



# Around THE BLOCK

FALL 2010

Are you concerned about a friend, family or client's ability to live and manage safely in their home?

## Block Building Therapies is pleased to offer **Competency & Shelter Assessments**

Most of us work with or know someone who has been injured or suffers from dementia or a neurological condition that results in disability, chronic pain and loss of independence. Such circumstances not only alter the course of aging, they also have serious repercussions on the lives of family and friends. When it comes to safety in the home, prevention is the key. A competency and shelter assessment can identify potential hazards and offer recommendations to help keep clients and even loved ones, safe in their own home.



### Did you know:

- Falls are the second leading cause, after motor vehicle collisions, of injury-related hospitalizations for all ages, accounting for 29% of injury admissions.
- Adults 65 and over accounted for 40% of all injury hospitalizations, the largest proportion of all injury hospitalizations.
- Almost half of seniors who fall experience a minor injury, and 5% to 25% sustain a serious injury such as a fracture or a sprain.
- Families are often unable to provide care, and 40% of all nursing home admissions occur as a result of falls by older people.

(Statistics on seniors' falls compiled by The Public Health Agency of Canada (PHAC) 2009)

Competency is one's ability to understand decisions and the outcomes of those decisions. It is a dual paradigm between a person's cognitive and functional abilities.

Occupational Therapists at Block Building Therapies assess and work with clients that have barriers in capacity and decision making abilities. Our clinicians assess competency using a complex and multifaceted clinical approach.

Competency Assessments by Block Building Therapies are completed **in consultation with the physician and/or psychiatrist** and includes the following:

1. **Clinical Interview:** This occurs with the client as well as with other members of the family and healthcare team.
2. **Functional Assessment (in home and/or hospital setting):** This clinical assessment includes a direct hands-on assessment of client's self care skills (grooming, hygiene, feeding, and dressing), home management skills (meal preparation, cleaning, laundry) as well as community management tasks (grocery shopping, money and financial management, community access, resources, etc.)
3. **Objective Competency Testing:** This is a formal competency evaluation and while not to be used as a sole determinant of a client's status of competency, it is used as an important component of the overall competency examination battery.
4. **Capacity for Shelter Assessment (CASA):** The Capacity for Shelter Assessment, developed by Dr. W. Molloy, MD (Specialty in Gerontology) is based on identifying triggers, getting assent, gathering information, educating the client and a specialized clinical interview.

According to Dr. Molloy, a "capable" person is defined as the following:

- a. Knowing the context of decisions at hand.
- b. Knowing available choices.
- c. Appreciating the consequences of their choices.

Our Competency and Shelter Assessments are extremely thorough and guided by therapists with over 25 years of combined experience in cognitive assessments and rehabilitation in the community.

The assessment is followed by a detailed clinical report with recommendations for safe, independent living options for the client.

Block Building Therapies works closely with clients, their families and caregivers to make the most reasonable accommodations for living safely in the community. We are happy to work with the medical team including WRHA, Physicians, Managers and Case Coordinators as well as competency based agencies such as the Public Trustee of Manitoba. Hospital referrals are also accepted to ensure safe discharges in the community.

To make a referral for a Competency and/or Shelter Assessment, please contact Block Building Therapies at:

Phone: 231-0785  
Fax: 231-4442  
Email: [info@blockbuilding.ca](mailto:info@blockbuilding.ca)

Referral forms for new assessments are also available online at our website: [www.blockbuilding.ca](http://www.blockbuilding.ca)

Regards,

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