



# TAYLOR

## PHYSICAL THERAPY

### NASHUA CLINIC

Taylor Physical Therapy is excited to offer two valuable services, the **High Level Activities of Daily Living Assessment** (High Level ADL) and **Driver Off-Road Assessment (DORA)**, conveniently at the **Nashua Clinic**! Determining a patient's ability to safely reside in their own home or drive can be difficult without objective data. Both the High Level ADL and DORA meet these needs by providing valuable information related to the patient's physical, cognitive, and visual capabilities. This insight can then be utilized when making decisions for the individual and during difficult discussions with them and their family. Utilize the table below to determine what assessment will give you the valuable information you need to meet your patients needs!

High Level ADL Assessment	DORA (Driver Off Road Assessment)
<b>Vision Assessment:</b> <ul style="list-style-type: none"> <li>- Visual fields</li> <li>- Depth perception</li> <li>- Peripheral vision</li> </ul>	<b>Vision Assessment:</b> <ul style="list-style-type: none"> <li>- Visual Confrontation Test (Visual fields)</li> <li>- Snellen chart</li> <li>- Visual tracking</li> </ul>
<b>Physical Assessment:</b> <ul style="list-style-type: none"> <li>- Neck AROM</li> <li>- Upper and Lower Extremity AROM</li> <li>- Upper and Lower Extremity Strength</li> </ul>	<b>Physical Assessment:</b> <ul style="list-style-type: none"> <li>- Motricity Index (Pinch, elbow, shoulder, ankle, knee, hip)</li> <li>- BERG Balance Assessment</li> <li>- Lower Limb Proprioception screen</li> <li>- Right heel pivot test</li> </ul>
<b>Cognitive Assessment:</b> <ul style="list-style-type: none"> <li>- MoCA - <i>cognitive screen to detect mild cognitive impairment</i></li> <li>- Trail Making Test - <i>test of visual attention and task switching</i></li> <li>- Motor Free Visual Perception Test - <i>tests visual perception independent of motor ability</i></li> <li>- Contextual Memory Test - <i>assesses self awareness, self efficacy, self perception recall and strategy</i></li> <li>- Cognitive Performance Test - <i>assesses functional cognition</i></li> </ul>	<b>Cognitive Assessment:</b> <ul style="list-style-type: none"> <li>- OT Drive home maze test - <i>test of attention, visuoconstructional ability and executive functions of planning and foresight</i></li> <li>- Road law and Road craft test</li> <li>- Mini-Mental Status Examination - <i>screening tool to assess cognitive performance</i></li> </ul>
<b>RT-2S Reaction Time Tester:</b> <i>Tests accelerator to brake reaction time</i>	<b>RT-2S Reaction Time Tester:</b> <i>Tests accelerator to brake reaction time</i>
<b>Appropriate candidate for this assessment:</b> Appropriate referral for this assessment would include individuals who have had a cognitive/memory decline and input is needed on their ability to maintain independent living.	<b>Appropriate candidate for this assessment:</b> Appropriate referral for this assessment would be individuals purely concerned about their ability to continue to drive safely.
<b>Insurance coverage:</b> Insurance coverage IS an option for this assessment IF patient has an appropriate diagnosis including <b>cognitive decline</b> (R41.81), <b>memory deficit</b> (R41.3), <b>mild cognitive impairment</b> (G31.84), <b>cognitive deficits following cerebral infarction</b> (I69.319), <b>memory deficits following cerebral infarction</b> (I69.911). This assessment can be completed as a cash pay service if indicated but a supporting diagnosis is not present.	<b>Insurance coverage:</b> Insurance coverage is <b>NOT</b> an option. This evaluation tool is offered as a <b>PRIVATE PAY</b> option only.

## MEET THE THERAPIST: MARGO



As a compassionate and empathetic occupational therapist, Margo Jebe, OTR/L, is equipped with the skills and knowledge to complete both the High Level ADL and DORA. Margo's patient and detail oriented disposition will not only ensure the individual feels comfortable completing the lengthy assessment, but also that the report includes the valuable information you need to help make, what can be, life changing decisions.

Please contact the Nashua Clinic at any time to inquire about additional resources, potential patients, or questions related to the High Level ADL or DORA. Please visit our website for additional information and resources related to these and other services.

Proudly providing the highest quality of "Tailored" therapy services while striving to serve our patients with vision, compassion, and integrity.

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