Occupational Disruption

Sharing our experiences of COVID-19

Moderator: Melisa Kaye, 2020
WHAT’S THIS ABOUT?
(see below or next slide)
March 13, 2020

Hello,

Welcome to this public shared resource focused on occupational disruption resulting from COVID-19. My name is Melisa Kaye and I am a pediatric occupational therapy practitioner and assistant professor of OT at San Jose State University.

My home city of San Francisco declared a state of emergency due to novel coronavirus (COVID-19) several days ago. My occupational participation and that of everyone in my community changed suddenly and drastically.

I started this project to document our experiences living with the reality of the coronavirus. I also want to channel my fears into connection and service! The focus of this collaborative slide deck is the occupational disruption we are experiencing as a result of social distancing and quarantine measures. My goal is to create a place for OT practitioners to share experiences, fears, hopes, strategies, and stories with each other.

Please contribute to this slide deck by adding a slide or two (see instructions and examples on the next slides). You can include images or words in whatever combination you like! If you need technical assistance, leave your email for me and I’ll be in touch as soon. Please be sure to use images with permission & attribution.

We OTs (and those who love us) are a resilient, flexible, and resourceful group! Let’s share with each other to help combat the fear, isolation, & uncertainty we may be feeling for ourselves, our clients, our students, our colleagues, and our loved ones.

Warm regards,
Melisa Kaye
Occupational Disruption

● A change in patterns, habits, rituals & routines & a restriction from occupational participation which can lead to a change in identity.

● Changes often result from a health or environmental condition that is beyond the individual’s control.

● Prolonged occupational disruption results in occupational deprivation.
Instructions

1. Using the + button on the top left of the menu bar, create a new slide.

2. Add formatting, words & pictures to document your experience of “occupational disruption”.

3. Use the “speaker notes” section beneath the slide to add more thoughts, your name/contact info (optional), the date, & any resources or other info.

4. Share the deck with others:
   https://tinyurl.com/occupationaldisruption
How can my exquisite home harbor so much fear & uncertainty?
Wash Your Hands!
Fear Breeds in the Absence of Knowledge
Really?!
Embracing #Social Distancing in SNFs

- Across the U.S. SNF institutions are closing to visitors to contain Covid-19 and prevent infecting the most vulnerable.
- In the SNF where I treat, residents are anxious and depressed because this policy means they are shut out from their families.
- These people often lack technology to stay connected with family and/or do not have the foundation of social media to connect with others.
- As an Occupational therapist, it seems now is the time to offer support with occupational deprivation if working with isolated clients.
IMPROVING MENTAL HEALTH

SUPPORT
WELLNESS
TREATMENT
COMPASSION
HOPE
ANGER
LONELINESS
TRAUMA
ADHD
DELUSION
ANXIETY
FEAR
DEPRESSION
ISOLATION
INSOMNIA
GRIEF
RECOVERY
STRENGTH
HEALING
So many questions that get in the way of the “real” work I’m paid for

...but who knows what the “real” work is any more?
It's hard for me to keep the focus on myself.

The coronavirus outbreak is disrupting my routines but giving me an opportunity to engage in activities I have otherwise set aside. Like sleeping in, writing, watching a movie with my husband. It is forcing me to slow down.

There's a gift in here.
social participation and social distancing — discovering ways to touch without touch
Losing Motivation to Study

I am a recent OTD graduate and I have been studying for my board exam. I failed a few times and really was looking forward to the conference for a break. Now being at home worrying about my health (I am in a high-risk category) & trying to get my money back from planned trips, I can’t stay focused on studying and I am experiencing burnout on many levels. I am tired, scared, and hope this blows over soon.
It's Raining...

And our mayor banned gatherings of more than 100 people at a time until April 30.

Nothing has changed much since yesterday, but I feel trapped & scared this morning.

I am going to focus on engaging in occupation… I know it will help.

- Exercise
- Clean up
- Work
- Connect with friends
- Breathe…

May your day be calm and may you feel courageous and resilient today.
Pregnancy induced activity restriction has severely limited my occupational engagement in ADL and IADLs. Now COVID-19 is changing our daily routine. I am trying to find meaningful activities for myself and my family in this period of waiting.
As an OTA student my main occupation is school. All the schools are going remote and there is no more daily routine of classes for me.

My own mental health demons are rearing their heads. It makes me wonder how others who have more severe mental health issues are coping with this disruption.

Do they have any support? Be sure to check in on your friends...
I'm a school-based occupational therapist and a yoga instructor near Indianapolis. Our schools announced late Thursday possible COVID-19 cases (unconfirmed because there are not tests available) within the school district. I was in four of our six buildings this week and my children attend 2 of these schools so my momma instinct (for my own two children and those that I work with...some very medically complex) kicked in with lots of anxiety on Thursday and Friday. We're now on eLearning until our Spring Break next week, and then we'll see what happens in April.

I'm trying to use my other occupations as a yoga instructor and practitioner to channel the fear into some positives. This morning the studio where I completed my training hosted their first combined in studio and virtual class, and they are hoping to offer all classes like this moving forward. It was a joy to practice virtually with friends there and my anxiety dropped a lot. I'll be working this week on implementing something similar with my crew that I teach weekly at our church.

Deep breaths, hand washing, essential oils, making healing/immune boosting foods, making cards for my grandmother who is hospitalized, reading, and getting OUTSIDE....trying to focus on the occupations that we can engage in and find the positives in slowing down and connecting with my family.
I am a school-based occupational therapist and adaptive gymnastics coach. It seems that everything in my life has been cancelled. The schools are closed as well as the gymnastics center where I practice and coach. After a conversation with my mom, she sent me this message and I have been clinging to it the past several days:

“Conversations will not be cancelled. Relationships will not be cancelled. Love will not be cancelled. Songs will not be cancelled. Reading will not be cancelled. Hope will not be cancelled. May we lean into the good stuff that remains.”

I hope this message resonates with you as well.
MOT Student, parent of one child on autism spectrum and another with an anxiety disorder.

Public school is out for at least 2 weeks and disrupting the schedule of a child with autism is SO difficult. I’m supposed to head out on my first level II fieldwork next week. No idea how we’re going to get through this.

My MIL has Alzheimer’s disease and my FIL is her caretaker - there is no plan for if he gets sick.
I’m an OT in non-traditional practice working for a tech company and an adjunct professor. We’ve been asked to work from home for at least the next two weeks.

I’m SO grateful for the opportunity to work from home as I know how much privilege that comes with. I’m trying to figure out how to best support my community as I believe that privilege comes with responsibility.

We had to cancel our Community Practice Lab at the University, which limits opportunities for our patients to receive supportive and free OT services and our students to continue with such a rich learning opportunity. We’re now working on providing remaining services through telerehab.

The bright spot of taking this pivot is that I’m seeing more discussion about possibilities of coverage for telerehab services now and in the future.

Take care of each other - continue with your routines and occupations that bring joy and encourage those around you to do the same. Check in on each other. Help a neighbor. Call a friend. Reach out for support.

We’ll get through this, together.
I'm a school based PT, grateful they have shut schools...because I had a cough that started on Thursday and sore throat on Wednesday...schools closed Friday. I was freaking out that I might be exposing people to any illness, whether COVID-19 or not. Not worried for myself but for others...now...I am thinking what can I do to help others. I am using my business platform, Fit4Work to share some resources I created from what I know about supporting youth with disabilities, and my perception of priorities: self, family, meeting needs of my students for instruction if called to, and professional development. Link [here](#).

I was supposed to meet up with friends to have a book talk today, and we did it virtually. I also attended an Instagram live yoga class. And both were lovely, heart filling experiences. Here is an infographic with a quote from the book we talked about this morning.

Thinking we all have a scope of influence, lets do what we can to help each other. Lets figure out ways to stay socially connected and support each other, and mindful that this too shall pass. Peace and love to all of you.

“Maybe we are all Beths, boarding other people’s life journeys, or letting them hop aboard ours. For a while we ride together. A few minutes, a few miles. Companions on the road, sharing our air and our view, our feet swaying to the same beat. Then you get off at your stop, or I get off at mine. Unless we decide to stay on longer together. p 251”

RIDING THE BUS WITH MY SISTER BY RACHEL SIMON
That Silver Lining

I work in a SNF and I was so sad when they announced that family members are not allowed to visit the residents. Over the weekend, we have received email of new policies that we are not going to take them to the gym. It’s hard for me to bear the social isolation that they are imposing to our clients when this is their home or temporary home as they get better. For some of them, their role is a patient and going to therapy is their purposeful activity because their goal is to go home. They will still receive their therapy but we can only do so much in the small confines of their room. I am trying to feel optimistic to do more creative activities with them so they won’t feel depressed.

Outside of work, I see some benefits of the mandatory social distancing imposed to the workers and their children. It’s like a reset button:

1) It’s a great time to bond together. Often, parents and children complain that they don’t have the time. Now is the time. Watch Netflix together, play board games together, talk about silly things together.
2) With dining out, concerts and games canceled, people who have financial problems wouldn’t go further in debt trying to buy services they can’t afford with their credit cards just because they were pressured to do so.
3) Gift of time. Time to clean the house and get organized. Time to meditate. Time to exercise. Create healthy habits.
4) For OT’s, this a good time to educate our clients on importance of healthy habits. If they understand that our body can fight the virus if our body is healthy, maybe the unhealthy habits will be discouraged.
After two days of self-quarantine, I went outside and realized it’s still spring...
OT Educator’s perspective: occupational disruption (day 4 - subject to change)

Challenges:
- Letting go of planned class learning activities
- Mental effort to adapt courses to online equivalents (approximations?)
- Learning new systems and technologies
- Amplified role in framing educational experiences, providing reassurance
- Balancing home life adjustments to work at home while parenting
- Self-management in a time of national crisis
- Loss of expected schedule and activities

Opportunities:
- Time to engage in valued routines and relationships at home
  - Cooking, games, cleaning
- Proficiency in new technologies
- Mental stimulation and creativity
- Use commute time to get stuff done
- Interacting with coworkers and students in a more personal way (tho distanced)
- Immediacy: present in each moment
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<tr>
<th>STRENGTHS</th>
<th>OPPORTUNITIES</th>
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<tr>
<td>Knowledge of daily routines, strategies for coping and anxieties, and</td>
<td>Time together with family &lt;3</td>
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<td>technology for inline teaching</td>
<td>Less drive time= cost savings</td>
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<td>Being well prepared as an OT</td>
<td>Employer resources for continuity of learning for my students</td>
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<td>Resources for housing and food access</td>
<td>Having health and no at risk conditions</td>
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<td>My family is with me</td>
<td>Caring neighbors pooling resources</td>
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<td>Strong connections with friends and distant family through media</td>
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<td>Access to resources for students and self for coping</td>
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<tr>
<th>ASPIRATIONS</th>
<th>RESULTS</th>
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<tr>
<td>Finish that manuscript (wouldn’t we all!!)</td>
<td>Staying healthy and managing my occupational disruption to the best of my</td>
</tr>
<tr>
<td>Complete all my grading in a timely fashion (HA!)</td>
<td>abilities for myself, family, and students</td>
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<td>Have dinner on the table at a reasonable hour all together</td>
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<td>Finish that Ebook about to expire</td>
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<td>Walk in the garden to see what is emerging</td>
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<td>Play, play, play- board games, cards, art, crafts, action figures and</td>
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<td>dolls</td>
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Occupational Disruption: What a wonderful phrase for OT’s to address.

It reminds me of:

“The New Normal,” a talk at the NYSOTA conference

Nature Deprivation, which we can reverse. Hug a tree instead of a person.

School closed—An opportunity to learn a new skill to deliver OT via Google Classroom.

Large celebrations cancelled—Get to know fewer people better rather than more people superficially.

Sometimes running to work can be an escape. Connect with inner awareness.

Another reason to love OT with its myriad of potential creative pursuits.

Adaptability
A whole new life 1 year ago with the move of my mom
Moved from the BAY AREA, the place called home since she was very young.
Excited she was living 100 feet away and could be with her grandkids everyday

Then came a diagnosis...my mom at 77...stage IV lung cancer
New perspective on life, just getting out and developing new friends, routines, roles

THEN came Coronavirus
Overnight homeschool MOM
Kinder and 2nd
Caregiver and still a school based OT (what do we do?)

DON'T touch that! Wash your hands! You can’t play with the neighborhood kids!
Don’t hug grandma! Don’t go OUT!
Anyone 65 or older DON’T leave the house! WAIT NO ONE LEAVE THE HOUSE!

Social Isolation on SO MANY LEVELS. THANKFUL for days to connect to the things that matter.
"I'm just riding the waves. It's all I can do."

Silver lining- haven’t had unstructured time like this since summer breaks in early high school. Lots of plans developing:

- Reading, trying new hobbies, cooking/baking new recipes
- Cleaning/organizing
- Catching up with old friends
- Fresh air!! Walking, exercising outside, just relaxing outdoors, meditation, yoga
- Hope to help people problem solve to come up with ideas (family & friends)

OT MS student
Our program is on a unique timeline. Was supposed to be having final weeks of classes, a graduation party with my class and professors, lots of end of year celebrations, AOTA conference, and then going onto level II fieldwork.

In a matter of a couple days….. AOTA conference cancelled, classes cancelled, celebrations cancelled. Not allowed to go to work. Fieldwork postponed (indefinitely). Graduation ceremony postponed (indefinitely).

Have at the very minimum, 4 weeks of NOTHING. I keep saying my life has been cancelled or indefinitely postponed.
And just like that my job is gone.

Last Wed. we realized we needed to up our cleaning/hygiene routines at the clinic.

Then Sunday we realized the clinic needed to be shut down.

Now, we have no income & no idea when we might reopen.

The landlord refused to defray the rent even for a month.

We are looking into tele health options.

I’m terrified.

I remember to breathe because there is nothing else to do.
Water soothes my soul...

In this time of learning to teach remotely, I must practice being gentle with myself and quiet the inner critic...easier said than done.

Seeing my social isolation amongst my coworkers...

What an opportunity to see the junk and lessons I still need to work through!

#Grateful
"I keep telling the kiddos it's our job to change our perspective... so we try to make everything we have control over fun. During their silent reading time, they get to chew bazooka bubble gum. We do our chores with a theme. First day was wax on wax off and then we watched Karate Kid. We have played in the pool even in the rain. I'm just trying to help them stay kids through all of this. Today's theme is Jumanji. We already did the morning freeze dance to "Welcome to the Jungle". Tonight we plan on watching the latest movie"
I am a doctor. ... “Unconscionable” is a feather-light word to use for the response to this pandemic by those in charge. After weeks of inaction, of downplaying the pandemic, of calling it a hoax, President Donald Trump had no choice but to shift tone once this crisis was undeniable. He then stood shoulder to shoulder at press conferences, shaking hands while declaring a national emergency that his own experts said only social distancing would quell. He has failed our nation.
Week 2 of Shelter in Place.
It’s so peculiar how things that seemed unimaginable a week ago are now becoming habits--

- Standing six feet away from all other humans.
- Not shopping, eating out, or attending events.
- Making three meals a day at home.
- Slowing the pace of life to a welcome (and sometimes maddening) crawl.
- Suspending the breath-stealing panic about no work & no money coming in.
- Bracing for the plague.
JUST BREATHE.
You are strong enough to handle your challenges, wise enough to find a solution to your problems, and capable enough to do whatever needs to be done.

Lori Deschene

tinybuddha.com
My ROLES: Wife, mother, Peds OT, rabbi’s wife, daughter, sister, and friend….. have all shifted to cheerleader, student and teacher of virtual technology, homeschooler housecleaner, cook and coach.

My HABITS: SLOW DOWN… BE PRESENT…. REALLY LISTEN…. FOCUS… CARE… BE PATIENT… WAIT...WHY AM I TALKING? STOP PREDICTING

My RITUALS: First to wake up Exercise first thing Text my workout buddies Read the nytimes Brush my teeth and floss after breakfast Eat the same breakfast everyday Drink coffee Give hugs Cheer on kids and husband Make dinner

A CHANCE to CHANGE our PERFORMANCE PATTERNS
Click on the link below. You can scroll down to the event and click on the link to my session.

https://www.orrishon.org/tor-tahoevirtualcommunity

Thursday, March 26th

11:00AM-12:00PM Retaining and Creating our Occupations (Meaningful Daily Activities) when they seem to disappear

Join Rachel Yakar, OTR/L as she shares her expertise with tips to get you through this challenging time.

Feel free to join in on this conversation. It’s open to ALL. If you would like to share your wisdom, I would love to collaborate. Send me an email: rachelyakar@gmail.com
A new “normal” routine for grocery shopping

1. Think carefully about what is really needed and in what quantities, knowing that it may not be available or you may not be able to shop again for several weeks.
2. Think carefully about what I’m taking into store to avoid contamination--leave purse at home and put credit card in one pocket by itself so after I use it I can disinfect it.
3. Avoid everyone -- consider wearing gloves and face mask into store.
4. Stop using recyclable bags--too hard to disinfect.
5. Once home, remove each item from bags and wipe down with clorox spray before bringing it into house.
6. Once I put groceries away, wipe down every surface I may have touched--doorknobs, lightswitches, faucet, fridge and cabinet handles.
7. Leave shoes in garage, throw all clothes I just wore to store into washer and take a shower.
Time to slow down, to think, to pray, to rest, to trust. I never was in control, I just thought I was.

Many things I typically fill my time with are gone. (I still want to check the sports scores.) I’m finding myself spending my time in ways that are closer to my ‘ideal’. This is an opportunity to reorder my routines and priorities.

I miss face-to-face connection with people, yet have revelled in connecting with old friends in other time zones. Almost everyone is home and has time.

Thankful for a job that continues to pay me. Very aware of many who no longer have regular income and looking for those around me whom I can help make it through.