

Tips & Tools for Front Line Care Providers:

Hemiplegic Arm/Hand
Behaviour

&

Perception Post Stroke

TIPS & TOOLS FOR EVERYDAY LIVING

A GUIDE FOR STROKE CAREGIVERS



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[http://www.heartandstroke.on.ca/site/c.pvl3leNWJwE/b.6194819/k.FEB1/Tips and Tools_2010.htm](http://www.heartandstroke.on.ca/site/c.pvl3leNWJwE/b.6194819/k.FEB1/Tips_and_Tools_2010.htm)

<http://www.strokenetworkseo.ca/profedatlas>

<http://www.strokenetworkseo.ca/profedvideos>

ADLs

- ADLs= Activities of Daily Living
- Basic ADLs include washing, dressing and grooming and eating
- Complex ADLs include driving, managing medication, cooking, and financial management and shopping
- Today's session will discuss the impact of Visual Perception in Basic ADLs

Basic Rules of ADLs

- Always encourage the client to dress their affected side first
- Once you or the client or the OT have found a method that works, promote consistent repetitive practice
- Focus on methods that enable, rather than focussing on errors/weakness
- Don't "do for" the client, allow them the extra time/strategies to do as much as they can with your support (set-up, supervision, cuing)

Visual Perception

- Visual Perception is the brain's ability to interpret the information that our eyes take in
- Visual Perception is often affected by stroke and other neurological conditions
- Visual Perception includes many sub-skills, 3 of which will be highlighted today:

Figure Ground Discrimination

Spatial Relations

Hemi-Inattention

Basic Rules of Visual Perception

- Ensure your client has their appropriate glasses on and their appropriate hearing aids in
- Make sure the lighting is optimal
- Reduce clutter, distracting noise and allow a slower pace

Figure Ground Discrimination

- People with Figure Ground Discrimination impairments have difficulty perceiving objects in a complex array
- Finding things in a drawer, on a counter or in the closet are examples of FGD in ADLs

Ways to help clients with **Figure Ground Discrimination** during ADLs

- Present items in order of use
- Decrease extra items
- Use familiar items
- Increase saliency of items
- Use contrast colours
- Use bright tape to mark hardest to find items
- Use solid colours rather than patterns

Spatial Relations Disorder

- People with spatial relations disorder have difficulty orienting things in space
- Difficulty orienting themselves in relation to chairs or doorways
- Difficulty orienting objects in relation to each other or self

Ways to help clients with **Spatial Relations Impairment** during ADLs

- Use consistent instructions to feel the backs of both calves on the chair prior to sitting
- Use consistent strategy of checking for tag to orient pants/shirt to front/back
- Use a bright piece of tape to mark the affected side's shirtsleeve and pant leg

Hemi-Inattention

- Some people who have had a stroke have difficulty perceiving one side of space or one side of themselves
- Also commonly referred to as neglect
- Hemi-inattention can occur on either side, always the weaker side (the side opposite the lesion)
- Hemi-inattention can be obvious or subtle

Ways to help clients with Hemi-Inattention during ADLs

- Try using a mirror in front during ADLs
- Try using a laminated checklist on the client's strong side, that the client ticks off to ensure they have attended to all limbs
- If you want to practice attending to the weak side, place items there
- If you want to reduce the demand on the client, place items in the zone that they can see

Hemi-Inattention in ADLs continued

- Place bright tape on one tap, one doorframe, one wheelchair brake or walker handle
- Encourage the client to feel and look at the whole object before they use it
- Use a “visual anchor” on one side of counter