

AADE7 Self-Care Behaviors®	Examples of OT Interventions Consistent with Best Practice
Healthy Eating	<ul style="list-style-type: none"> • Promote healthy culturally-tailored meals • Navigate food resource management
Being Active	<ul style="list-style-type: none"> • Facilitate participation in meaningful physical activities • Adapt exercises for various comorbidities, e.g. knee problems
Monitoring	<ul style="list-style-type: none"> • Establishing routine for monitoring • Identifying patterns <ul style="list-style-type: none"> ○ Example: Connecting very low blood glucose on Sunday mornings to skipping breakfast before church
Taking Medications	<ul style="list-style-type: none"> • Medication management using pillboxes • Encourage medication adherence with assistive technology use or cueing • Advocating for modifications to the medication regimen to match patient's current capabilities
Problem Solving	<ul style="list-style-type: none"> • How to monitor blood glucose when out in public, traveling, or at work • Family member bringing sugary beverages into the house and patient tends to drink it • Neighborhood being unsafe to take walks for exercise
Healthy Coping	<ul style="list-style-type: none"> • Referral to other professions as appropriate, e.g. psychiatry • Facilitate participation in meaningful activities • Social activities • Spiritual activities • Hobbies • Activities associated with work or student roles • Setting realistic goals to manage expectations and build self-efficacy • Screening for depression
Reducing Risks	<ul style="list-style-type: none"> • Teaching organization skills to keep up with many appointments, e.g. with the podiatrist, ophthalmologist