

The Role Of Occupational Therapy in SNFs

Occupational therapy practitioners focus on “achieving health, well-being, and participation in life through engagement in occupation” (American Occupational Therapy Association, 2014, p. S4). In SNFs, they address training in self-care skills; training in the use of adaptive equipment, compensatory techniques, and environmental modifications; and behavioral and mental health issues.

Source: https://www.aota.org/~media/Corporate/Files/AboutOT/Professionals/WhatIsOT/RDP/Facts/FactSheet_SkilledNursingFacilities.pdf

OT Intervention in Short-term SNF

- ☐ Remediating instrumental activities of daily living (IADLs) related to the patient's discharge environment, such as preparing a meal or managing one's home or finances
- ☐ Training in functional mobility, such as how to prepare a meal while using an ambulatory device
- ☐ Preparing the client and family for community reintegration (as appropriate for the client's discharge site) with activities such as public dining or emergency response management
- ☐ Assessing the need for and recommending potential home modifications and safety equipment to reduce barriers and promote safe functioning upon discharge
- ☐ Exploring adaptations and compensatory strategies for return to volunteer or paid employment
- ☐ Assessing current leisure skills to determine whether modifications are needed to continue participation and/or assisting with exploring new leisure pursuits

Occupational Therapy for LTC-SNF residents

- ☐ Teaching functional mobility, including using an ambulatory device and/or transfers to different surfaces, such as a bed, chair, toilet, or shower in order to perform self-care and personal tasks; and training in wheel-chair mobility and safety appropriate for the resident's level of cognition and perception
- ☐ Remediating or enhancing IADLs, such as ability to use the telephone or the emergency staff call system
- ☐ Teaching residents with cognitive and perceptual deficits in compensatory techniques to maximize abilities in areas such as attention span, orientation, sequencing, and/or memory
- ☐ Teaching residents with low vision how to maximize their remaining vision and enhance safety through compensatory techniques, environmental modifications, assistive technology, and adaptive equipment

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