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Don't Miss This Great Course!

Rehabilitation for Persons with Dementia: Making Therapy Worth It

Instructor Susan Staples, PT, GCS

2012

**Newport News, VA
February 24-25**

**Charlotte, NC
March 24-25**

**Harrisburg, PA
June 22-23**

**Denver, CO
October 12-13**

**Akron, OH
November 3-4**

This comprehensive course:

- Provides the clinician with numerous evaluation and treatment strategies for improved outcomes with the patient with dementia
- Includes an extensive handout with ready to use assessment tools, treatment programs, and current medical references.



Great Books



QTY TOTAL

The Functional Toolbox: Clinical Measures of Functional Outcomes . \$89

Lewis, 290 pages. A compilation of 50 outcome tools to assist clinicians in numerous settings, including orthopedic, psychosocial, geriatric, and sports medicine. Each tool includes in its itinerary mode of administration, population, validity, reliability, and scoring information.

The Functional Toolbox II\$89

Lewis, 250 pages, Supplements Volume I, 50 new tools for orthopedics, stroke, Alzheimers, osteoporosis, lumbar spine, and arthritis. **Functional Toolbox I and II special: \$159.00**

Geriatric Clinical Strategies\$70

Lewis, 450 pages. Thirteen years of practical and clinical articles covering orthopedics, neurology, cardiology, pain, pharmacology, documentation, marketing, legal, reimbursement, frailty, and managed care. Excellent book to study for the specialty exam.

Age-Defying Fitness\$20

Motlat/Lewis. This cutting edge fitness book identifies five domains of physical performance: posture, strength, flexibility, balance and endurance, and explains the age-related changes that occur within the body in each of these domains. The authors also teach readers how to make accurate baseline assessments of their own bodies and how to develop a fitness program to meet their individual needs and body types. Easy-to-follow descriptions of exercises are included.

Documenting Quality Care **UPDATED**\$39

Lewis, revised 2011. A compendium of scales commonly used in rehabilitation with specific grading systems regarding proper use. Each tool is explained and compiled within a 2-page, easy to use chart.

Health Promotion and Exercise for Older Adults . . \$48

Lewis. Everything a therapist needs to set up group or individualized programs. Over 30 different types of programs are given from posture to stroke.

Improving Mobility In Older Persons **UPDATED** . . . \$48

Lewis. The perfect handbook for therapists in a skilled nursing facility or acute care. This book has evaluation and treatment ideas for patients working on bed mobility to gait.

Balance Assessment Tests and Treatment \$49

Lewis. Video assessment and treatment cards. Tinetti, Functional Reach and Unilateral Stance demonstrated. Great treatment strategies that save time.

Prevention and Wellness Toolbox \$67

Lewis/Kellems. A collection of 20 tools to screen for numerous areas of prevention: falls, posture, strength, future disability, osteoporosis, confidence in treatment, and quality of life to be used in a variety of settings. Each tool contains information on administration, population, validity, reliability, and scoring. Great for marketing new patients and justifying care in current patients.

Orthopedic Outcomes Toolbox \$67

Lewis/Wilke/Wright. A collection of 24 outcome tools that can be used in outpatient settings, home care, rehabilitation centers, long-term care, or acute care facilities. Most are paper and pencil tests that will save the practitioner hours of evaluation time. Each tool includes information on population, administration, validity, reliability, and scoring.

Hand-Held Dynamometry \$25

McAndrew/Lewis. Dynamometry norms, references, testing positions for all referenced motions and equipment suggestions. Compact. Easy to Use with clear human illustrations.

1 Repetition Maximum Progression Pad \$12

This valuable tool has 1 RM values at 50% and 80% already figured out for you and provides a form for tracking exercises and progression

Ideokinetic Facilitation for Balance Audio Tape . . . \$8

Slide Algometer \$6

An easy-to-use, reliable and valid measurement tool for assessing pain.

Pocket Card 1 Repetition Maximum \$6

This valuable tool has 1RM values at 50% and 80% already figured out for you

Pocket Card Bed Mobility \$6

This valuable tool has time norms, breakdown of movement pattern in degrees for the different stages of supine to sit and a quantitative assessment of bed rise difficulty.

Pocket Card Sit to Stand Transfer \$6

This valuable tool has the break down of the sit to stand movement pattern in degrees at each joint for 10%, 35%, 40%, 60%, & 100% of rise

Osteoporosis Exercise Booklet \$6

Self Balance Hints for Older Persons Booklet . . . \$6

AB Attack \$20

A comprehensive exercise DVD designed to strengthen and stabilize all muscles of the torso. Trish Muse instructor

Prices include shipping via USPS (media mail) MD residents add 5% sales tax. and handling within the continental U.S. **TOTAL** _____

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Program Schedule

Day 1

7:30-8:00 am: **Registration and Continental Breakfast**

8:00-9:30 am: **Introduction and Acute Disorders of Dementia**
The rapidly growing geriatric population, Incidence of dementia, Delirium, Depression, and Normal Pressure Hydrocephalus

9:30-9:45 am: **Break**

9:45-12:00 pm: **Chronic Disorders of Dementia**
Alzheimer's dementia, Dementia with Lewy bodies, Vascular disease, Pick's Disease, Subcortical Disorders, & other dementias

12:00-1:00 pm: **Working Lunch:** (on your own) Case Studies-Patient with early Alzheimer's Disease

1:00-2:45 pm: **Communication Strategies for Evaluation & Treatment**
Verbal and non-verbal communication, Fear, Paranoia, Agitation, Using Life Stories, Patient Dignity, Diversion Techniques

2:45-3:00 pm: **Break**

3:00-5:30 pm: **Evaluation of the Patient with Dementia**
Approach Strategies, Objective Functional Tests and Measures, Screens

5:30-6:00 pm: **Case Study and Group Discussion**
Rehab Challenges with the person with dementia
Bring your difficult cases

6:00-6:30 pm: **Questions and Answer Session**

Day 2

7:30-8:00 am: **Continental Breakfast**

8:00-10:30 am: **Treatment Strategies and Related Current Research**
ADL's, Gait, ROM, Strength, Balance

10:30-10:45 am: **Break**

10:45-12:30 pm: **Treatment Strategies Continued**
Hip Fractures, Cardiopulmonary Issues, Pain, Nutrition

12:30-1:30 pm: **Working Lunch:** (on your own) Case Studies-Patient with mixed Vascular dementia and Alzheimer's Disease

1:30-3:00 pm: **Treatment Strategies Continued**
Caregiver Training, FMP, Recreational Activities, Documentation for successful reimbursement

3:00-3:15 pm: **Break**

3:15-4:00 pm: **Caregiver Issues**
Burn Out, Elder Abuse, Dementia Related Support Groups

4:00-5:30 pm: **Restraint Issues with Dementia**
Chemical, Physical, Restraint reduction programs, Seating and positioning, Contractures

5:30-6:00 pm: **Case Study and Group Discussion**
Creating Innovative Programs

6:00-6:30 pm: **Questions and Answer Session**

Faculty

Susan Staples, PT, GCS is a board certified Geriatric Clinical Specialist with fourteen years of clinical experience in the field of Geriatrics, with focus on treating persons with dementia. She has experience in a variety of settings and presently practices as a senior physical therapist at a SNF/LTC facility, treating both short and long term care patients with dementia. Ms. Staples has lectured nationally on the topic of rehabilitation for patients with dementia and has authored clinically relevant articles on this topic. Ms. Staples has published as an Issue Editor for Topics In Geriatric Rehabilitation, with the journal issue *Focus on Dementia*, as well as articles for Advance and GeriNotes. Ms. Staples has performed clinical research with Marymount University studying the effects of PT and Tai Chi for Adult Day Care patients with Alzheimer's disease. She is the Maryland State liaison for the Geriatric section of the APTA and the APTA liaison for the Alzheimer's Association. As a speaker, she provides high quality, evidence-based presentations, that will immediately assist in providing effective rehabilitation for patients with dementia to improve their rehabilitation outcomes and quality of life.

Description

This seminar provides participants with specific evaluation and treatment strategies that are critical to improve outcomes for this challenging and rapidly growing patient population. Included are comprehensive strategies for patients with dementia that address gait disorders, balance and falls, ADL's, mobility, hip fractures, strength/ROM, common eating and nutritional problems, cardiopulmonary and pain issues, seating and positioning, restraints, management of behavioral problems, sensory stimulation, and innovative dementia programs.

Participants will also gain a thorough understanding of the different types of acute and chronic disorders of dementia with specific communication and approach strategies for success. Recent clinical research is included to provide evidence-based guidance on effective evaluation and treatment strategies. The seminar format includes lecture, case studies and group discussions of evaluation and treatment strategies. Videos of patients with dementia and case studies are used to facilitate the integration of the strategies covered in this comprehensive course. Documentation strategies for successful reimbursement are included for this patient population that is closely reviewed by intermediaries. Challenges in providing care for patients with dementia will be discussed for all settings with innovative solutions.

Locations

Host: Riverside Health System
Location: Warwick Forest Retirement Community
Newport News, VA
February 24-25, 2012

Host: Carolinas HealthCare System - Healthy@Home
Location: Carolinas HealthCare System Airport Training Center
Charlotte, NC
March 24-25, 2012

Host: Flagship Rehabilitation
Location: Bethany Village Mechanicsburg, PA
June 22-23, 2012

Exempla Lutheran Medical Center
Wheat Ridge, CO
October 12-13, 2012

Host: Summa Health System Rehab Services
Location: Akron City Hospital
Akron, OH
November 3-4, 2012

Objectives

Upon completion of this seminar, participants will be able to:

1. Demonstrate a working knowledge of the incidence, pathology, medical management, and clinical presentation of each type of dementia.
2. Recognize acute disorders of dementia based on clinical presentation, including delirium, depression, and normal pressure hydrocephalus.
3. Differentiate between acute and chronic disorders of dementia.
4. Use specific approach and communication strategies for the different types of dementia, including Alzheimer's, dementia with Lewy Bodies, vascular dementia, alcohol related dementia, and others.
5. Use specific, objective, functional tests and measures appropriate for the evaluation of persons with dementia.
6. Develop creative treatment programs for effective treatment of persons with dementia in all settings.
7. Recognize the signs and symptoms of elder abuse
8. Assess for chemical and physical restraints and develop programs to reduce these restraints.
9. Utilize effective documentation strategies for successful reimbursement.
10. Utilize evidence based approaches for evaluation and treatment of persons with dementia, including caregiver training.

Feedback from past course participants

"This seminar was fantastic! I would recommend it to any facility with even just one patient with dementia or problem behavior!"

"Susan is an excellent teacher... She knows her material well."

"Practical information, can easily be used in any setting."

"Course provided useful information for myself, my family and caregivers."

"Extremely beneficial."

"Susan is very giving, caring and passionate."

Registration

AUDIENCE: Primary Audience - Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapist Assistants, and Speech Language Pathologists.

LEVEL: This course is at an intermediate level.

FEE: The registration fee includes all course sessions, breaks, continental breakfasts, and course handout.



*AOTA does not endorse specific course content, products, or clinical procedures. * A certificate of attendance for 20 contact hours or 2 CEUs of educational activity (2.0 or 20 CEUs depending on how your Practice Act determines CEUs in your state) will be awarded to registrant upon completion of the seminar.

- Newport News, VA** - \$495. If postmarked before 2/1/12
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- Denver, CO** - \$495. If postmarked before 9/19/12
- Akron, OH** - \$495. If postmarked before 10/10/12

LATE REGISTRATION: Postmarked after the above date requires an additional **\$50 late fee**.

EARLY BIRD: \$470 - If completed registration and payment are received by

- Newport News, VA** - December 14, 2011
- Charlotte, NC** - February 8, 2012
- Harrisburg, PA** - April 11, 2012
- Denver, CO** - August 1, 2012
- Akron, OH** - August 22, 2012




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CANCELLATION/REFUND POLICY: Cancellations must be received in writing at least two weeks prior to the seminar date for tuition refund less a \$75 administration fee. **NO** refunds will be made after this date.

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GREAT Seminars and Books is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. **See course information for number of ASHA CEUs, instructional level and content area.** ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

This program is offered for 2.0 CEU's (intermediate level, professional area).

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LOST CERTIFICATES: Requests for a replacement certificate must be received in writing stating the name and dates of course attended. The cost for a replacement certificate is \$25.

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2012 Registration - Rehabilitation for Persons with Dementia

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