### Supplemental Table 1. Summary of Research Articles Regarding Occupational Therapy in U.S. Home Health (2000–2009)

<table>
<thead>
<tr>
<th>Author</th>
<th>Research Outcomes or Conclusions of Study Pertinent to OT</th>
<th>Type of Study</th>
<th>Population Addressed</th>
<th>Description of OT intervention and role of OT (including subtopics)</th>
<th>Type of Home Care Mentioned</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gitlin, Corcoran et al., 2001</td>
<td>Fewer declines in ADL/ IADL, reduced upset in ind. w/ Alzheimer’s. Increased self-efficacy and reduced upset in caregivers.</td>
<td>Experimental/Quasi-Experimental</td>
<td>Caregivers of individuals with Alzheimer’s Disease</td>
<td>Environmental Skill Building Program (ESB) Over 6 months, 90 min OT home visits, 3 OT phone contacts, 1 PT visit, consisting of: Management of Alzheimer’s Disease ADL/IADL Home/environmental modifications Adaptive devices Adaptive methods/strategies Alzheimer’s caregiver concerns Home safety assessment/teaching</td>
<td>Home care (general)</td>
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<tr>
<td>Corcoran and Gitlin, 2001</td>
<td>80% recommended strategies were implemented by caregivers</td>
<td>Corcoran and Gitlin, 2001</td>
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<tr>
<td>Gitlin, Winter et al., 2003</td>
<td>Caregivers reported at 6 months: All: decreased upset with memory-related behaviors, need for assistance from others, increased affect Spouse: Decreased upset with disruptive behaviors for spouse caregivers Men: Less time in daily oversight Women: enhanced management ability, overall well being, and mastery</td>
<td>Experimental/Quasi-Experimental</td>
<td>Caregivers of individuals with Alzheimer’s Disease</td>
<td>Environmental Skill Building Program (ESB) Over 6 months, 90 min OT home visits, 3 OT phone contacts, 1 PT visit, consisting of: Management of Alzheimer’s Disease ADL/IADL Home/environmental modifications Adaptive devices Adaptive methods/strategies Alzheimer’s caregiver concerns Home safety assessment/teaching</td>
<td>Home care (general)</td>
</tr>
<tr>
<td>Gitlin, Hauck et al., 2005</td>
<td>Caregivers reports at 12 months: maintenance found for fewer behavioral incidences, improved skills and caregiver affect</td>
<td>Experimental/Quasi-Experimental</td>
<td>Caregivers of individuals with Alzheimer’s Disease</td>
<td>Environmental Skill Building Program (ESB) Over 6 months, 90 min OT home visits, 3 OT phone contacts, 1 PT visit, consisting of: Management of Alzheimer’s Disease ADL/IADL Home/environmental modifications Adaptive devices Adaptive methods/strategies Alzheimer’s caregiver concerns Home safety assessment/teaching</td>
<td>Home care (general)</td>
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<tr>
<td>Gitlin, 2006</td>
<td>Adaptive devices underutilized by caregivers due to cost, decreased access</td>
<td>Experimental/Quasi-Experimental</td>
<td>Caregivers of individuals with Alzheimer’s Disease</td>
<td>Environmental Skill Building Program (ESB) Over 6 months, 90 min OT home visits, 3 OT phone contacts, 1 PT visit, consisting of: Management of Alzheimer’s Disease ADL/IADL Home/environmental modifications Adaptive devices Adaptive methods/strategies Alzheimer’s caregiver concerns Home safety assessment/teaching</td>
<td>Home care (general)</td>
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<tr>
<td>Chee, Gitlin et al., 2007</td>
<td>Caregivers with better health, greater treatment exposure, more problems addressed, and who were taught using more active therapeutic techniques had greater adherence to recommendations</td>
<td>Experimental/Quasi-Experimental</td>
<td>Caregivers of individuals with Alzheimer’s Disease</td>
<td>Environmental Skill Building Program (ESB) Over 6 months, 90 min OT home visits, 3 OT phone contacts, 1 PT visit, consisting of: Management of Alzheimer’s Disease ADL/IADL Home/environmental modifications Adaptive devices Adaptive methods/strategies Alzheimer’s caregiver concerns Home safety assessment/teaching</td>
<td>Home care (general)</td>
</tr>
<tr>
<td>Dooley and Hinojosa, 2004</td>
<td>Decreased caregiver burden, increased quality of life, positive affect, activity frequency, and self care status.</td>
<td>Experimental/Quasi-Experimental</td>
<td>Caregivers of individuals with Alzheimer’s Disease</td>
<td>Environmental Skill Building Program (ESB) Over 6 months, 90 min OT home visits, 3 OT phone contacts, 1 PT visit, consisting of: Management of Alzheimer’s Disease ADL/IADL Home/environmental modifications Adaptive devices Adaptive methods/strategies Alzheimer’s caregiver concerns Home safety assessment/teaching</td>
<td>Home care (general)</td>
</tr>
<tr>
<td>Sheldon and Teaford, 2002</td>
<td>Home modifications significantly impact on caregiver’s stress level and ability to cope</td>
<td>Experimental/Quasi-Experimental</td>
<td>Caregivers of individuals with Alzheimer’s Disease</td>
<td>Environmental Skill Building Program (ESB) Over 6 months, 90 min OT home visits, 3 OT phone contacts, 1 PT visit, consisting of: Management of Alzheimer’s Disease ADL/IADL Home/environmental modifications Adaptive devices Adaptive methods/strategies Alzheimer’s caregiver concerns Home safety assessment/teaching</td>
<td>Home care (general)</td>
</tr>
</tbody>
</table>

*Environmental Skill Building Program and other Environmental/Caregiver Interventions for Individuals with Alzheimer’s Dementia*
| Holmes, 2000 | Memory notebook reduced behavioral excesses and eased caregiver burden | Single case study | Caregiver of Individuals with Alzheimer’s Disease | Initial OT visit in day center, 4 subsequent home visits, consisting of: Management of Alzheimer’s Disease ADL/IADL Cognitive compensatory strategies Alzheimer’s caregiver concerns Behavioral Issues in Alzheimer’s care | Home care (general) |
| Multicomponent Home Intervention and Home/environmental modifications | | | | | |
| Gitlin, Hauck et al., 2006; Gitlin, Winter et al., 2006 | Reduced difficulty with ADL/IADL (largest effects in bathing, toileting), fear of falling, home hazards Increased self efficacy, use of adaptive strategies Benefits sustained for 12 months for most outcomes | Experimental/Quasi-Experimental | Urban community-living older people | Over 6 months, four 90 min OT home visits, 3 OT phone contacts, 1 PT visit, consisting of: ADL/IADL Home/Environmental Modifications Cognitive Compensatory Strategies Energy Conservation Home safety assessment and teaching Fall recovery techniques | Home care (general) |
| Gitlin, Hauck et al., 2006 | Reduced mortality risk by 9X | Experimental/Quasi-Experimental | Older adults living in community with disabilities | OT home environment assessment and follow up visits, consisting of: Home/Environment Modifications Adaptive Equipment Home safety assessment and teaching | Private agency |
| Gitlin, Winter et al., 2008 | Individuals at greatest disability risk most responsive Benefits in IADL functioning differed between whites/minorities | Experimental/Quasi-Experimental | Older adults living in community with disabilities | OT home environment assessment and follow up visits, consisting of: Home/Environment Modifications Adaptive Equipment Home safety assessment and teaching | Home care (general) |
| Stark, 2004 | Improved occupational performance and satisfaction with ability to perform everyday activities | Experimental/Quasi-Experimental | Older adults living in community with disabilities | OT home environment assessment and follow up visits, consisting of: Home/Environment Modifications Adaptive Equipment Home safety assessment and teaching | Private agency |
| Stark et al., 2009 | Home modification results in improved daily performance sustained at 2 years | Experimental/Quasi-Experimental | Older adults living in community | Over 8-12 weeks, OT home assessment, 1 phone contact and 1 follow-up visit, consisting of: Home/Environment Modifications Home safety assessment and teaching | Home care (general) |
| McNulty, Johnson et al., 2003 | The readiness for change model was useful for working with older adults to implement home safety changes | Experimental/Quasi-Experimental | Older adults living in community | Over 8-12 weeks, OT home assessment, 1 phone contact and 1 follow-up visit, consisting of: Home/Environment Modifications Home safety assessment and teaching | Home care (general) |
| Other OT Intervention Research | | | | | |
| Matteliano, Mann et al., 2002 | Pts receiving OT and PT versus PT or RN alone demo improvements in LE dressing, toileting, and walking | Secondary Analysis | Older adults receiving home health services | Analzied OT, PT, RN, and HHA data from 1 home health agency | Medicare |
| Cohen and Schemm, 2007 | Increased scores on Life Satisfaction Inventory (LSA) and increase in taking on new life roles | Randomized Controlled Trial | Individuals with Spinal Cord Injury Living in the community | 8 Home OT sessions, consisting of: Management of Spinal Cord Injury Grading/Practicing desired occupation Adaptive Devices Identify Goals with Client | Home care (general) |
| OT Practice Patterns and Roles Research | | | | | |
| Toth-Cohen, 2000 | Provided recommendations for OT in home health: 1. Collaborate with patients, families, and other health professionals to solve problems. 2. Acknowledge others as experts. 3. Include the family perspective. 4. Fully address the needs of patients and families in their home environment | Qualitative | OT in large research study | Examined Role perceptions of Occupational Therapists providing support for caregivers as part of ESB program | Home care (general) |
### 3. Providing support/education for caregivers in community can be major transition from traditional OT role

<table>
<thead>
<tr>
<th>Citation</th>
<th>Description</th>
<th>Methodology</th>
<th>Study Population</th>
<th>Details</th>
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<tbody>
<tr>
<td>Boutin-Lester &amp; Gibson, 2002</td>
<td>OT home health interventions consisted of: Mostly exercises chosen by OT Therapeutic use of self Lack of Meaningful Occupation Lack of Discharge planning Patient goals not pursued collaboratively Created lack of distinction between OT and PT Created artificial division of body into upper and lower segments for OT/PT triaging</td>
<td>Qualitative</td>
<td>Older Adults receiving home care</td>
<td>Studied Patient perceptions of Home Health Occupational Therapy using interviews</td>
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<tr>
<td>American Occupational Therapy Association, 2006</td>
<td>Descriptive Data of OT in home health including: Demographics, employment status and parameters, years of experience, education, geographic distribution, client treatment, and salary.</td>
<td>Descriptive/Survey</td>
<td>U.S. Occupational Therapists</td>
<td>Descriptive study utilizing a survey given to a national pool of OTs, collected data over several years</td>
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For a complete list of article citations, please see the main article in the *American Journal of Occupational Therapy*.

Supplemental Table 2. Summary of Professional Practice Articles Regarding Occupational Therapy in U.S. Home Health (2000–2009)

<table>
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<tr>
<th>Author</th>
<th>Subject of Professional Practice Article</th>
<th>Peer Review (X)</th>
<th>Type of Home Care Mentioned</th>
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<tr>
<td><strong>OT Interventions for Specific Conditions/Situations</strong></td>
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<tr>
<td>Sarafconn, 2000</td>
<td>Low energy clients</td>
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<td>McGuire, 2000</td>
<td>Occupational endurance</td>
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<td>Medicare</td>
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<tr>
<td>Herve, 2000</td>
<td>Clients with Developmental Disability</td>
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<td>Home care (general)</td>
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<tr>
<td>Sevigny, 2000</td>
<td>OT role in home safety</td>
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<td>Medicare, Private insurance</td>
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<td>Horowitz, 2002a</td>
<td>Home assessments</td>
<td>X</td>
<td>Medicare, Veterans Administration</td>
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<td>Pynoos, 2002</td>
<td>Home modification assessment</td>
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<td>Home Care (general)</td>
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<td>Corcoran, Gitlin et al., 2002</td>
<td>Environmental Skill Building Program</td>
<td>X</td>
<td>Home care (general)</td>
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<tr>
<td>Shaw, 2003</td>
<td>Managing dementia</td>
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<tr>
<td>Froehlich and O'Sullivan, 2003</td>
<td>Mental health in home health</td>
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<tr>
<td>Weinstein and Booth, 2006</td>
<td>Fall prevention</td>
<td>X</td>
<td>Medicare</td>
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<td>Ryan, 2006</td>
<td>Preventing pressure ulcers</td>
<td>X</td>
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<td>Costa, 2006</td>
<td>Intervention for depression</td>
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<tr>
<td>Zekert and Gingerich, 2007</td>
<td>Addressing low vision</td>
<td>X</td>
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<td>Zahoransky, 2009</td>
<td>Community Mobility</td>
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<td>Dreiling, 2009</td>
<td>Energy Conservation</td>
<td>X</td>
<td>Home care (general)</td>
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<td><strong>Practice Issues</strong></td>
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<tr>
<td>Metzler, 2000</td>
<td>Advocate for OT in home health</td>
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<td>Medicare</td>
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<tr>
<td>Barney, 2001</td>
<td>Marketing OT in home health</td>
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<td>Siebert, 2003</td>
<td>OT Practice Framework and home health</td>
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<td>O'Sullivan, 2003</td>
<td>Partnering with home health aids</td>
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<td>Metzler, 2003</td>
<td>OT performance in home health</td>
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<tr>
<td>Barnes and Frock, 2003</td>
<td>Role of rehabilitation in home health</td>
<td>X</td>
<td>Medicare</td>
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<tr>
<td>Miller, 2003</td>
<td>Role of OT in home safety</td>
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<td>Medicare, Private insurance</td>
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<tr>
<td>Sabata, 2004</td>
<td>Environment and occupation in the home</td>
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<td>Medicare, Private Agencies</td>
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<td>Siebert, 2005</td>
<td>OT outcomes and quality initiatives</td>
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<td>Medicare</td>
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<td>McCaul, 2005</td>
<td>Home health internship program</td>
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<td>DePalma, 2006</td>
<td>Evidence-based practice</td>
<td>X</td>
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<td>Merryman, 2006</td>
<td>Supportive client recovery from liminal state</td>
<td>X</td>
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<td>Toto, 2006</td>
<td>Role of OT in home health</td>
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<td>Siebert, 2007</td>
<td>Aging in Place</td>
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<td>Author(s)</td>
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<td>Fagan, 2007</td>
<td>Resources for home modifications</td>
<td>Medicare, Medicaid, Private insurance, Private agencies</td>
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<td>Olivas De La O, 2008a</td>
<td>Home health from OTA perspective</td>
<td>Medicare</td>
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<td>Olivas De La O, 2008b</td>
<td>Insights from an OT and home health agency owner</td>
<td>Medicare</td>
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<td>Fagan, 2008</td>
<td>Implementing the centennial vision in home health</td>
<td>Medicare</td>
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<td>Billock, 2009</td>
<td>Integrating spirituality in home health OT</td>
<td>Home care (general)</td>
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<tr>
<td>Vance &amp; Siebert, 2009</td>
<td>Self-management in home health and community</td>
<td>Medicare</td>
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<td>O'Sullivan, 2003</td>
<td>Medicare Prospective Payment (PPS)</td>
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<td>Raptosh, 2003</td>
<td>Use of independent contractors</td>
<td>X</td>
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<td>Steele, 2006</td>
<td>OTAs in home health</td>
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<td>Siebert, 2006</td>
<td>OTAs in home health</td>
<td>Medicare</td>
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<tr>
<td>Metzler, 2009</td>
<td>Flexibility for home health agencies in use of OT</td>
<td>Medicare</td>
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<td>Frock and Barnes, 2003</td>
<td>The model home care team</td>
<td>X</td>
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<td>Krafft, 2006</td>
<td>Building a successful therapy team</td>
<td>X</td>
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<td>Ehrlich, 2006</td>
<td>Multidisciplinary care at home</td>
<td>X</td>
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<td>Strzelecki, 2006</td>
<td>Home Modifications</td>
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<tr>
<td>Goldberg, 2009</td>
<td>Optimizing the skills of OTs</td>
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For a complete list of article citations, please see the main article in the *American Journal of Occupational Therapy*.

Supplemental Table 3. Major and Specific Occupational Therapy Interventions Discussed or Researched in U.S. Home Health Literature (2000–2009), in Order of Most to Least Referenced

<table>
<thead>
<tr>
<th>Major Intervention Area and Specific Interventions Topics (# of authors referencing each)</th>
<th>Authors citing topic (*= research study) ([ ]= group of articles on 1 study)</th>
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<tr>
<td><strong>Adaptation and Environment (57)</strong></td>
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<td>Home/environmental modifications (19)</td>
<td>Corcoran, Gitlin et al., 2002; Weinstein &amp; Booth, 2006; Horowitz, 2002a; Toto, 2006; Siebert, 2007; Fagan, 2007; Sabata, 2004; Sevigny, 2000; Shaw, 2003; Miller 2003; Froehlich &amp; O'Sullivan, 2003; Pynoos, 2002; Strzelecki, 2006; [Gitlin, Hauck et al, 2006; Gitlin, Winter et al, 2006; Gitlin, Winter et al, 2008]<em>; [Gitlin, Corcoran et al, 2001; Corcoran &amp; Gitlin, 2001; Gitlin, Winter et al., 2003; Gitlin, Hauck et al, 2005; Gitlin, 2006; Chee, Gitlin et al, 2007]</em>; McNulty, Johnson et al., 2003*; Sheldon &amp; Teaford, 2002*; Dooley, 2004*; [Startk et al., 2009; Stark, 2004]*</td>
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<td>Adaptive devices (17)</td>
<td>Goldberg, 2009; Sevigny, 2000; Weinstein and Booth, 2006; Horowitz, 2002a; Toto, 2006; Shaw, 2003; Barney, 2001; McGuire, 2000; Froehlich and O'Sullivan, 2003; Miller, 2003; Corcoran, Gitlin et al., 2002; Pynoos, 2002; Cohen and Schemm, 2007*; [Gitlin, Corcoran et al, 2001; Corcoran &amp; Gitlin, 2001; Gitlin, Winter et al., 2003; Gitlin, Hauck et al, 2005; Gitlin, 2006; Chee, Gitlin et al, 2007]<em>; [Gitlin, Hauck et al, 2006; Gitlin, Winter et al, 2006; Gitlin, Winter et al, 2008]</em>; Sheldon and Teaford, 2002*; Dooley, 2004*; [Startk et al., 2009; Stark, 2004]*</td>
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<td>Adaptive methods/strategies (10)</td>
<td>Goldberg, 2009; Horowitz, 2002a; Sevigny, 2000; Shaw, 2003; Miller, 2003; McGuire, 2000; Corcoran, Gitlin et al., 2002; Pynoos, 2002; Dooley, 2004*; [Gitlin, Corcoran et al, 2001; Corcoran &amp; Gitlin, 2001; Gitlin, Winter et al., 2003; Gitlin, Hauck et al, 2005; Gitlin, 2006; Chee, Gitlin et al, 2007]<em>; [Gitlin, Hauck et al, 2006; Gitlin, Winter et al, 2006; Gitlin, Winter et al, 2008]</em></td>
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<td>Cognitive compensatory strategies (2)</td>
<td>[Gitlin, Hauck et al, 2006; Gitlin, Winter et al, 2006; Gitlin, Winter et al, 2008]<em>; (Holmes 2000)</em></td>
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<td>Joint Protection (2)</td>
<td>Frock &amp; Barnes, 2003, Sevigny, 2000</td>
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<td>Splints (2)</td>
<td>Goldberg, 2009; Ryan, 2006</td>
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<tr>
<td><strong>Occupational Performance (43)</strong></td>
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<td>Self care (ADL) and home management (IADL) (general) (25)</td>
<td>Krafft, 2006; Corcoran, Gitlin et al., 2002; Goldberg, 2009; Ehrlich, 2006; Weinstein &amp; Booth, 2006; Horowitz, 2002a; Toto, 2006; Barnes &amp; Frock, 2003; Siebert, 2007; Siebert, 2005; Siebert, 2003; Shaw, 2003; Barney, 2001; Olivas De La O, 2008; Miller, 2003; Sevigny, 2000; Froehlich, &amp; O'Sullivan, 2003; Pynoos, 2002*; Boutin-Lester &amp; Gibson, 2002; Sheldon</td>
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<td>Category</td>
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<td>Medication Management (7)</td>
<td>Frock &amp; Barnes, 2003; Toto, 2006; Barnes &amp; Frock, 2003; Barney, 2001; Olivas De La O, 2008; Costa, 2006; Vance &amp; Siebert, 2009</td>
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<td>Meal Preparation / clean up (2)</td>
<td>Sarafcon, 2000; Froehlich &amp; O'Sullivan, 2003</td>
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<td>Community Mobility (2)</td>
<td>Siebert, 2007; Zahoransky, 2009</td>
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<td>Reestablishment of daily routines (2)</td>
<td>Costa, 2006; Vance &amp; Siebert, 2009</td>
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<td>Reinforce Precautions during ADL (1)</td>
<td>Frock &amp; Barnes, 2003</td>
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<td>Hygiene (1)</td>
<td>Froehlich &amp; O'Sullivan, 2003</td>
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<td>Attending MD appointments (1)</td>
<td>Sarafcon, 2000</td>
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<td>Grading/practicing desired occupations (1)</td>
<td>Cohen &amp; Schemm, 2007*</td>
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<td>Spirituality (1)</td>
<td>Billock, 2009</td>
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<td><strong>Remediate Body Functions/Structures and Performance Skills (22)</strong></td>
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<td>Skin Protection/wound healing/Pressure ulcer management (4)</td>
<td>Goldberg, 2009; Toto, 2006; Barnes &amp; Frock, 2003; Ryan, 2006</td>
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<td>Positioning (4)</td>
<td>Toto, 2006; Froehlich &amp; O'Sullivan, 2003; Miller, 2003</td>
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<td>Improve Dyspnea/Endurance (3)</td>
<td>Toto, 2006; Froehlich &amp; O'Sullivan, 2003; Miller, 2003</td>
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<td>Cognitive Exercises/Activities (3)</td>
<td>Frock &amp; Barnes, 2003; Costa, 2006; Froehlich &amp; O'Sullivan, 2003</td>
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<td>Stress Management (2)</td>
<td>Sarafcon, 2000</td>
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<td>Upper body exercise (2)</td>
<td>Goldberg, 2009; Frock &amp; Barnes, 2003</td>
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<tr>
<td>Behavioral issues in Dementia (2)</td>
<td>Sheldon &amp; Teaford, 2002*; Holmes, 2000*</td>
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<td>Functional/Purposeful Exercise (1)</td>
<td>Boutin-Lester &amp; Gibson, 2002*</td>
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<td>Improve Strength (1)</td>
<td>Miller, 2003</td>
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<td>Sensory Integrative Function (1)</td>
<td>Froehlich &amp; O'Sullivan, 2003</td>
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<td><strong>Management of Specific Diagnoses or Conditions (19)</strong></td>
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<td>Low vision (3)</td>
<td>Ehrlich, 2006; Zekert &amp; Gingerich, 2007</td>
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<td>SCI management (1)</td>
<td>Cohen &amp; Schemm, 2007</td>
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