



YOUR HEALTH AND WELLNESS NEWSLETTER

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A New Year's Checklist for You

Annual safety and health checks to consider

It's an American tradition to look at New Year's as a time for a resolution. A New Year may feel like a fresh start for some, while it may feel burdensome to others with a new set of "to-do" items. Creating a plan and a checklist can be helpful. At Life Beyond Barriers Rehabilitation Group (LBBRG), your health and safety are most important. Living with and managing a neurological condition can be overwhelming enough with all the extra things that you have to do day-to-day and trying to remember all the recommendations you are given from multiple people. Creating an annual checklist related to your safety at home on your own can be cumbersome, so LBBRG came up with some important considerations that you can customize based on your individual needs. It helps to break it down into a monthly checklist. If you are not sure, talk with your therapist.

- Furnace/AC filter change at least twice per year
- Change batteries in smoke detectors/CO2 monitors
- Test your smart thermostat to see if the batteries need to be replaced
- Check your flashlights in case of an emergency to ensure they are working
- Fall safety devices, check batteries and function
- Check to see if there is any maintenance or replacement needs for your wheelchair and other equipment in the home
 - Tires will likely need to be replaced annually, as they become bald with everyday use
 - Check the caster wheels on wheelchair/shower chair/walkers
 - Adaptive kitchen equipment: suction, adaptive cutting boards, nonskid materials
 - Are grab bars secured and non-skid materials still safe and effective in the home?
- Chair lift/lift chair recliner, ramp, adaptive vehicle should also be looked over for maintenance
- Medical supplies: are you getting what you need, when you need it? Are there items you need more of? Have you replenished your first aid kit?
- How are you fitting into your equipment/wheelchair? Over time, you may need adjustments made to your equipment/wheelchair that may impact your recovery and quality of life. An equipment/wheelchair assessment can be provided at LBBRG by a skilled therapist and ATP seating specialist, to ensure you have the right fitting and equipment to accommodate your needs.

Annual safety and health checks (continued)

- Orthotics and prosthetics should also be looked over to ensure proper fit and function. An LBBRG skilled therapist and orthotist/prosthetist may work collaboratively to ensure you have the right fit and suitability for your needs.

Not only is it important to ensure that you check everything in your environment on a regular basis, but it is also important to ensure that you keep your own health in check. Here are some annual considerations:

- Make sure you follow up with your primary care physician and complete necessary blood work.
- If you have an established urologist, make sure you have your yearly check up, along with your yearly testing which may include an ultrasound or urodynamics.
- Get your eyes checked with an optometrist (vision can change as you age). If you have had a brain injury, consider seeing one who specializes in neuro optometry.
- Have your hearing checked annually, this may change as you age
- Are there any specialists you haven't seen in a while? (i.e. PM&R, neurologist, rheumatologist, dermatologist)
- Medications, has your physician recently reconciled your medications? Do you have medications in the home that you are no longer taking or have expired in need of disposal?
- Don't neglect your oral hygiene. Follow up with your dentist for your regular cleaning and checkup. This can impact your overall health and quality of life.

Everyone's health and safety needs are different. Therefore, it is important to tailor a checklist to your individual needs. Your therapist can assist in recommendations related to your therapy needs and outcomes.

What's happening?

Our Billing Department is working diligently to ensure all health insurance information is up-to-date. If there are any changes to your medical insurance or if you have received a new card, please contact your LBBRG Clinic immediately and provide the updated information.

To support caregivers, LBBRG continues to host **The Caregiver's Table** meetings in a virtual format. Meetings occur every fourth Wednesday of the month. If you would like more information, contact Kyle via email kmmedearis@lbbrehab.com or Sara sroach@lbbrehab.com.

Save the Dates

Save the date for the following events and follow LBBRG's News and Events page for additional information as it becomes available <https://lbbrehab.com/community/news/>

April 30th, 2022: Limb Loss Awareness 5K (Kentwood)

May 26, 2022: 36th Annual Parkinson's Summer Forum (Traverse City)

June 3, 2022: Hunt 2 Heal Golf Outing (Hudsonville)

August 4, 2022: Traverse City Pit Spitters, Common Threads event

August 18, 2022: West Michigan Whitecaps, Common Threads event

