

Occupational Therapy Services at CMHCM

Katelyn Campbell, OTRL

Objectives

- What is Occupational Therapy (OT)
- Who is appropriate for Occupational Therapy Services
- What does the process of Occupational Therapy look like at CMHCM

What is Occupational Therapy (OT)?

- Occupation: an area in life that gives people meaning and purpose
- Occupational Therapy: Rehabilitation for individuals with physical or mental illness, lacking the ability to perform activities required for, or desired in daily life.

Occupational Therapy Cont.

- ADLs (Activities of Daily Living)
 - Bathing, dressing, grooming/hygiene, toileting, feeding
- IADLs (Instrumental Activities of Daily Living)
 - Food preparation, house keeping chores, community integration, transportation, medication management, financial management, communication
- Functional Mobility
 - Ambulation, wheelchair mobility, transfers, bed mobility

How do I know if a consumer needs OT?

- Occupational Performance Deficits: An individual is limited to participating in ADLs, IADLs, or Functional Mobility
 - Physical: range of motion, strength, coordination, balance, endurance
 - Cognitive: perception, knowledge, problem-solving, judgement, language, memory
language, learning, memory,
 - Psychosocial: interactions, habits, routines, behaviors, sensory processing, use of coping strategies

OT Referral

- CM will CMH's Prescription for Occupational Therapy Services to consumer's PHCP to be filled out. Scan the script into CIGMMO. (Health Services → PHCP → label doc "Prescription for OT Services") The initial script is good for 90 days.
- Fill out an Occupational Therapy Referral Form in CIGMMO and forward it to your CM supervisor. The referral will be reviewed and sent on to the OT supervisor if appropriate. Once OT supervisor receives the referral, OT will be assigned to the consumer's chart.
- When the consumer has been assigned to OT, CM must complete an addendum and add the authorization for an OT evaluation (9716X bundle). OT will schedule an evaluation and put the documentation of services in CIGMMO when complete. OT will send CM requested authorizations for continued visits with consumer.

OT Evaluation

- Face to face evaluation at consumer's home, AFC, or in office
- OT evaluation components: Chart review, medical history, current living situation, assessments of occupational performance, and development of the plan of care.
- Is the consumer able to safely and effectively participate in desired daily living tasks?

Plan of Care

- Address occupational performance issue:
 - ADL/IADL performance
 - Adaptive equipment recommendation
 - Environmental Modifications
 - Home Exercise Program
 - Sensory Integration Program

ADL/IADL Performance

- Address the barrier that limits performance with a home exercise program
- Modify the task
- Recommend adaptive equipment to simplify the task
- Consumer/caregiver training in safe performance of task

Adaptive Equipment/Durable Medical Equipment

- Wheelchair
- Walker
- Lift/transfer system
- Shower chair/bathing equipment
- Hospital bed
- Gait belt
- Splint/brace
- Assistive device for ADLs

IMPORTANT: Some, but not all adaptive equipment is covered by insurance. Adaptive equipment that is determined medically necessary may be pursued with HAB waiver funding, if also ordered by the consumer's PHCP.

Home Modifications

- Home evaluation to determine if environmental modifications are required to improve accessibility and allow the consumer to participate in daily living tasks
 - Zero threshold showers
 - Widening of doorways
 - Ramps to enter/exit home
 - Overhead ceiling lift
- **IMPORTANT:** Insurance does not cover the cost of home modifications. If determined medically necessary, all other cost-effective options must be ruled out to request HAB waiver funding

Physical Activity/Functional Mobility

- Physical limitations:
 - Strength
 - Range of motion
 - Gross and fine motor coordination
 - Functional activity tolerance/endurance
- Physical limitations reduce safety in performance of ADLs/IADLs and functional mobility tasks
- Home Exercise Program (HEP) / Caregiver Training

Sensory Processing

- Sensory Integration: the brain's ability to take in information from the senses, organize it, and respond to it during experiences of daily life.
- Sensory Processing Disorder: neurophysiological condition in which sensory input from the environment or from one's own body is poorly detected, modulated, or interpreted, to which atypical responses are observed. Sensory processing issues can limit performance and participation daily living tasks.
- Sensory Evaluation
- Sensory Diet: Planned and scheduled activity program that gives an individual the sensory input that they need to concentrate on calming and self-regulation

OT Process

- Referral
- Evaluation
- Develop and implement treatment plan
- Consumer and caregiver education and training
- Consult with case managers and other treatment team members
- Discharge

Questions?