
- Motivates and provides fun for the resident



Creating a Functional Tool Kit

- How are items stored?
 - Plastic bins
 - Shoe boxes
 - Large laundry bag
 - Laundry basket
 - Plastic crates
- Keep items all in one place for easy access/grab and go so the kits can be used anywhere



Creative Functional Tool Kits

- Cooking Kit Contents:

- Recipe card
- Cookbook
- Measuring spoons/cups
- Bowls
- Spatula
- Baking pans
- Apron



Creative Functional Tool Kits

- Cleaning Kit Contents:

- Sponge
- Various size spray bottles of water
- Paper towels
- Feather duster
- Broom/confetti
- Scrub brush
- Rubber gloves
- Cleaning caddy



Creative Functional Tool Kits

- Handy Man Kit Contents:

- Tool box
- Different size nuts and bolts
- Different size screwdrivers
- Wrenches
- Goggles
- Toys/radios/devices for repair



Creative Functional Tool Kits

- Coffee Making Kit
- Contents:
- Coffee maker
- Pitcher of cold water
- Coffee
- Coffee mugs
- Measuring cup
- Spoon



Creative Functional Tool Kits

- Phone & Communication Kit
- Contents:
- Phone
- Phonebook
- Envelope
- Pen/pencil
- Address book
- Writing paper



Creative Functional Tool Kit

- December Holiday Kit
- Content:
- Decorate a Christmas Tree & display Hanukkah menorah
- Bake and decorate cookies
- Share them with friends
- Decorate the center's main hallways & common areas to celebrate



Creative Functional Tool Kits

•Gardening Kit

Contents:

- Flower pots
- Organic potting soil
- Seeds (flowers/herbs)
- Gardening gloves
- Watering can
- Soil scoop/small shovel
- Plant food



Creative Functional Tool Kits

•Golf Kit Contents:

- Golf putter
- Golf ball
- Golf glove
- Golf score card/pencil
- Golf tee
- Foam (for tee placement)
- Practice putting green (optional)



Creative Functional Tool Kits

•Laundry Kit Contents:

- Laundry basket
- Laundry detergent with cap/measuring cup
- Fabric softener sheets
- Clothing/bed linens
- Clothespins/hangers
- "Spray & Wash" for spot removal



What Impairments can Functional Tool Kits Impact ?

- Daily materials and items are used to address problems that impact a resident's ability to function at a maximum level of independence in his/her environment
- **Physical:** strength, range, tone, balance, coordination, sensation, pain
- **Cognitive:** attention, memory, judgment, problem solving
- **Emotional:** depression, behavior, agitation, anxiety
- **Vision:** compensatory strategies for low vision and the aging eye
- **Communication:** compensatory strategies for language barriers; ability to make needs known



Who Can Benefit from the Kits?

- Orthopedic Diagnosis
- CVA
- Parkinson's Disease
- Cardiopulmonary Diagnosis
- Low Vision
- Dementia
- Mild Cognitive Impairment
- Arthritis
- Cancer



Kit Selection & Adaptability

- Proper selection of the kit for each individual resident is based on the following:
 - Interest and Leisure Activities
 - Meaning and Purpose to them to increase adherence and motivation
 - Functional status of the resident
 - Cognitive status of the resident
- All kits have the capacity to be adapted to meet the functional and cognitive level of the resident



Adapting the Kits- Higher Level

- For our resident's with mild or no cognitive impairments, the deficits will lie more in the Instrumental Activities of Daily Living & Executive Functioning
 - Shopping
 - Party Planning
 - Medication Management
 - Financial Management
 - Leisure Pursuits



Adapting the Kit-Lower Level

- For those residents who have dementia, find a kit that has meaning and purpose from their life
- These activities they will be interested in pursuing and can assist in calming agitated behavior
- Simplify the activity to not overwhelm them and only present one part of the kit at a time
- Use proper cueing, both physical and cognitive cueing, to facilitate engagement in the activity



Generational Culture

- Knowledge in the generational culture will provide the healthcare professionals with clues as to what kits to create that will be meaningful and motivating to the residents they serve
- Recognize that kits that are enticing to the health professional might not be engaging to the resident since they most likely are from different generational cultures
- Consider that all people are unique individuals and the generational characteristics might not hold true for everybody



What is Generational Culture?

- Definition: The cumulative deposit of knowledge, experience, beliefs and values that shape and define a particular group of individuals born in the same time period
- Every generation is influenced by events that occurred during their lifetimes and the lifetime of their parents
- 5 Living Generations:
 - G.I. Generation
 - The Silent Generation
 - The Baby Boomers
 - Generation X
 - Millennials



G.I. Generation (1904-1922)

- Born into a period of great prosperity in the US
- Saw stock market crash and lived through the Great Depression and WWII
- Made great sacrifices early in their lives for the greater cause; considered heroes by many
- Confident, optimistic, successful in many facets of life; logical problem solvers
- Made great strides in science and business
- Traditional gender roles and family structure



The Silent Generation (1925-1945)

- Raised during the great Depression and WWII but most were too young to participate in the war; Pearl Harbor and Normandy are significant life-shaping events as children and The Korean War as adults
- Entered adulthood during the rebuilding years of the US
- Lowest birth rate generation in the 20th Century
- Taught to be loyal, respectful, patient and sacrificed for the greater good; comfortable with delayed gratification
- Comfortable with a hierarchical structure; prefers rules; great respect for authority; likes stability; traditional gender and family roles



The Silent Generation (1925-1945)

- Males worked and woman cared for the family and home with great pride
- "Suburban" was defined; emergence of woman in the workplace
- Private; trustworthy; hard working (because it is the right thing to do); prefers formal communication and dress; values organizational structures and informed choice; financial savings is critical
- Love their stuff and won't get rid of it; worked hard for it and living in the Great Depression influenced this behavior
- More educated and more affluent than GI Generation



Baby Boomer Generation (1946-1964)

- All those born post WWII in the "baby boom"; largest generation by population
- Associated with a rejection of and redefinition of traditional values
- Among the first generation to grow up genuinely expecting the world to improve with time
- Did not grow up in hard times and their parents wanted them to have it all; have remodeled society as they have passed through it
- This generation is shaped by the events of the: Civil Rights movement, Women's Liberation movement, the Vietnam War, landing on the moon and assassination of JFK



Baby Boomer Generation (1946-1964)

- Trends of the generation: listening to Motown music, Beatles, hippies, the draft and low unemployment
- Values peer competition, change, hard work(to get ahead) "workaholic"; climbing the ladder of success and team work to get there
- Does not like command/control and rules; will challenge the system
- Boomer's are the "show me" generation; prefer open, direct communication
- If you give them a cause they will fight for it



Generation X (1961-1981)

- Shaped by the events of the oil crisis of 1973, Watergate, the end of the Cold War and the HIV-AIDS epidemic
- Grew up during an era of political, military and economic failures leading to skeptical, mistrusting perspective of the world
- Their parents worked hard and they are the first generation of the "latch-key kids"
- Trends affecting this generation include corporate downsizing, the environmental movement and state budget cuts



Generation X (1961-1981)

- Values pragmatic, realistic approach to daily life; "now" oriented, tech-savvy, nimble
- Interested in function, efficiency and resourcefulness
- Likes to multi-task and communicate informally and via email.
- Independent thinkers not necessarily connected to the views of an organization; values diversity; prefers managing own time; tries to achieve balance in life between work and play



Millennials (1982-2001)

- Some of the events that will shape their lives include: the fall of the Berlin Wall, the Gulf War, Oklahoma City bombing, Columbine School shooting, 9/11 attack
- This generation values optimism, civic duty, diversity and morality; conventional and deeply focused on peer-oriented activities for full life course
- Likes positive reinforcement at an accelerated rate; constantly on the go and involved in many activities
- Most technologically savvy generation yet; comfortable with the latest technology; masters of mobile and hand held devices



Why is Generational Culture Important ?

- Important to recognize that each generation:
 - is motivated differently
 - enjoys different activities
 - prefers different styles of communication and learning
 - demonstrates different strengths and weaknesses
 - embraces different values and beliefs



Aging In Place Through the Use of Functional Tool Kits

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| <ul style="list-style-type: none">• Resident Benefits:<ul style="list-style-type: none">• Decrease number of falls• Decrease behavioral issues• Decrease # of medications• Slow down or maintain chronic disease progression• Improved carryover of skills• Decrease depression• Improve quality of life and hopefulness | <ul style="list-style-type: none">• Community Benefits:<ul style="list-style-type: none">• Decrease burden on staff and family• Increased compliance & motivation with rehab process• Improved functional outcomes• Improve resident satisfaction• Increase community census• Promote healthy financials |
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Questions To Consider for a Successful Session

- What impairments/tasks are you working on?
- What are the interests and passions of the resident?
- What is the generational culture of the resident and his/her values and belief systems?
- What Functional Tool Kit will allow you to achieve the desired outcome?



Questions To Consider for a Successful Session

- How many dimensions of wellness can you integrate into the Functional Tool Kit activity?
- What environment will be most appropriate for working on the Functional Tool Kit activity?
- Who should be included in the session?
- How should the Functional Tool Kit be adapted to ensure the “just right challenge”?



Just for Rehab??

- Who else in your centers can become involved in this program?
- Staff in the dementia units
- Activities personnel
- Volunteers