

# Severe Hearing Loss and Falls



## What are person-centered functional goals?

- Goals identified by the client, in partnership with the clinician and family, that allow participation in meaningful activities and roles

## Why target person-centered functional goals?

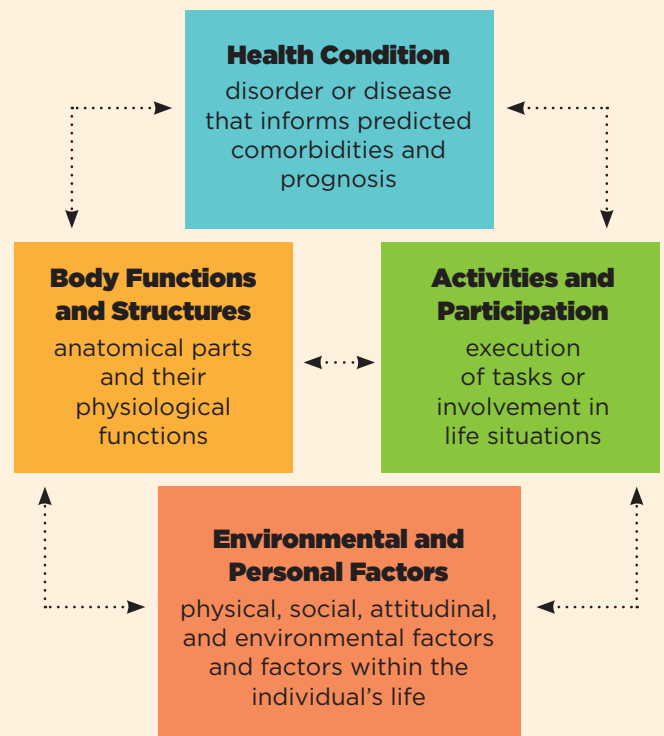
- To maximize outcomes that lead to functional improvements that are important to the individual
- To optimize the individual's potential to participate in meaningful activities
- To facilitate a partnership that ensures the individual and family have a voice in the care received and outcomes achieved
- To demonstrate to the payers the value of skilled services

## What is the ICF, and how does it help?

The International Classification of Functioning, Disability and Health (ICF)—developed by the World Health Organization (WHO)—is a framework to address functioning and disability related to a health condition within the context of the individual's activities and participation in everyday life.



## ICF: International Classification of Functioning, Disability and Health



## Case study: Mr. B

### Health Condition: Severe Hearing Loss and Fall Risk

#### Assessment Data

##### Body Functions and Structures

###### Sensory

- Benign paroxysmal positional vertigo; poor otolith function
- Severe bilateral sensori-neural hearing loss (aided)
- Normal visual acuity (aided)

###### Language and Cognition

- Mild expressive aphasia
- Moderate memory impairment

###### Cardiovascular

- Blood pressure controlled with medication

###### Neuromuscular/Skeletal

- Decreased muscle strength and mobility

##### Activities and Participation

- Is unable to safely navigate stairs to basement for laundry
- Does not adhere to safety instructions from caregivers due to hearing and memory impairments
- Needs assistance with meals and other household tasks
- Has limited social interaction—a result of hearing impairment and limited mobility

##### Environmental and Personal Factors

- Is 90 years old
- Walks with cane
- Wears hearing aids
- Wears glasses
- Uses stair lift to get to second floor
- Uses multiple medications that may affect balance
- Receives caregiver help with meals, shopping, and laundry
- Is depressed by isolation and reduced independence

#### Clinical Reasoning

What impairments most affect function in the current setting or at discharge, based on clinician assessment and the individual's self-report?

What activities are most important to the individual in the current or discharge setting?

What environmental/personal characteristics help or hinder participation in activities or situations in the current or discharge setting?

#### Goal Setting

##### Mr. B's Functional Goals

###### Long-Term Goal:

Mr. B will use caregiver and environmental supports to remain in his home without falls.

###### Short-Term Goals:

- Mr. B will keep written instructions and caregiver information in an accessible location and explain them to family members when given moderate cues.
- With minimal cues from familiar listeners, Mr. B will use communicative repair strategies to resolve communication breakdowns.
- Mr. B will demonstrate how to activate a body-worn alert system and describe when to use it in the event of a fall or illness.