CARFIT Events are year round!

**JAN**

CarFit Dates
Jan. 16 - Port Charlotte, FL
Jan. 16 - Margate, FL
more dates pg. 17

**FEB**

Remember OT licenses
MUST be renewed by
2.28.15

**MAR**

Student Design Contest
(details here)
Deadline & Winners
Announced

**APR**

APRIL is OT Month!
FOTA FOTO CHALLENGE!
<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Instructor</th>
<th>Dates</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>114</td>
<td>Donatelli’s Pathophysiology and Mechanics of the Shoulder with Lab</td>
<td>Robert Donatelli, Ph.D, PT, OCS</td>
<td>January 24-25, 2015</td>
<td>Tampa, FL</td>
</tr>
<tr>
<td>121</td>
<td>Clinical Strategies for the Restoration of Posture, Balance, and Gait</td>
<td>Sandy L. Burkart PT OCS, PhD</td>
<td>September 12, 2015</td>
<td>Miami, FL</td>
</tr>
<tr>
<td>227</td>
<td>Clinical Aphasiology: Background, Evidence, and State-of-the-Art Application</td>
<td>Erin Silverman, Ph.D. CCC/SLP</td>
<td>March 28, 2015</td>
<td>Tampa, FL</td>
</tr>
<tr>
<td>311</td>
<td>Introduction to Pediatric NDT</td>
<td>Marcia Stamer, MH, PT, C/NDT</td>
<td>September 12-13, 2015</td>
<td>St. Petersburg, FL</td>
</tr>
<tr>
<td>344</td>
<td>A Fresh Approach to Treatment of Torticollis</td>
<td>Nancy Neiditz, PT</td>
<td>February 21, 2015</td>
<td>Miami, FL</td>
</tr>
</tbody>
</table>

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PRESIDENTIAL PONDERINGS

Elena Vizvary, OTR/L FOTA President

FOTA Leadership News

In the last few months, we have had a few changes to the FOTA leadership group.

First of all, to those who are no longer serving in leadership, we extend gratitude for your services to FOTA. We certainly appreciate time given and work done to the following: Betsy Burgos (DD SIS), Brent Cheyne (Webmaster), Saritza Guzman-Sardina (MHSIS-Mental Health SIS), Kinsuk Maitra (Research SIS), Ilse Salcedo (PDSIS - Physical Disabilities SIS), Anita Smart (SISIS - Sensory Integration SIS) and Maribel Valdez (Rep for Region 5).

Next, we welcome the newest members of FOTA Practice Committee to the position of SIS Chair in their respective areas of practice: Thomas Decker (Sensory Integration), Kathleen Frahm (Developmental Disabilities), Shaji Varughese (Physical Disabilities), ShPey-Shan Wey (Research), and Mirtha Whaley (Mental Health).

Welcome also to the newest Regional Representatives, who coordinate and facilitate communication for FOTA members in his/her geographic areas. They are Rebecca Hallman for Region 5 (Central East), and Raynouri Hines for Region 9 (Central West). You can identify your own Regional Representative by consulting the FOTA website leadership page.

Conference Recap

“Back to the Future” was the perfect theme for FOTA14 conference! We heard discussions of the past and the present coming together throughout the conference with glimpses of what lies ahead and what we need to do to prepare for the future. One example of this was our keynote speaker, Katherine Burson, MS, OTR/L, who described her professional challenges and rewards as an OT in Mental Health practice. Both inspiring and informational, she brought us to our feet as we applauded her tenacity and compelling story. She helped us see there is much to do for the future of Mental Health OT in Florida. If you would like to join the Florida OT journey in Mental Health, please contact Mirtha Whaley mwhaley@nova.edu.

The OT future theme continued during two other specific conference sessions in which I participated. Membership chair Adrienne Lauer, Administrative Assistant Janine Silvaroli, and myself met with a small but obviously dedicated and energized group of students on Saturday afternoon. Together we outlined steps needed for more student involvement in FOTA and we also identified potential activities that FOTA can do to support student coordination within Florida. So very exciting for both FOTA and students! What can speak to the future more than students?

Another session dealing with the future was the Town Hall on Friday during which the possible transition of the profession to a doctorate level of entry was discussed. I was impressed at the passion and knowledge level shared during this session. Whether you are for or against this change, this topic clearly is food for thought and can have a big impact on the OT of the future. Stay tuned at aota.org.

One of the most gratifying parts of conference each year is the FOTA award ceremony. Held immediately after the membership meeting on Saturday, this year there were three awards bestowed on deserving individuals.
The Award of Appreciation went to Susan Wagner, who served as FOTA Accountant for six years. During that time, Sue facilitated the financial health and success of our organization. Sue also helped us identify and resolve some financial deficiencies, helping us create better and more cost effective solutions.

Becky Piazza received the FOTA Award of Recognition, given for outstanding contribution to the recognition and advancement of occupational therapy in Florida. Becky gives tirelessly of herself to develop the next generation of occupational therapy practitioners, serving as a student mentor and implementing a collaborative learning model at her worksite. Becky is using the skills she is developing as part of AOTA's Leadership Program and revitalized the local OT Forum in Gainesville. We are sure you will go far Becky and we are glad to have you as Regional Representative for North Central Florida.

The David D. Clark Award of Excellence is for longstanding and significant contribution to the profession of Occupational Therapy and FOTA in Florida. This year, Carol Gwin was recognized for her work at AOTA as Practice and Technology Program Chair, editor, reviewer and contributor to numerous AOTA publications, and serving as chair of AOTA Bylaws Policies and Procedures committee (BPPC) for 14 years. In addition, Carol was also involved in FOTA leadership. She was BPPC chair, conference reviewer and poster judge for many years. In Carol’s eyes, one of her proudest accomplishments in Florida was the establishment of the Alice C. Jantzan Fellowship by Carol and her husband. The Alice C. Jantzan Fellowship at the University of Florida is for deserving occupational therapy graduate students who portray exemplary leadership and academic excellence. What a great legacy to follow Carol into the future!

Congratulations to all FOTA Award winners!

FOTA14 was indeed an overall success because of the efforts of so many people. Thank you to conference coordinators Debbie Reber, Conference Convener and Deb Oliveira, Vice President, who put together a fabulous collection of educational sessions and wonderful conference opportunities. Thanks to FOTA Administrative Assistant for website management and help in coordinating many events including the new and popular 5K run and the “Glow” party. I expect we will see similar fun networking events at future conferences.
Congratulations to the FOTA14 Student Poster Award Winners

OTS Winner:
Taking the Pain Out of Painting
Students: Elizabeth Kretz, Caroline Fee, Michael Novak, Mary Peterson and Sam Miller
School: Nova Southeastern, Fort Lauderdale
Faculty: Catherine Peirce, PhD, OTR/L

OTAS Winner:
Life's a Garden: How Occupational Therapy Can Help Clients Dig It
Students: Emma Williams, Doug Lippincott, Jeff Huilar and Amelia Forgey
School: State College of Florida, Manatee-Sarasota
Faculty: Amanda Kotolski, MS, OTR/L

Soul of OT:
Occupational Therapy's Prestigious Lecture Series: A Historical Review to Inform the Future
Students: Fred Schetrompf and Kristen Humphrey
School: Florida Gulf Coast University
Faculty: Lori Andersen, EdD, OTR/L, FAOTA

Most Dynamic Presentation
Mobile Health Education - Equal Access Occupational Therapy Specialty Clinic
Students: Kristen Duffield, Rachel Boeche, Amanda Tudeen, Lauren Hew and Kimberly Roach
School: University of Florida
Faculty: Sandra Winter, PhD, OTR/L

Scientific Rigor:
The Assessment of Spatial and Non-spatial Search
Student: Terra Mills
School: University of Florida
Faculty: Russell Bauer, PhD, ABPP/CN

Most Visually Engaging:
Life's a Garden: How Occupational Therapy Can Help Clients Dig It
Students: Emma Williams, Doug Lippincott, Jeff Huilar and Amelia Forgey
School: State College of Florida, Manatee-Sarasota
Faculty: Amanda Kotolski, MS, OTR/L

Winter 2015
FOTA is sponsoring a Flyer Design contest for FOTA15, the 2015 Annual Conference. The conference theme is: "Engaging Lives Throughout the Lifespan". The flyer will be used as the cover of the FOTA15 Conference Program and event advertising. All submissions become property of Florida Occupational Therapy Association. Through submission of artwork, contestants and their legal guardians grant non-exclusive reproduction and publication rights to the works submitted, which will not be returned.

APPLICATIONS:
Participants should submit their flyer design online. Applications will be accepted January 1 - March 1, 2015. Winner(s) will be announced March 15, 2015. After submitting the application, participants will receive an email confirmation that the application was received.

ELIGIBILITY REQUIREMENTS:
The flyer contest is open to all students who are currently enrolled in school(full/part/grad). Approval from the student's faculty adviser is recommended but not required. The student(s) submitting must be the designer and author without any outside help. You may submit as a team.

INSTRUCTIONS:
• The flyer must be 8-1/2” x 11” in size. The flyer must be submitted in .pdf or .psd format.
• The theme must be included in the flyer.
• We encourage use of color and creativity.

JUDGING FOR THE COMPETITION
A panel of judges will review the poster presentations. Each judge will rate each entry on a 100-point scale. The final ranking of entries will be based upon the mean of the resulting distribution of scores.

RECOGNITION OF PARTICIPANTS AND WINNERS
First Place Winner(s) will receive the following:
• Contest winner Certificate
• 1 Complimentary FOTA Membership for one year, commencing with termination of current membership
• 1 Complimentary 2015 Conference Registration
• Recognition during April OT month on our website, social media and in our quarterly newsletter, “FOCUS”.
• Winner(s) will have one page of FOCUS dedicated to the flyer and recognizing the school the student(s) attends. Winner(s) can provide photos of Faculty, Students and/or OT events to be included in the newsletter.
• Bragging Rights for their school for the year!
• All winners and participants will be recognized publicly during OT Month in April, 2015. Prizes will be awarded at that time.

Please e-mail fota.janine@gmail.com if you have any questions.
Wintertime is a great time to be living in Florida! With our balmy weather and gorgeous beaches, we are the envy of most of the rest of the nation. Even those of us in North Florida can’t complain and enjoy our “sweater” weather. We enjoy family and friends during the holidays and help our clients and students move forward. Winter is also a good time to start planning ahead and, for us, that means the fall conference.

The 2015 fall conference will be in Orlando. We have the place and the space and hope it will be the best one yet! We want to break all records for attendance, sponsors, exhibitors, and quality presentations. Of course, we want to continue with our new tradition of a fun run. Planning for such a major conference takes time and people. We are looking for volunteers to assist us with the many tasks, large and small that lead to a successful conference. No amount of help is too little! We need you all!

We will be sending out alerts for volunteers during the next several months so start thinking about where your skills lie and how you can lend a hand. Organizer? We need a volunteer coordinator! Good at editing and critiquing? We always need people to vet our short course and workshop submissions. Like to advocate and be involved in sales? Help us find sponsors and exhibitors. The list goes on and on!

Here is hoping 2015 is a great year for Florida Occupational Therapists and the Florida Occupational Therapy Association. We are always working for you and look forward to a busy and productive year.

A message from the Vice-President
Debora Oliveira, Ph.D., OTR/L

Thank you FOTA Board members and Leadership Committee members!
Dedicated volunteers like you keep FOTA relevant!

Save The Date!

Save The Date!

FOTA’s Annual Conference & Expo
November 6-7, 2015
Orlando, Florida
Doubletree @ Universal Studios

www.fota.org
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Patient Name: Sally
Brace Design: Solar System® Quasar
Strap Color: Pink
Pad Color: Sky Blue
Trim: Princess
In 2014, Florida moved the vast majority of Medicaid recipients from standard Medicaid to Medicaid HMOs. As the year came to a close issues with this transition have come to light. The most notable population that has been affected are the pediatric patients. So the Pediatric Alliance (a group of OTs, PTs and STs working together to improve how we provide pediatric therapy services in Florida) asked FOTA to join forces with them to work on the issues together.

The first mission was a meeting in Tallahassee on December 10th where ACHA brought providers and plan administrators together to discuss the issues. The outcome was that one plan CEO recommended the two sides form a task force or workgroup to address the specific issues.

While nothing was resolved at this meeting on December 10th, representatives of all the therapies had an opportunity to be heard. This meeting certainly laid the groundwork for ongoing dialog and hopefully meaningful changes to come.

As FOTA researched the issue in preparation for the meeting, it also came to light that adults on Medicaid, due to now being on HMO plans now do get some benefits, where in the past they did not. However, the adult population is finding some of the same frustrations as the pediatric population: long wait times for authorizations, approval for relatively few visits and increased burdens of paperwork to make the case and time spent trying to connect with the HMOs to get authorizations. In the end, this added burden of care on the part of the providers makes it difficulty for providers to treat these patients due to low reimbursement rates. So the real problem is that services for Medicaid recipients are becoming more and more rare. FOTA will continue to track this issue and participate in the dialog to create solutions. So stay tuned for updates in and email box near you.

Other Updates:

- Remember OT licenses MUST be renewed by 2.28.15
- You MUST have all CE listed in CE Broker BEFORE renewing!
  - You do not need a paid subscription to check this. Just sign up for the “Basic Plan”
  - You can self submit anything but the mandatory courses, they MUST be submitted for you by the providers. (if taking Preventing Medical Errors at your facility, make sure your facility an approved provider for OT
  - You need 26 CE for the 2 year period
  - Here is a link for the complete CE Rules (click on link or copy and paste into your browser. Once on the page click “ViewRule”: https://www.flrules.org/gateway/RuleNo.asp?title=LICENSURE%20STATUS%20AND%20FEES&ID=64B11-5.001

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What's Happening in Government Affairs

Barbara Ingram-Rice, OT, LMT, CLT, CHC, FOTA Government Affairs Coordinator

Click For additional information please review Frequently Asked Questions under: Licensee & Renewal FAQs.

Subscribe & Receive Updates via Email!

Don’t have time to check the Board’s website for new information? Subscribe to receive an email when new posts are added to the website.

http://floridasoccupationaltherapy.gov/resources/
Grassroots Dialogue regarding innovative apps available for clinical use

Ricardo C. Carrasco, PhD, OTR/L, FOTA, Practice Standing Committee Coordinator

Brief summary of SIS Technology Roundtable conducted during 2014 FOTA Annual Conference, Fort Myers, Florida.

Roundtable focused on dialogue on current innovative practice oriented applications (apps) accessible to practitioners. Innovative mobile technologies and applications (apps) are becoming more ubiquitous in the clinical setting. Conference participants were given the opportunity to share the apps they were currently using and discussing how these emerging applications fit into their practice areas. Participants were able to expand their knowledge about the current practice oriented mobile applications available. As well as identify some of the current evidence that supports the use of innovative mobile applications as a component of rehabilitation therapy.

The following links were provided to therapists to assist in keeping up-to-date with emerging potential clinical apps.

1. AOTA: Find Apps for Your Practice area. (Link: http://www.aota.org/apps)
2. AOTA: OT Connections –Apps for New Practitioners. (Link: http://otconnections.aota.org/more_groups/public_groups/new_practitioners/f/7909/t/18507.aspx)

Suggested readings discussed during roundtable are listed below:

4. Moore, S., Anderson, J., & Cox, W., Pros and cons of using apps

Click on the following links for more info regarding the aging in place and specialty certs available.

- Alzheimer’s disease Initiative-
- Home Care for the Elderly
- National Family Caregiver Support Program
- Grandparents caring for Grandchildren
- Specialty Certification in Environmental Modifications (SCEM) from AOTA-
- Certified Environmental Access Consultants
- Executive Certificate in Home Modification
- Rebuilding Together

Winter 2015
www.fota.org
As we start 2015 we reflect to find strategies for self-improvement, analyze growth opportunities, and search for outlets to contribute back to our community. I hope each of you identify passionately with an area that sparks your interests and keeps you excited about life and well as our profession.

Along this path of personal, professional and spiritual growth ask yourself the following questions:

• **What are you good at?** If you’ve been in a practice area for 6 months or longer, there are skills you possess that are beyond entry-level. As years pass you become an expert in matching occupational deficits to compensatory or adaptive strategies. As OT practitioners, we have the gift of creating moments, as we progress our clients towards health and independence that leaves us with that wonderful feeling of knowing how much we helped a client. Share that same skill with a student practitioner thru acceptance of a student in need of fieldwork placement.

• **What are you willing to try now?** What are you learning now? With the information age, if you aren’t learning new skills or information, you are falling behind. Find ways to keep a flow of new information entering your mind. Student clinicians are a great way to fine tune your current skills and learn some new ones!

• **What do you enjoy?** This question can have you looking forward and back. Think back to when you were a child. Some roles and habits hold true. What did you love, what do you love now? Occupational therapist will tell you how much they love helping people. We tend to be social and enjoy interacting with others. How can you maximize time doing the things you enjoy? Perhaps you enjoy writing about OT, or sharing talking points about OT. Find an interest, make it become a passion and share it with others.

• I have a distinct opportunity as the FOTA Fieldwork SIS and as a fieldwork coordinator, to meet occupational therapists and occupational therapy assistants who find their passion in assisting students as they transition from student roles to clinical practice. It’s an exciting time to watch as a student with book knowledge in their head, and a nervous smile on their face gets the opportunity to begin fieldwork experiences. It is also a pleasure to have fieldwork educators who mentor and teach the students to enter our practice.

• If you are good at your practice, would enjoy having students bring you current information to practice setting, and enjoy helping others, becoming a fieldwork educator may be a match for your 2015 goals. If you have any spark of interest in mentoring students and assisting in the fieldwork process, please contact your local college/university or go to [http://www.floteceducation.org](http://www.floteceducation.org) for contacts and resources!

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**Finding your passion and the joys of student supervision**

Pamela Kasyan-Howe, MS, OTR/L  FOTA Fieldwork SIS Chair, Academic fieldwork coordinator at South University, WPB, FLOTEC Chair, and overall person who loves all things related to fieldwork education!
Opportunities for OT in an Aging Society
Julie Ring, OTR/L

Experts have warned of an upcoming “elderly demographic time bomb” for many years due to increased life expectancy and prolonged low levels of fertility. Globally, the number of persons over the age of 60 will double (to 2 billion) by 2050; and for the first time ever, older people will outnumber children by 2047. By the year 2020, 45% of American households will be headed by someone at least 55 years old. Most of these demographic changes are due to the 76 million Baby Boomers that are starting to retire. In fact, 10,000 people turn 65 every day and this will continue for 16 more years. Although many people are reaching the official retirement age, a large percentage of those persons will have to stay on the job at least another eight to 10 years in order to have the 10 times their final pay in savings that experts recommend for the golden years. As a result, the number of people over 65 in the workforce is projected to increase more than 80% in the next 10 years. This can temporarily create a challenging situation for younger generations looking for work. Eventually, however, there will be a mass exodus of talent leaving the workforce as Baby Boomers gradually transition into the category of the oldest old (85+), which is currently the fastest growing demographic group. By the 2050, this group’s size will triple to 392 million.

Living in a society with such a large number of the very aged will present many challenges and opportunities. Societal challenges may include an economic slowdown as industries scramble to replace retiring talent; and communities may see a decrease of participation in local shopping, dining and places of worship since people tend to limit their activities as they age. Additionally, there will be increased strain on our social service and health care industries.

Personal challenges encountered by the elderly include both physical and social/emotional difficulties. 80% of elderly persons have a chronic health condition and 62% have multiple chronic health issues. Chronic pain, the pain response cycle and fear of falling often cause the aged to self-limit their activity thus leading into a cycle of depression and a sedentary lifestyle which cause further health problems. Additionally, isolation and loneliness can build as loved ones pass away. This can be especially devastating as it has been noted that meaningful social engagements can affect a person’s health more than whether or not they smoke.

Occupational therapy practitioners can play an important role in preparing our society for impending demographic changes by educating elders and their loved ones on the benefits of regular engagement in purposeful activities.

There are some federal and local systems in place to assist those that wish to remain active and engaged as they age. The Affordable Care Act promotes preventative health and wellness via a variety of free screenings and immunizations. The inclusion of these services may mark the beginning of a new era in health care that will transition our society from reactionary care to an emphasis on dynamic, healthy, successful aging. In addition to health care changes, there are community-level supports available. Area Agency on Aging offices are a wonderful resource for OT practitioners to be familiar with. They offer a variety of services including: free, evidence-based health and wellness programs, adult day care, chore assistance and referrals to other programs including Alzheimer’s disease Initiative and Home Care for the Elderly. Additionally, they can connect people with the National Family Caregiver Support Program which offers respite care, counseling, transportation and more to those that are caring for a person over the age of 60; as well as the Grandparents Caring for Grandchildren Caregiver Support Program.

There is also a growing aging-in-place industry in which large numbers of professionals and non-professionals claim to be experts in helping people adapt to changing abilities and to live independently as long as possible. It is imperative that OT practitioners educate others on how we are masters of function and deeply understand how the environment can enhance or inhibit ability to safely engage in activity. It is also important that we collaborate with home builders, kitchen and bath specialists and remodelers to ensure that our profession is understood and valued.

Another way to increase visibility in the aging-in-place industry is to add some credentials to your name. Some of the many options include a Specialty Certification in Environmental Modifications (SCEM) from AOTA, or one could choose to become a CAPS (Certified Aging-In-Place Specialist), a CEAC (Certified Environmental Access Consultants) or to earn an Executive Certificate in Home Modification (a program offered through homemods.org). Volunteering with Rebuilding Together is another option for spreading the word about how wonderfully OT fits into the home remodeling market.

There are many opportunities for OT practitioners to utilize their expertise and to stay current in a changing society. Our profession is able to make significant changes in individual lives and to help society embrace healthy aging. We can help to transition our elders and their loved ones into a future in which they are safe and happy doing the things they need and want to do.
Pi Theta Epsilon MSOT students at Florida A&M University display how to wear a backpack correctly!

MSOT students from Florida A&M University participated in a health fair for state employees during open enrollment for benefits. The students tested grip strength and provided information on ergonomics and prevention of work related injuries.

The MSOT students from Florida A&M University recently participated in CarFit
Left: Beverly Toombs, Betty Otuonye, Destiny Bahl and DOT person
Right: Beverly Toombs, Betty Otuonye, Bridgette Kindred, Ericka Provost, Deborah Olivieria and Karen Melton

The Fall induction ceremony for new Pi Theta Epsilon MSOT students at Florida A&M University. Pictured are: Teak Brown, Jamia Akins, Adam Hyman, Bridgette Kindred, Alisha Strawn, Courtney Taylor, LaCandace Johnson, Charlsie Moore, Ericka Provost, Christina Kato and Brandon Davis
The effects of Lymphedema on activities of daily living

Kaye Rubio, OTR, MHS, CLT

This literature review aims to provide an overview of lymphedema and examine the difficulties in activities of daily living experienced by patients with the condition. Lymphedema is a chronic medical condition caused by reduced transport capacity of the lymphatic system. It is classified as primary or secondary based on the cause of lymphatic insufficiency.

The signs and symptoms of primary and secondary lymphedema are similar. These include swelling of the limb, pain, limb heaviness, numbness and tingling, tenderness, discoloration and tightness of the skin. These physical changes often lead to discomfort, fatigue, and decreased range of motion, strength, coordination, and balance.

Complete Decongestive Therapy (CDT)

CDT is the treatment of choice for lymphedema (Bogan et al., 2007; Cohen, 2011). Phase I involves treatment by a certified lymphedema therapist. Phase II is a daily home program completed by the patient. It consists of self-massage, exercise, skin care, inspection of the limb, wearing of compression garments. (Bogan et al., 2007; Radina, Armer & Stewart, 2014).

Effects on self care and mobility

Patients either have to change the way these tasks are performed, set aside more time for task completion or avoid doing the task. Patients have difficulty in finding clothes and footwear that will fit and cover the affected extremity. It is also difficult to don and doff garments. They are limited in IADLs such as writing, opening bottles, carrying items, shopping, gardening, cleaning the house, ironing, cooking, caring for pets and caring for others.

Mobility is limited due to limb heaviness, immobility, fatigue and difficulty finding footwear. Patients have difficulty in transfers, negotiating stairs and difficulty walking long distances. They experience being confined to deskwork, unable to drive or walk the dog, and increased incidence of falls.

Effects on self-management routine

Self-management becomes part of a patient’s daily routine in phase II. The routine adds 30 minutes to 2 hours to their time for self-care (Bogan et al., 2007). They experience fatigue, lack of energy and difficulty modifying their daily routine.

Discussion

Occupational therapists can provide care to patients with lymphedema, even if they do not have a certification on lymphedema therapy. They evaluate and treat factors affecting ADLs such as strength, range of motion, coordination and activity tolerance. Therapists also teach alternative methods to complete self-care tasks and instruct patients on the use of assistive technology. For example, the occupational therapist can recommend modifications in the bathroom to allow the patient to sit with the affected extremity supported on a surface when performing self-care. The therapist can also recommend an assistive device such as a stocking donner for applying compression garments. They can also assist in creating new routines to perform ADLs.

Occupational therapist can their patients can visit the website of the National Lymphedema Network at https://www.linkedin.com/company/national-lymphedema-network to find treatment centers and further information on lymphedema. There are also groups through social media such as LinkedIn and Facebook where therapists and patient can chat with other professionals and patients with lymphedema.

References available upon request at FOTA

www.fota.org
Issuing Adaptive Equipment for Discharge Home

Ilse Salcedo, MOT, OTR/L - FOTA Phys Dys SIS Chair

From the moment a clinician begins an evaluation the discharging planning has begun. This has become even more relevant as the length of stay in a hospital had decreased significantly over the last ten years from 6-8 days in 2004 to on average 4-6 days in 2014. As clinicians we are frequently asked, “What does this client need to be discharged with to go home?” Many clinicians quickly provide a list of items to preserve, maintain and promote safe ADLs. Clinicians also take great pride in educating the client or caregiver or both on the safety and use of the adaptive equipment. Recommendations may include a shower chair or tub transfer bench, a bedside commode and the list goes on and on. OTs are uniquely qualified to know what they need and send it home, to help of course. What clinicians don’t realize, is that the equipment sent home may not fit the clients’ specific home or need and when the wrong equipment goes home it gets tucked into a closet or given away.

Doorways

As clinicians it is important to remember that doors must be 32” to get a wheelchair or walker through. Older homes or mobile homes have 22” wide doors. Wheelchairs (manual) are 24 to 27” wide rim to rim and walkers are 24” wide. Special consideration must be given when recommending bariatric equipment.

Showers/Tubs

Showers vary widely in length and width. Many homes 10 years old or younger have jetted tubs/soaking tubs with shower stalls in the master bathrooms. Many older homes and mobile homes have garden tubs Many of the tubs mentioned are hard to get out of and have sloped or curved bottoms.

Toilets

There are thousands of adaptations for the toilet and many of them require knowing if the toilet is elongated or round. In new homes they are usually elongated and round in older homes.

The most frequently recommended item is a toilet ring that gives height and promotes safety. BUT remember that a round toilet ring will not fit on an elongated toilet.

Ramps

The basic ramp should be 1 foot for every 1 inch in rise. When making recommendations consider the possible configurations to prevent ramps from being too short or steep as this can become a big safety issue; L shape, switchback, or straight in. There are correspondingly a variety of construction types; aluminum, concrete, wood, portable and permanent. Also, there are a variety of types of ramps as well, which may be considered when making recommendations such as wheelchair ramps and threshold ramps.

Discharge planning begins with the evaluation, as a clinician it is imperative that OT’s issue the right equipment, at the right time, for the right reasons to ensure that we are serving clients in the right fashion and really providing meaningful and useful recommendations that will be used vs. stored in a closet.
Over the past several months the members of Nova Southeastern University (NSU) Tampa’s Student Occupational Therapy Association (SOTA) have been busy helping make a positive change in their community. Volunteering with charity organizations and government agencies, they have used their unique skills as occupational therapy students to help those in need. From helping people be safer in their cars, to ensuring that people can have a healthy meal with a good conversation, and many more. These students have demonstrated their commitment to the core philosophies of the profession they love.

In October several members volunteered at Trinity Café, a local Tampa charity organization that has been providing meals to those who are homeless and hungry for the last fourteen years. Trinity Café’s goal is to not only provide a hot (and truly delicious) meal to those in need, but also give them a sense of personhood and belonging. Students helped serve meals as well as provide engaging conversation that showed the patrons they weren’t just another face on the street, but a person who mattered. Through this interaction the students sought to make a positive change in the people they served, and were in turn changed themselves for the better.

Changing things for the better is a common theme in occupational therapy, and the students demonstrated this in a very practical way by participating in several CarFit events. Endorsed by the Florida Department of Transportation and developed by the American Occupational Therapy Association (AOTA) and the American Association for Retired Persons (AARP), CarFit seeks to help older adults fit better in their cars. The goal of a CarFit event is to promote safe driving practices, as well as inform people of community resources. Several students were trained and certified as official CarFit technicians prior to participating. During the events the students helped inform, demonstrate and facilitate safe driving practices. These events were not just strictly business the students and drivers had fun and shared laughs as they learned and taught valuable information about being safe on the road.

These two instances are not the only ones where the members of NSU Tampa’s SOTA have promoted positive change in their community. California Pizza Kitchen and Chick-Fil-A partnered with NSU Tampa SOTA to raise funds through food purchases to send members to state and national occupational therapy conferences. Members also conducted a bake sale on campus to raise money and provide motivation to campus faculty and students at the November institute. Over $335 was raised through these fundraisers. Members of NSU Tampa’s SOTA not only enrich the lives of individuals in the community but also animals. To relieve stress during finals week, members volunteered at the local animal shelter and provided quality time to dogs and cats there through play dates and tender loving care. Members of NSU Tampa’s SOTA also volunteered at the Tampa St. Jude Gives Thanks Walk, and a Special Olympics Florida Healthy Community event that was held on the NSU Tampa campus. Through these events the student members show their continuing commitment to not only being focused on their studies, but also promoting positive change and participation in occupation throughout their community. The NSU Tampa SOTA has and will continue to instill a sense of community service, and a dedication to the profession’s ideals, in its dedicated members.

If you would like to HIGHLIGHT your SOTA’s accomplishments, please send articles to: Fota.focus@gmail.com
What is CarFit?
CarFit is an educational program created by the American Society on Aging and developed in collaboration with AAA (American Automobile Association), AARP and the American Occupational Therapy Association.

What are the Objectives of the CarFit program?
The program is designed to help older drivers find out how well they currently fit their personal vehicle, to highlight actions they can take to improve their fit, and to promote conversations about driver safety and community mobility. A proper fit in one's personal vehicle can greatly increase not only the driver's safety but also the safety of others.

In What Ways Can CarFit Improve Road Safety?
Three quick examples underscore the importance of road safety to the CarFit program, which reviews twelve key areas of the driver's fit to the personal vehicle.

1. **Example one:** Knowing how to properly adjust one's mirrors can greatly minimize blind spots for drivers who may wish to change lanes.

2. **Example two:** Good foot positioning on the gas and brake pedals is important. If the driver is reaching with his or her toes to press on the pedals, it can cause fatigue in one's leg and slowed reaction times.

3. **Example three:** Drivers run a risk of serious injury if they are sitting closer than 10 inches to the steering wheel.

### Upcoming CarFit Events

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<th>Date</th>
<th>Location</th>
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Please go to [www.CarFit.org](http://www.CarFit.org) to register as a volunteer and receive detailed information on all events. If you have additional questions please call 1-855-409-0200.
Jacksonville Occupational Therapy Forum

3.12.15 at Keiser University

The Florida Occupational Therapy Association, Keiser University of Jacksonville, and The Florida State College of Jacksonville

Cordially invite all Occupational Therapy Practitioners to the Jacksonville Occupational Therapy Forum Inaugural Meeting

Guest Speaker:
Edward Mallard
North FL Field Sales Consultant for TobiiDynavox
AAC – “The Power to be You”

This 1 ½ hour CEU costs $7.50 for FOTA members and $15 for Non-FOTA members / Students free
Please RSVP to binkel@keiseruniversity.edu or call 904 296 3440 x 175 before noon on Tuesday, March 10

Come meet and network with your fellow practitioners!
(Bring your FL OT License # for CEU credit)

5:30pm-7:30pm
Jacksonville Occupational Therapy Forum
at Keiser University
6430 Southpoint Parkway, Jacksonville, Fl 32216
FOTA Executive Board:

President: Elena Vizvary  
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Vice President: Debora Oliveira  
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Work Program: Melissa Cunningham -  
melissa.cunningham@baycare.org

FOCUS:

- Submit Non-Advertising articles and manuscripts to the FOCUS editor at FOTA.focus@gmail.com.
- If submitting an article, please also submit a .jpg headshot. If submitting photos, please include captions and identify who is in the pictures.
- Please review Article submissions guidelines prior to submission.
- If you submit photos or articles, FOTA reserves the right to publish on our website and social media.

FOCUS Deadlines

- Winter - Dec. 15
- Spring - March 15
- Summer - June 15
- Fall - Oct. 15