

What can Occupational Therapy offer people with MND?

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What is occupational therapy?

- ▶ Occupational therapy helps you live your best life at home, at work – and everywhere else. It's about being able to do the things you want and have to do. That could mean helping you overcome challenges learning at school, going to work, playing sport or simply doing the dishes. Everything is focused on your wellbeing and your ability to participate in activities. (RCOT, 2023)

How can OT help people
with MND, their families
and carers?

Optimisation of meaningful ADL's

Maintenance of social and leisure activities for as long as possible

Modification of the home environment

Raising awareness of safety

Posture and positioning

Fatigue management and conservation of energy

Self-management

Avoiding undesired hospital admission

Use of adaptive equipment

Facilitation of meaning, quality of life and well-being

Providing support around physical, emotional and spiritual issues

Promoting a positive approach to death.

Psychological strategies

Teaching new techniques



Sourcing equipment



Adaptations





Employment advice and support



Fatigue management

Posture, positioning and wheelchairs





Environmental controls

Adjustment support



Challenges



Series of bereavements



What's important changes



Timing - Interventions such as adaptations and special orders of equipment can take weeks or months



Acceptance - often not ready to accept equipment/adaptations until they are needed. Crisis management



Balancing the needs of the individual and the family/carer

What will help OT and client?



EARLY REFERRAL TO OT



COMMUNICATION



Questions?

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