

HOT Evidence

IADLs and Parkinson's Disease

Why This Matters

- ▶ People with Parkinson's Disease (PD) can **experience limitations in IADL function** as a result of **motor and non-motor impairments**.
- ▶ Occupational therapy practitioners should **be prepared to address IADLs** as part of an overall plan of care for people with PD.

Improving IADLs

Evidence-Based Interventions

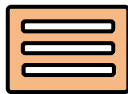
Handwriting

Consider Subjective and Objective Ability



Determine writing activities using a workbook

(i.e., doing hand warm ups, manipulating putty, writing a postcard, filling out a form)



Determine writing aptitude using external cues

(i.e., writing within colored targeted zones)



Consider visual and auditory external stimuli

(i.e., rhythmic hand clapping, using multi-colored inks with wider tips, and doing calligrammes)

Medication Adherence

Use Cognitive Behavioral Strategies



Assess medication regimen



Problem-solve non-adherence issues



Encourage reflection on experience with medication



Discuss current beliefs about medication

Find the Evidence

Visit www.aota.org to review this Critically Appraised Topic Paper from a ***Specific Instrumental Activities of Daily Living-focused Interventions Adults with Parkinson's Disease***.