

# *LIVING YOUR BEST LIFE: NAVIGATING HSP & PLS WITH PURPOSE AND CONFIDENCE*

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# GOALS & LEARNING OBJECTIVES



- Learn practical tips to stay involved in the interests and roles you love—even when physical or environmental challenges arise.
- Find helpful resources and supportive professionals who can partner with you to maintain your health, wellness, and sense of community.



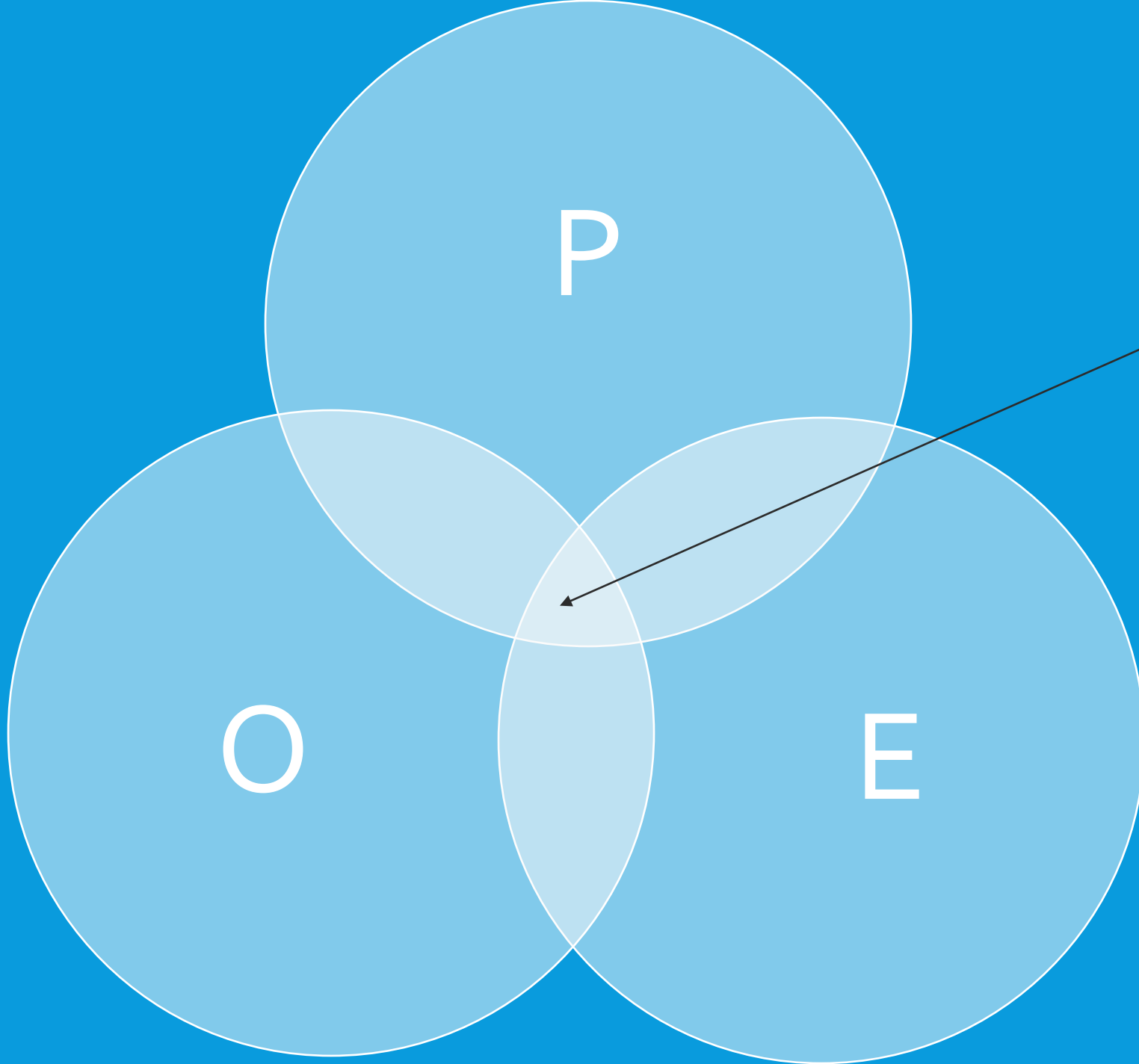
Did you know occupational therapists (OTs) do much more than work in clinics?

## OCCUPATIONAL THERAPY (OT)

- Helping people stay healthy, independent, and engaged—right in their homes and communities, where life truly happens.
- Offering practical solutions and insights into how conditions like HSP/PLS daily routines, meaningful participation, and overall quality of life.



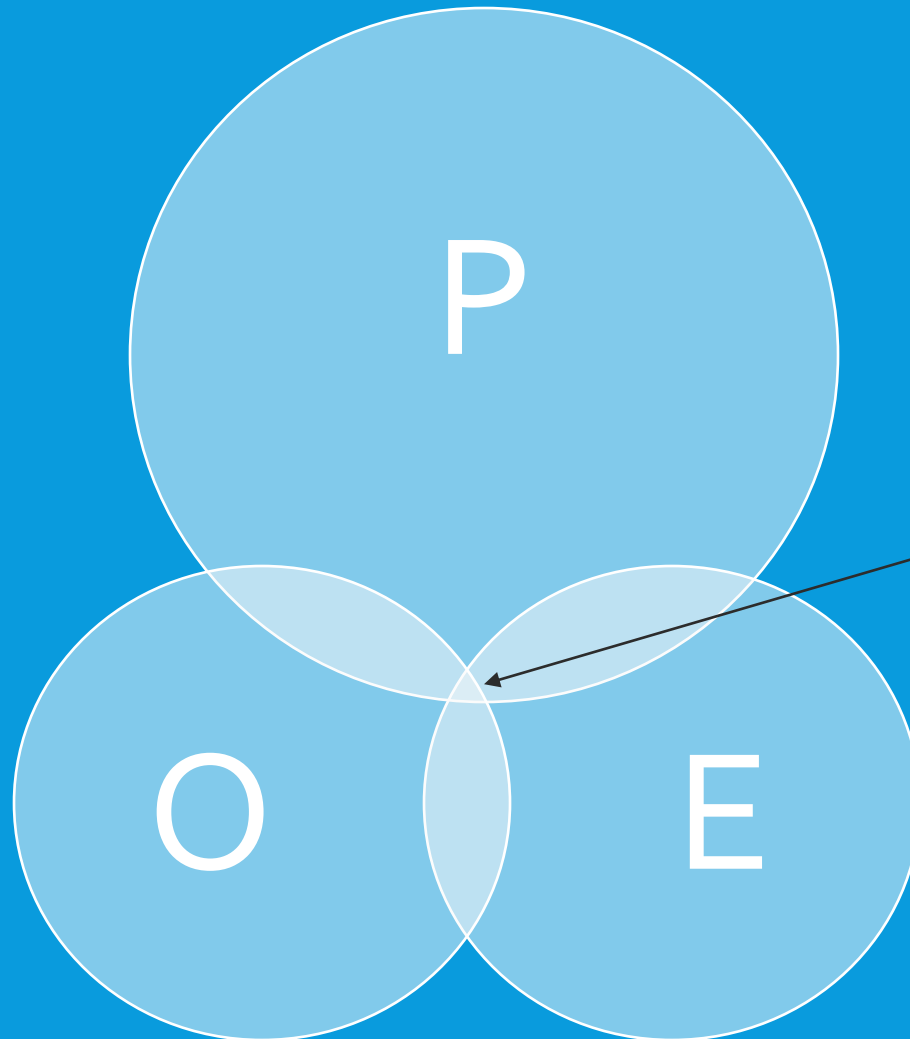
AN OT'S VIEW OF THE WORLD....



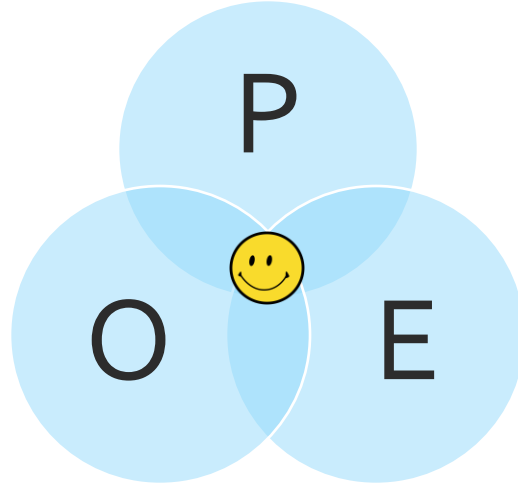
Occupational  
Behavior

= Doing what you  
want to do in a  
way that fits with  
your needs &  
wants

# HSP/PLS



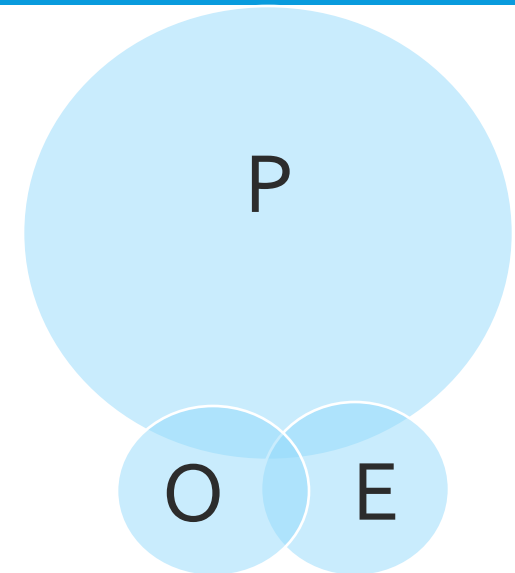
= Doing gets harder



# POWER OF 3

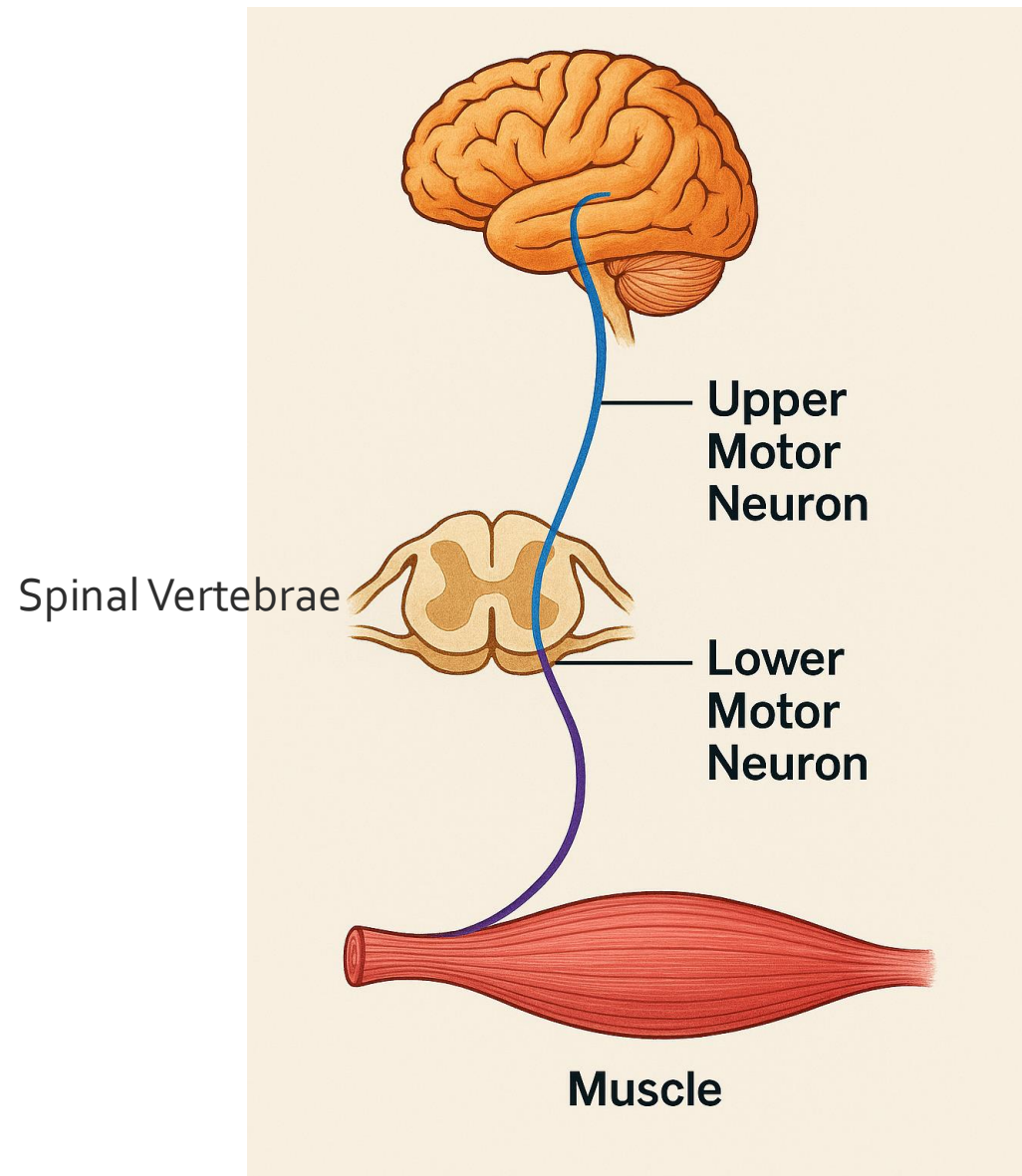
PERSON, ENVIRONMENT & OCCUPATIONS

# PERSON FACTORS





HSP/PLS IS ONLY PART  
OF WHO YOU ARE

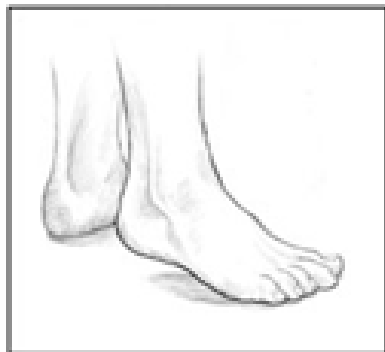


# 3 PUSH-BACK POINTS

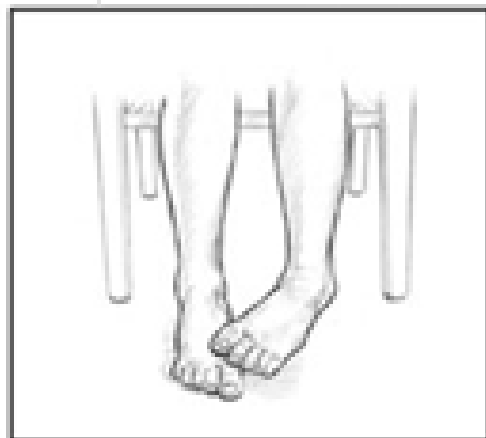
If upper motor neurons are the planner, lower motor neurons are the workers—exercise keeps the workers practiced and ready, even if the planner is inconsistent.



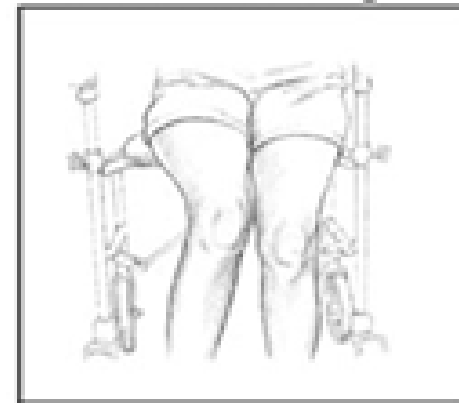
Plantar Flexed  
Foot/ Ankle



Equinovarus Foot



Adducted Thigh



# UPPER MOTOR NEURON SPASTICITY



Tightness &  
spasticity are  
NOT strength



# FIND YOUR SWEET SPOT

Manage the spasticity &  
stay strong

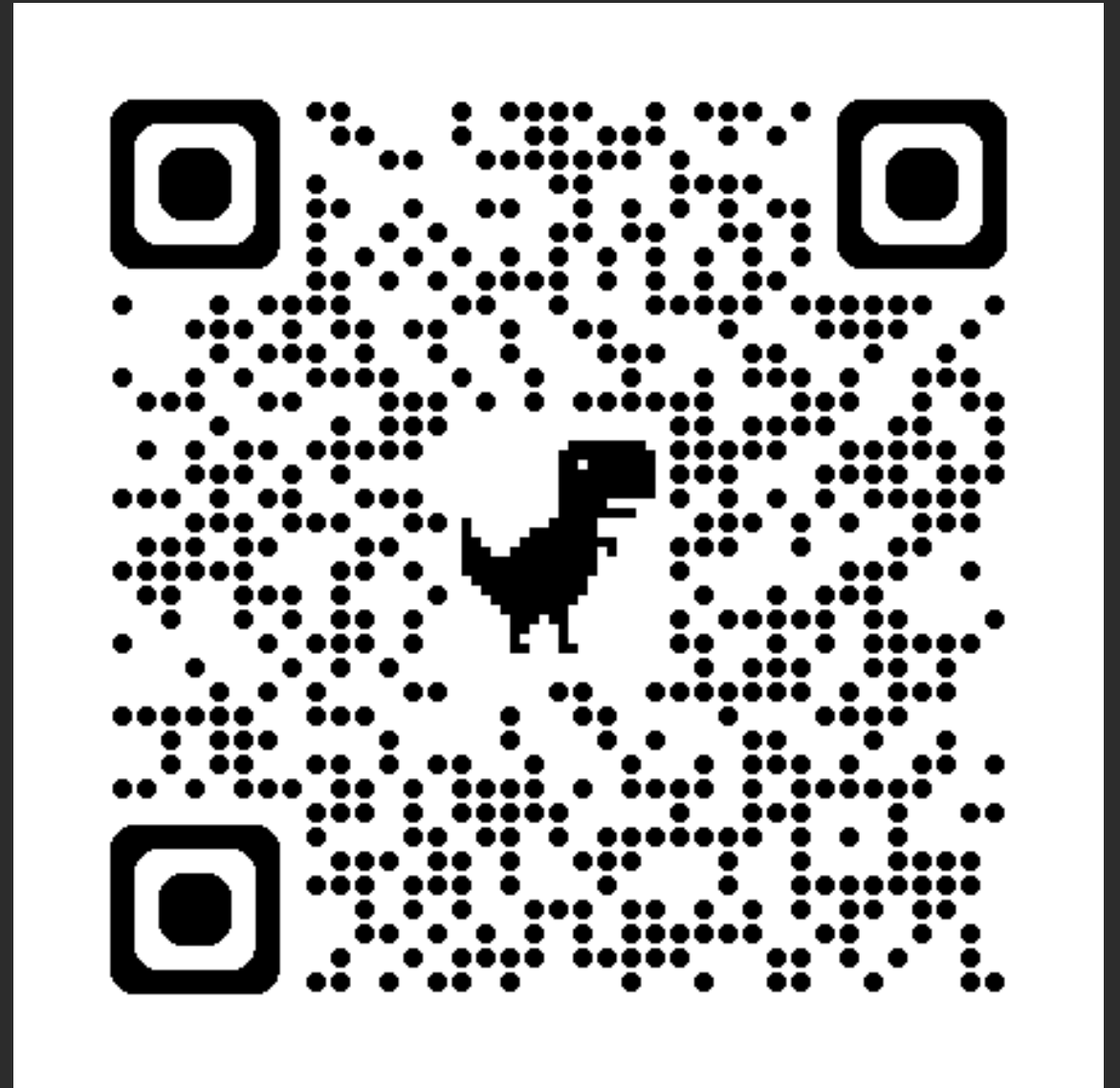


ANKLE:  
FIRST LINE OF  
DEFENSE AGAINST A  
FALL



**Exercise while you wait!**

[National University Hospital \(NUH\) Singapore](https://www.nuh.edu.sg)



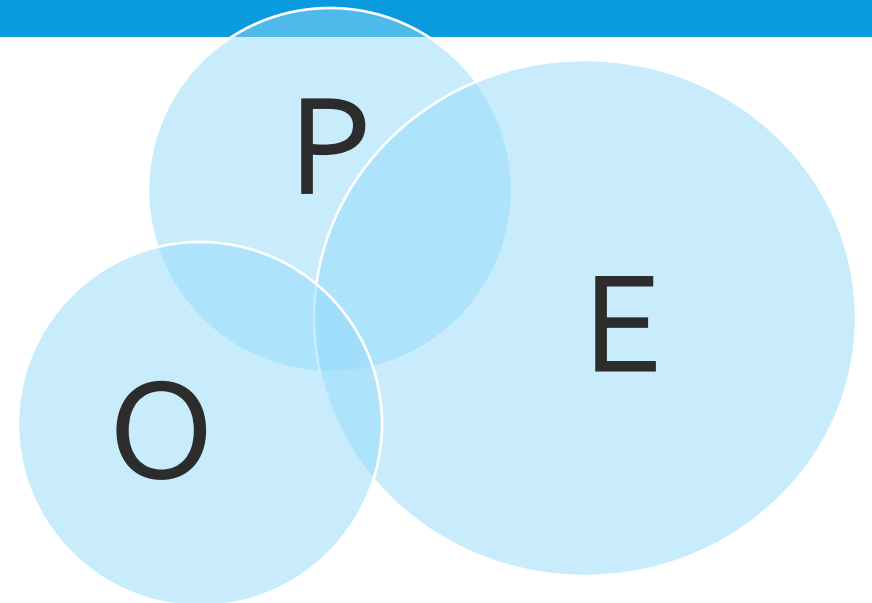






Customized Chairs

# ENVIRONMENTAL FACTORS



# WORLD HEALTH ORGANIZATION (WHO)

**Disability** = umbrella term for impairments, activity limitations, and participation restrictions, resulting from the interaction between a person's health condition (like cerebral palsy, depression, or blindness) and **personal/environmental factors** (like inaccessible buildings or negative attitudes).

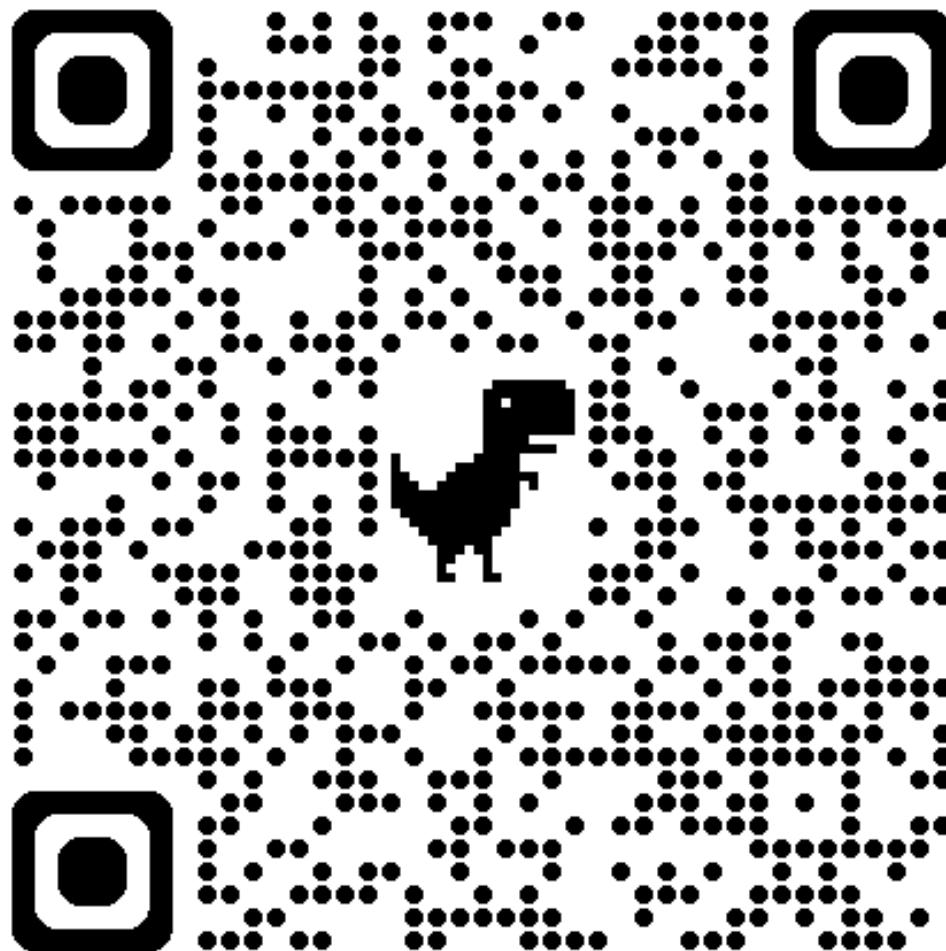
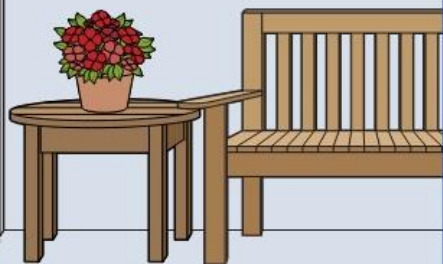
It's not just the impairment, but the barriers in society that hinder full participation, affecting daily functioning, education, and employment

AARP®

# HomeFit™ Guide



Smart ways to make  
a home comfortable,  
safe and a great fit  
for older adults —  
and people of *all* ages



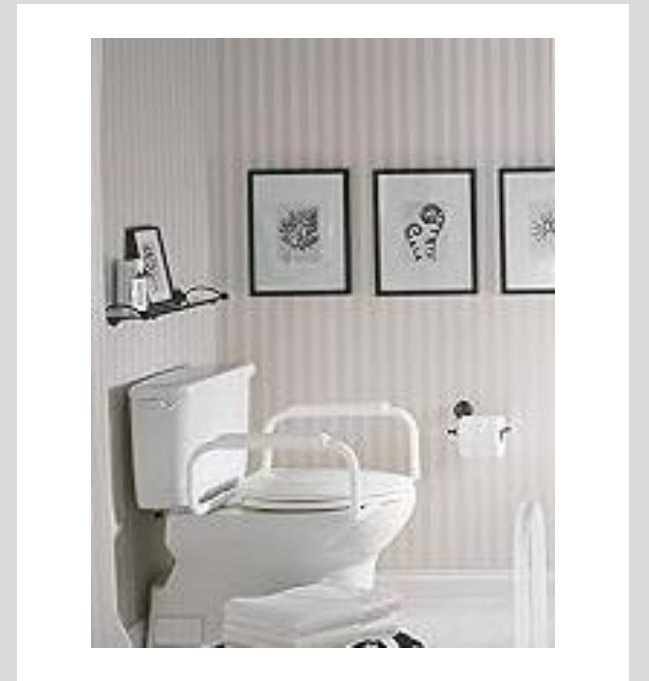
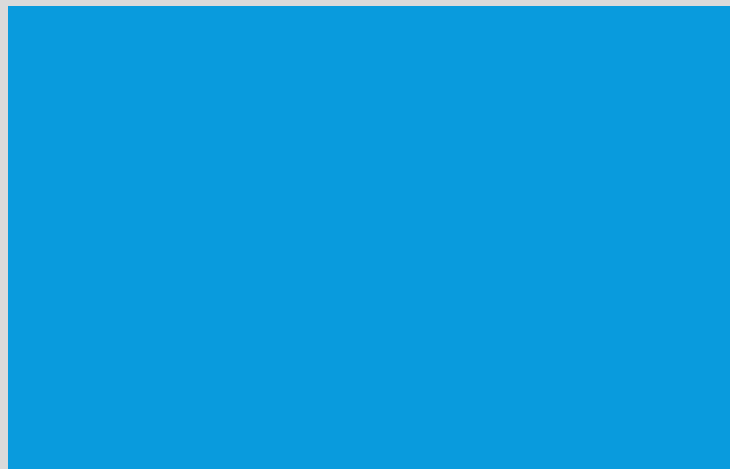
# BATHROOMS ESSENTIALS



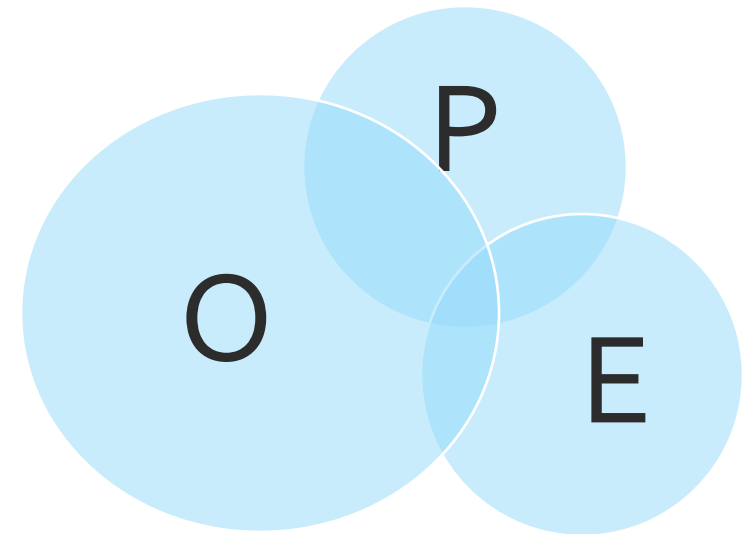
PUSH ME-PULL  
YOU



# TOILETS



# OCCUPATION FACTORS



# DRIVING WITH HSP/PLS

## Lower Limb Spasticity and Weakness

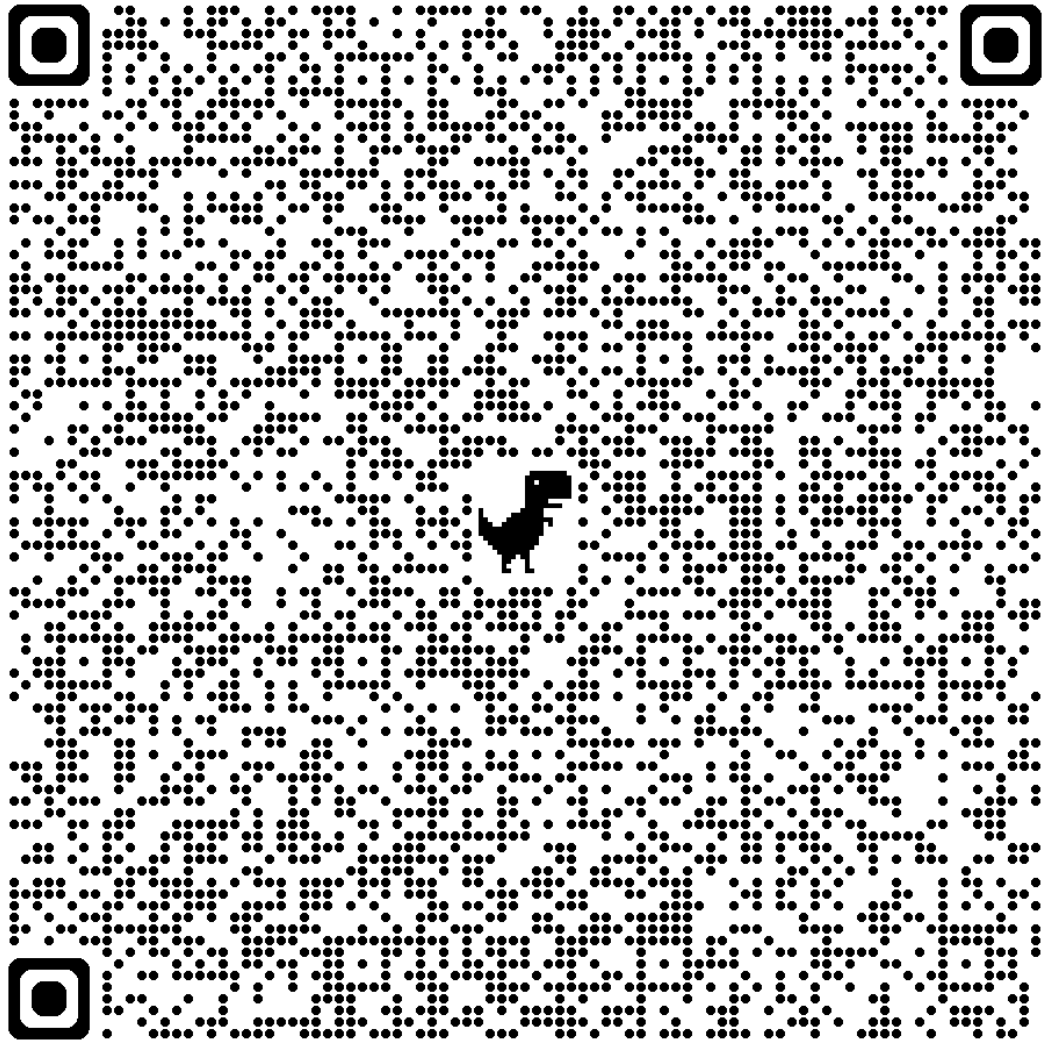
- Difficulty pressing pedals smoothly due to stiffness and reduced coordination.
- Slower transition between accelerator and brake, increasing time.

## Upper Limb Involvement

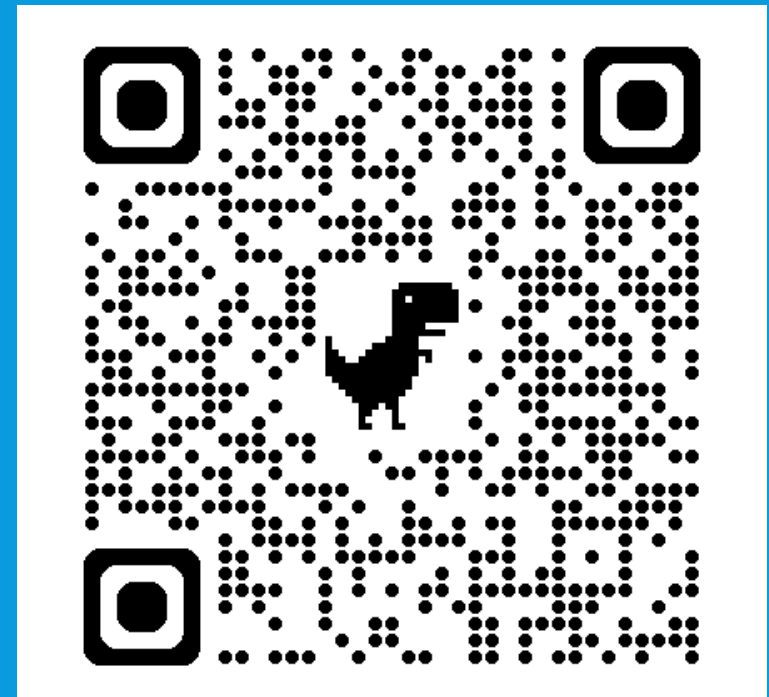
- Steering may become harder if spasticity or weakness affects the arms.
- Fine motor control for operating secondary controls (e.g., turn signals) can be impaired.

## Fatigue and Endurance

- Extended driving trips can worsen spasticity and fatigue, reducing safety.



# DRIVER'S 65





# RESOURCES

## Clinic & Behind the Wheel OT Evaluations

Ask the OT

“Is the OT obligated to report unsafe persons?”

Google your state & “driver rehabilitation programs.”

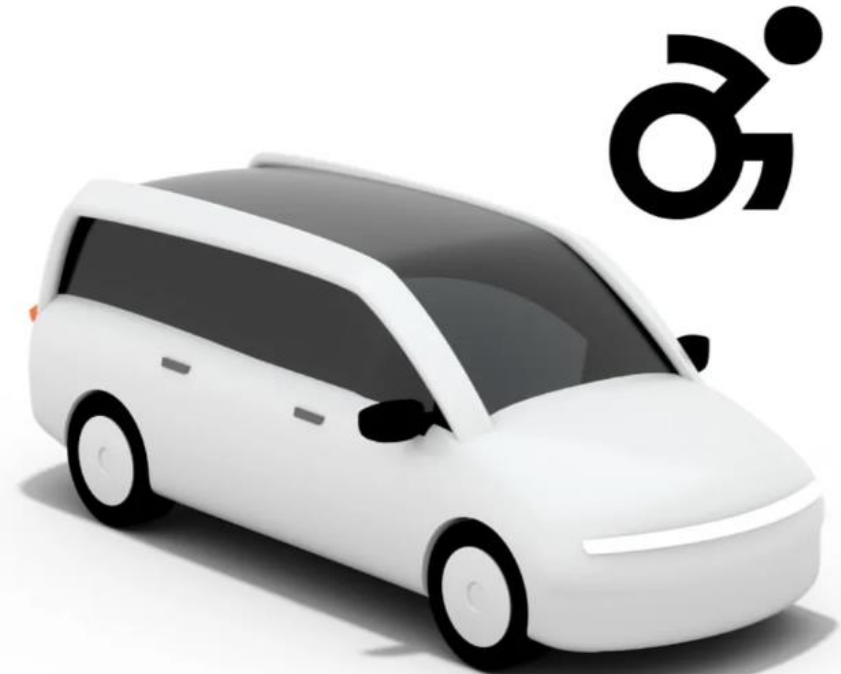
# Uber WAV

Rides in wheelchair-accessible vehicles

Enter location

Enter destination

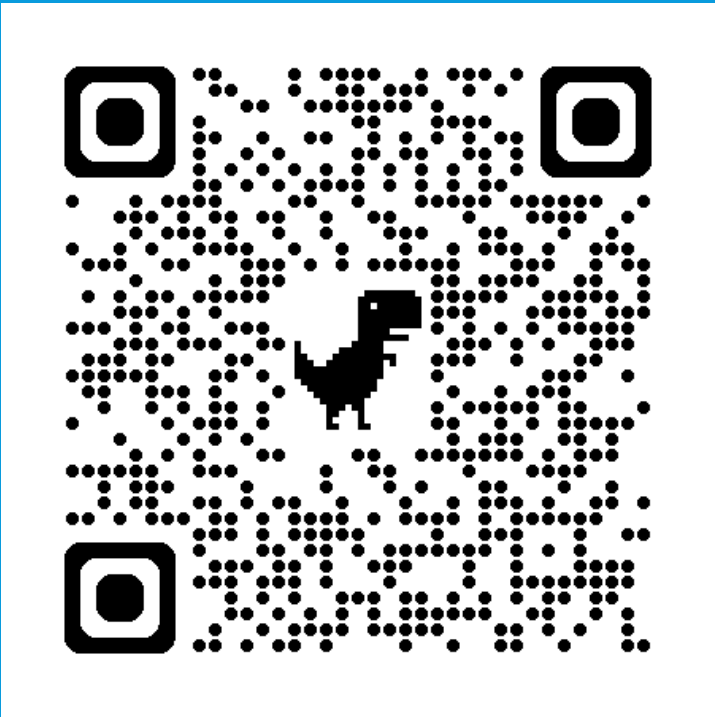
See prices



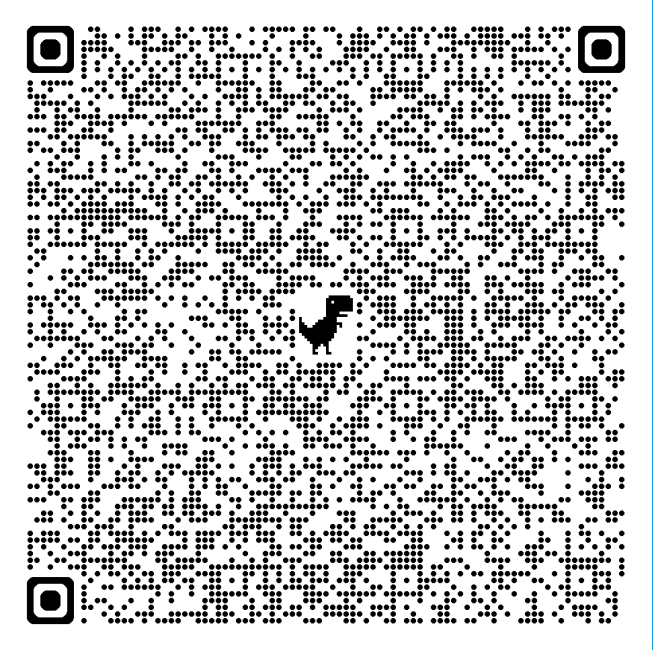
NYC, Chicago, Philly, D.C., Boston, L.A., and San Francisco

# QUESTIONS

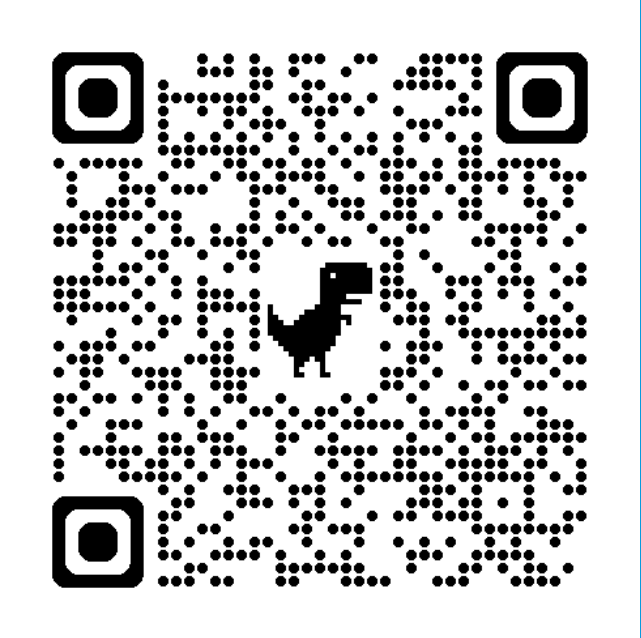




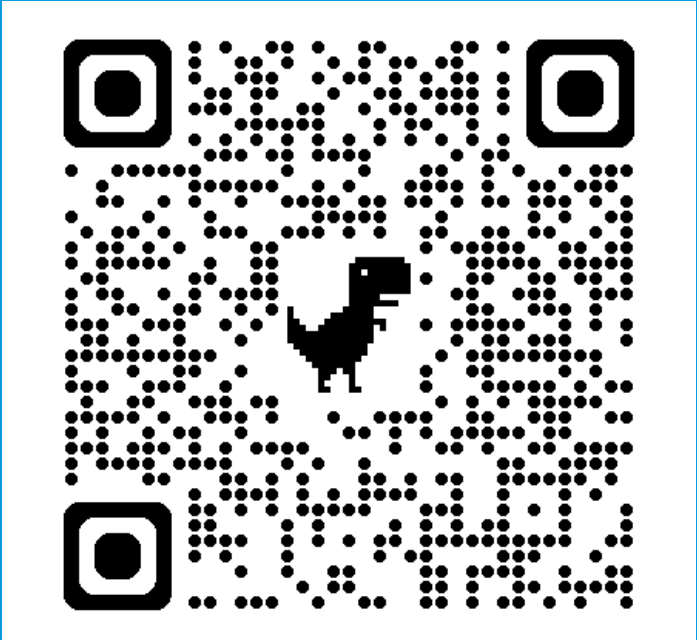
Ankle Exercises



Handibar



Home Fit Evaluation



Driver's 65