

Patty's PT Tips

Keys to Successful Wellness Management

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Wellness is at least a part-time job!

Sleep-create a sleep hygiene routine. Shoot for 7-8 hours per night with 15 minute naps when needed

Nutrition-investigate what type of food plan works for you. Consult with dieticians or nutritionists that have a more science-based approach and can advise/adapt to your needs and preferences. You may need to consult with an Occupational Therapist to problem solve kitchen/cooking challenges.

Personal Hygiene/Toileting and Dressing Skills with a wardrobe and tools to minimize fatigue factors. Again, this is an Occupational Therapist's expertise.

Mental Health/Fun Factor priorities. This is unique to you and may be helped by a professional consultation. This can include psychologist/mental health professionals, spiritual director, art teacher, choir director, best friend, favorite family member, support group or sport coach to name a few.

Exercise-may include a physical therapist, personal trainer, pool therapist, or on-line class with necessary equipment available. Don't be afraid to try something new. This can be one of the least financially burdensome aspects of self-care.

Communication with MD's, social services and health care professionals as needed. This may take dogged consistency to keep the information flow going. Don't assume that things are "taken care of" without some of your own personal follow-up and your own system of documentation. Don't be afraid to ask for help. No one knows all the answers.

Home Safety and appropriate architectural barrier reduction. May require a professional consultation.

Appropriate assistive mobility device acquisition and training. This is more of a physical therapist's realm of expertise.

Financial planning-ask for help because you're in it for the long haul. There may be assistance or an approach you haven't thought of on your own to ease the stress and financial burden of managing a chronic health challenge.