MEASUR Abilities, LLC

Utilizing Assessments Functional Capacity Evaluations Smart Home Technology and Workability

Sandy Goldstein, PT, CDMS

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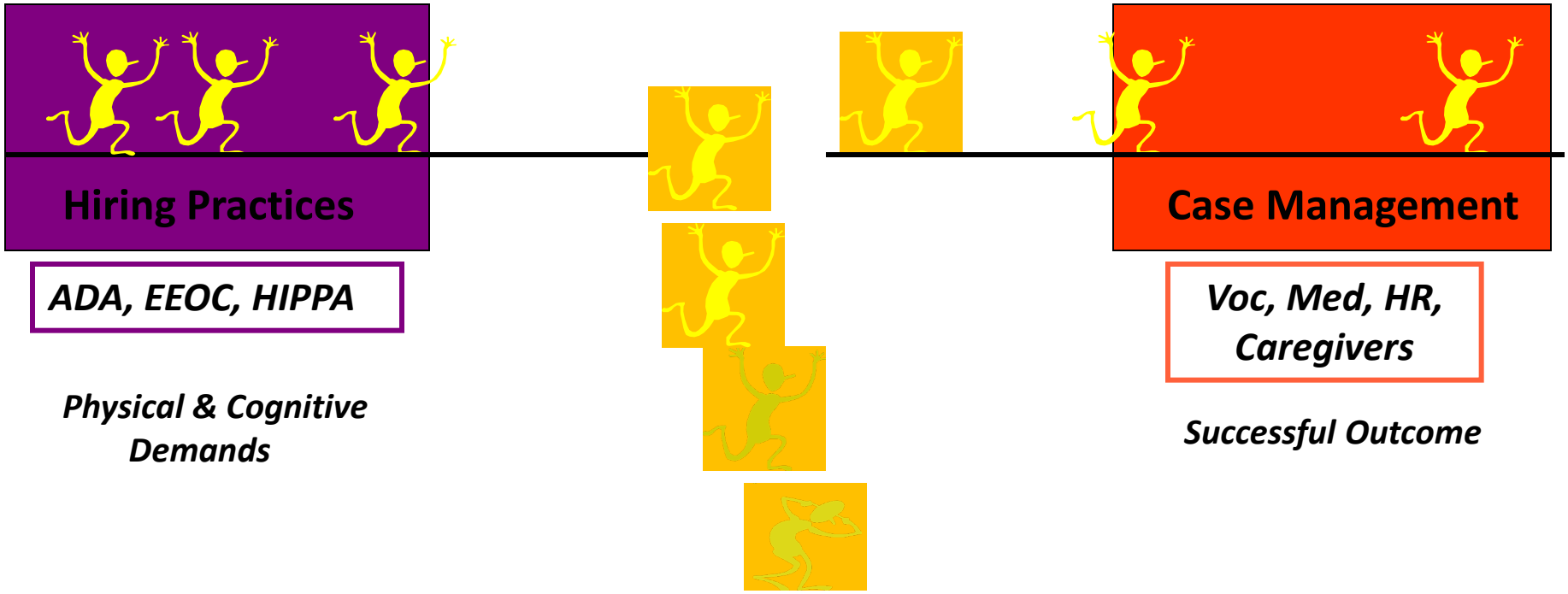
- Physical Therapist since 1997 (29-years)
- Certified Disability Management Specialist
- Occupational Health Specialization
- 29-year career in Functional Testing & Consulting
- Non-attorney SSDI/SSI Representative (2002-2006) ~ 50 cases
- SSDI, STD, LTD, PI, WC, Voc. Plans, ADA Accommodation
- Injury Prevention, Fitness for Duty, Stay-at-Work, Return-to-Work, Ergonomics, Home Mod, Smart Technology

Bridging the Gap



ADA, EEOC, HIPPA

Physical & Cognitive Demands

Voc, Med, HR, Caregivers

Successful Outcome

Lack of Info: Needless Injuries, High Turnover, Job Loss, Unemployment, Falls, Lack of Independence

How do you know?

Doctors use two methods
to document disability

WAG V. SWAG

WAG

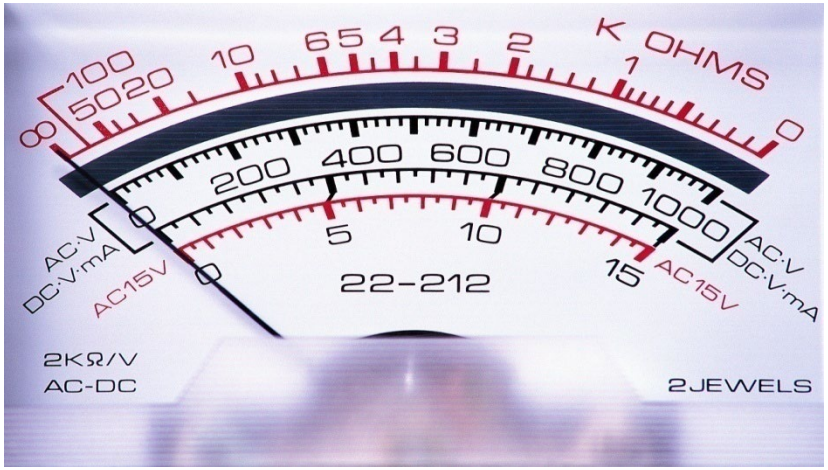
Wild + + Guess

SWAG

Scientific + Wild +

+ Guess

How Confident Are You Now?



On a scale of 1 to 10

Are your clients capable of reaching their goal?

(10 = very confident, 1 = very unsure)

Research

Inter-rater agreement in evaluation of disability: systematic review of reproducibility studies

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Research Conclusions:

Despite their common use and far-reaching consequences for workers claiming disabling injury or illness, research on the reliability of medical evaluations of disability for work is limited and indicates high variation in judgments among assessing professionals. Standardizing the evaluation process could improve reliability. Development and testing of instruments and structured approaches to improve reliability in evaluation of disability are urgently needed.

We are obligated to
Do NO Harm!

Not just physical…emotional as well!

Information is Foundational

- No WAG or SWAG!
- Should be priority one!
- If client will be unable to succeed with their goal; why set it?
- “Dreambreaker” v “guide”

Determining Function is Always Appropriate

- Physical Health Barriers
  - Stamina/Endurance
  - General physical debility
  - Mobility impairments
  - Dexterity impairments
  - Respiratory impairments
  - Fatigue, weakness, pain

Determining Function is Always Appropriate

- Mental, Emotional, Communication Barriers
  - Stamina/Endurance
  - General physical debilitation
  - Problems processing information/thinking
  - Behavior appropriate for work environment
  - Relating to others
  - Organizational difficulties
  - Work skills limitations (remember, learn, follow instructions)

Determining Function is Always Appropriate

- Job Match Functional Testing
- Job Search Functional Testing
- Physical Testing
- Cognitive Testing
- Home Access
- Communication Access

Informed Consent

- What are we doing? Why are we doing it?
- What are the risks?
- Evaluator responsibilities?
- Evaluee responsibilities?
- Images?
- Consultative examiner.
- Not a treating provider.
- Who gets the report?

Intake Process

- Disability screen; Work status
- Medical Conditions; Medications
- Recent Physical Activity Survey
- Lifestyle Physical Function Survey
- Lifestyle Review
- Participation in Social Roles & Activities
- Recent Symptoms
- Screen for Pain Vulnerability & Resilience

Intake Process

- Communication; affect/behavior; orientation
- Pre-exam Vitals; BP; O2; HR, etc.
- Pain rating
- Fatigue rating
- Dizziness rating
- Anxiety rating
- Anthropometrics

Active Movement Screen

Let’s Move!!!!!!!!!

Neuromusculoskeletal Examination

- Spine & Pelvis Exam
- Upper Extremities Exam
- Lower Extremities Exam
- ROM/Strength/DTR/Sensation
- Special Tests

Functional Tests

- Postural Tolerance for Sitting
- Postural Tolerance for Standing
- Postural Tolerance for Bending, Squatting, Kneeling, Stooping, Climbing
- Agility/Movement Balance
- Gait Quality/Velocity
- Endurance/Stamina/Activity Tolerance
- Grip and Pinch Strength

Functional Tests

- Fine Motor Dexterity
- Gross Motor Dexterity
- Hand Tool Dexterity
- Total Body Dexterity
- Vestibular Testing
- Material Handling (push, pull, lift, carry)
- Performance Validity & Reliability

Cognitive Tests

- Visuospatial
- Executive Function
- Memory/Recall
- Attention/Concentration
- Language Fluency
- Functional Tests

Home Modifications Assessments

- Focused on fall prevention and accessibility
- Ramps, Grab Bars, Transfer Benches, etc.
- Doorways
- Bathroom Adaptations
- Kitchen Adaptations
- Enhance quality of life, safety, and independence

Assistive Technology

- Assistive Technology for Employment and Independence Program (ATEI)
- Comprehensive Assistive Technology Assessment
- Communication Aids
- Independent Living
- Computer Access
- Worksite

Smart Home Technology

- **Voice Control Integration:** Systems like Apple Home, Google Nest, and Amazon Alexa enable hands-free management of your entire smart home network
- **Switch Access & Eye Gaze:** Adaptive switches and eye-tracking interfaces can be paired with smartphone or tablet operating systems to control appliances if voice communication is not possible

Mobility & Physical Access

- **Smart Locks & Video Doorbells:** Allow you to remotely monitor who is at your door, communicate with visitors, and unlock your doors without having to physically reach the entrance.
- **Motorized Blinds & Smart Curtains:** Provide adjustable window shading and natural light control via app or voice command.

Mobility & Physical Access

- **Automated Garage Doors:** Provide remote access and scheduling for heavy, manual doors to assist with safe entry and exit

Vision & Hearing Accommodations

- **Smart Lighting Systems:** Can be programmed to turn on via motion sensors (eliminating the need to find physical switches) or set to specific color temperatures.
- **Audio & Visual Alerts:** Flashing light systems, vibrating alarms, and smart smoke detectors send visible or sensory alerts to phones or wearable devices for the hearing impaired

Vision & Hearing Accommodations

- **Screen Readers & Magnifiers:** Built-in accessibility features on smart displays allow users with visual impairments to hear or see notifications and device controls clearly.

Environmental & Routine Management

- **Smart Thermostats:** Regulate home temperatures automatically, which is particularly helpful for individuals with mobility challenges or those sensitive to temperature fluctuations.
- **Automated Cleaning Appliances:** Robot vacuums and mops help maintain a clean environment without requiring physical exertion.

Environmental & Routine Management

- **Smart Medical Alerts & Medication Dispensers:** Systems can send medication reminders, dispense pills, and connect users instantly to emergency contacts or monitoring centers.

Alexa Echo Dot for Senior Care & Caregivers

Improving Safety, Independence, and Peace of Mind

What Is an Echo Dot?

- Voice-activated smart speaker powered by Alexa
- Hands-free operation
- Easy to use for seniors
- Supports calls, reminders, information, and smart-home control

Benefits for Seniors

- Medication reminders
- Appointment reminders
- Weather and news updates
- Shopping lists
- Daily routine support

Medication & Appointment Reminders

- Recurring medication alerts
- Doctor appointment reminders
- Hydration reminders
- Blood pressure and wellness check reminders

Emergency & Safety Features

- Hands-free calling
- Alexa Emergency Assist (subscription)
- Smart lighting control
- Reduced fall risk through voice control

Caregiver Benefits

- Remote support and communication
- Reminder assistance
- Routine monitoring options
- Greater peace of mind

Communication & Social Connection

- Hands-free calling
- Drop In feature
- Family communication
- Reduced loneliness and isolation

Entertainment & Wellness

- Music
- Audiobooks
- Podcasts
- Games and trivia
- Guided meditation and devotionals

Accessibility Advantages

- Helpful for arthritis
- Limited mobility
- Vision challenges
- Mild memory concerns
- Simple voice commands

Important Considerations

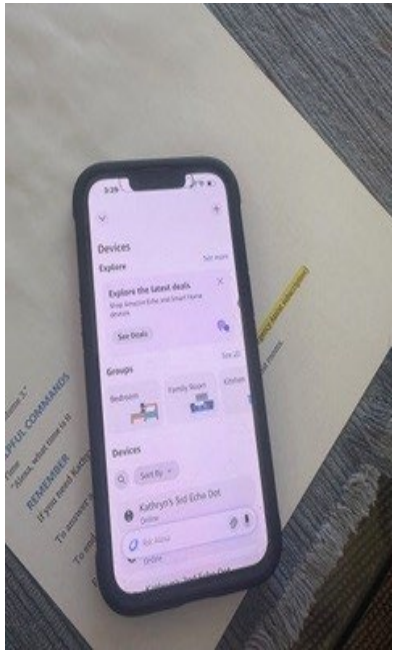
- Requires Wi-Fi
- Review privacy settings
- Keep emergency contacts updated
- Not a substitute for medical monitoring

Useful Alexa Commands

- Alexa, call Kathy
- Alexa, remind me to take my medicine
- Alexa, what's on my calendar today?
- Alexa, turn on the bedroom light

Set up Mode

Connected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Happy Client!

MEASUR Abilities, LLC

THANK YOU!

Call: 480-285-6212

Fax: 888-843-0625

Email: sandy@measurabilities.com

Or visit us at: www.measurabilities.com