


Day Programming for People with Multiple Sclerosis: Interdisciplinary Allied Health Perspective of Care

Heidi Elm, LSW, MSCS
Rebecca Anderson, OTR/L, MSCS
Sue Jerve, PT, MSCS



Introduction to Fairview Achievement Center

- Our innovative models and interventions are highly effective in improving quality of life and empowering those we serve and their support networks. Our commitment to research and education positions us to be the leaders in all we do.
- We serve adults 18 and older with a neurodegenerative diagnosis, primarily MS
- Fairview Achievement Center was founded 30 years ago by Dr. Randall Schapiro.

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Fairview Achievement Center Staff

Staff

Social Worker
Chaplin
Physical Therapy
Occupational Therapy
Speech and Language Pathology
Rehab Aides
Nurse

Community Partners

Orthotics and Prosthetics
Low Vision Recourses
Wheeled Mobility and Equipment Vendors
Upper Midwest Chapter of the MS Society
Home Care
Food Vendor

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Services for Fairview Achievement Center

- **Group Activities** – Wheelchair aerobics; adapted activities such as painting, woodworking and ceramics; music; educational programs and speakers.
- **Counseling** – Support groups offering guidance and a safe, accepting space for discussion and sharing.
- **Health and wellness** – Nutrition, relaxation and stress management education; opportunities to socialize; caregiver support groups.
- **Social Services** - Can arrange home visits, care conferences, transportation to the Center, in order to help members maintain a strong sense of independence and dignity.

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Daily Schedule for Fairview Achievement Center

- 10:00 – Aerobics and Announcements
- 10:30 – Support Group
- 11:30 – Cognitive stimulation
- 12:30 – Lunch
- 1:30 – Art
- 2:30 – Elective time

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Case Study

- Barbie is a 57 year old female, diagnosed in 2001 primary progressive MS.
- Has Attended Achievement Center for 3 years
- Initially came to center via community education course for cognitive retraining and Adaptive Yoga. This was first encounter with MS support

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Physical Abilities

- Ambulation
- Speech
- Fatigue
- Bladder and Bowel management
- Heat Sensitivity
- Maintenance Program

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Cognition

- Barbie was on medical leave secondary to cognitive difficulties. She was in marketing for large company
- Barbie has difficulty with short term memory, executive functioning, specifically switching focus and planning, and processing speed
- Significant cognitive fatigue
- Implementation of assistive technology and instruction on use
- Cognitive maintenance program

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Psycho-Social Issues

- Lives independently: Home to accessible Apartment
- Becoming connected to the MS Society
- Approval for Social Security Disability
- Approved for MAEPD (Employed persons with disabilities)
- Community involvement :women’s social group, attends achievement center, MS Camp
- Participated in community art class and worked to discover new interest

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Restoring and/or Maintaining Functional Capabilities



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Socialization and Peer Support



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Living in the Community

- Wheeled mobility
- Home visits
- Caregiver education and training
- Accessing appropriate living situation
- Prevent further deterioration of function
- Continue to perform important occupations



Questions?

