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CLINICAL GERIATRIC NEUROLOGY

Effective Examination and Intervention Strategies



Dr. Carole B. Lewis
PT, DPT, GTC, GCS, CCOEE, MSG,
MPA, PhD, FSOAE, FAPTA

2018

Cherry Hill, NJ
March 23-24
(Friday/Saturday)

Royal Oak, MI
(Detroit, MI Area)
August 4-5

Albuquerque, NM
September 15-16

Savannah, GA
October 13-14

Venice, FL
December 1-2

SHARPEN YOUR CLINICAL SKILLS

This high tech **20 contact hour**
presentation includes:

- A **300+ page** handout
- Over 6,000 current medical references
- **Ready to use**
 - home **exercise** programs
 - intervention **techniques**
 - detailed **examination forms**
 - reliable and valid **outcome measures**



FACULTY

Dr. Lewis is well known as leader and innovator in the area of rehabilitation and optimal aging. She has served as the Editor-in Chief of an award winning international journal for over 30 years and has received top honors from the American Physical Therapy Association and The Gerontological Society. She has worked in home health, long-term care, acute hospitals, rehabilitation departments and outpatient clinics. In 1983, she started a private practice in Washington, D.C. and continues to work as a clinician. Dr. Lewis received two Master's degrees, Health Care Management and Gerontology, from the University of Southern California and a PhD in Health Education from the University of Maryland. She currently serves on the Medical Faculty at George Washington University as a full adjunct professor in the Department of Geriatrics.

A prolific writer, Dr. Lewis has published in a variety of journals, including Journal of the American Physical Therapy Association, Clinical Management, Geriatrics, Geriatrics, and Senior Patient. She is also editor of the journal Topics in Geriatric Rehabilitation, which won the Association of American Publishers' Award for the Most Outstanding Issue in a Scientific Journal. In addition, Dr. Lewis has authored numerous textbooks on aging: Physical Therapy for the Older Adult; Aging: Health Care's Challenge: Interdisciplinary Assessment and Treatment of the Geriatric Patient, now in its fourth edition; Geriatric Clinical Strategies; Geriatric Physical Therapy; Orthopedic Assessment and Treatment of the Geriatric Patient; The Geriatric Exercise Kit; The Functional Toolbox I & II; The Balance Book; Osteoporosis Exercise Book; Prevention and Wellness Toolbox; the Orthopedic Outcome Toolbox; Health Promotion and Exercise for Older Adults; and Improving Mobility in Older Persons. She also co-authored a book for the lay public entitled Age-Defying Fitness published by Peachtree Publishers.

Her professional awards include the APTA's Lucy Blair Service Award, the Section on Geriatrics' Clinical Excellence Award and the Academy of Geriatric Physical Therapy's highest honor, the Joan Mills Award. She is an APTA Catherine Worthington Fellow and in 2016, she received the Mary McMillan Lecture Award from the APTA, their highest honor. In addition, in 2014 she received the Gerontological Society of America's Excellence in Rehabilitation of Aging Persons Award. Dr. Lewis has lectured in over 48 states. Her international lectures include Australia, New Zealand, Japan, Finland, Canada, China, Turkey, Egypt and Israel.

DESCRIPTION

The purpose of this seminar is to provide participants with the most up-to-date information on neurological rehabilitation of the geriatric patient. The seminar format is lecture with demonstration that explores examination tools and intervention protocols/ideas designed and most appropriate for older patients with diagnoses of Parkinson's Disease, stroke, gait and balance disorders. Information on the physiology of aging will also be presented as well as special features on the environment and burnout. The extensive handout, which is over 300 pages with 5,000 current medical references, will provide detailed examination forms, outcome measures, intervention techniques, protocols and sample home exercises that can be used immediately with patients.

Recommended Reading: Go to our website: www.greatseminarsandbooks.com ... Click on "Evidence Based Tips" on the left side of the home page and read the following:

Clinical Geriatric Neurology Course Tips

- Tip #16 - The Unified Parkinson's Disease Rating Scale
- Tip #17 - Parkinson's Disease: The First Step is Evidence
- Tip #18 - Picture This for Treating Parkinson's
- Tip #19 - A Post-Stroke Assessment: The Frenchay Activities Index
- Tip #20 - Biomechanical Models for Stroke Rehab
- Tip #21 - Treating for Balance: It Must Be Functional!
- Tip #22 - Defending Care for Patients with Dementia
- Tip #23 - Sitting Balance Scale: A Review
- Tip #24 - Help Your Patients Improve Sitting Balance
- Tip #25 - The Need for Speed: Monitoring Gait

OBJECTIVES

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

1. Demonstrate the latest examination and intervention techniques for patients with stroke, Parkinson's disease and gait and balance disorders.
2. Provide detailed explanations of current evidence-based techniques.
3. Prescribe a motivational program to enhance intervention outcomes for older patients with neurological deficits.
4. Differentiate between dementia and depression and provide meaningful intervention modifications for the challenges presented by these diagnoses.
5. Describe normal and pathological changes in the neurological system of an older person.
6. Recognize the different movement disorders commonly seen in older persons.
7. Thoroughly examine a patient with Parkinson's disease, stroke, or gait and balance disorders utilizing several different functional assessment tools and design an effective intervention program.
8. Compare and contrast various methods of examining patients with stroke, Parkinson's disease and gait and balance disorders for specific outcomes.
9. Organize and plan an effective rehabilitation program for geriatric patients with stroke, Parkinson's disease and gait and balance disorders.
10. Identify fall risk factors, gait impairments and gait & balance deviations and develop specific approach to assess gait, balance and falls in the older patient using a variety of cutting-edge tools.
11. Create innovative screening and intervention programs for balance and gait deficits commonly seen in older persons.

Feedback From Past Course Participants

"Excellent course – very informative!"

"Dr. Lewis did an excellent job of keeping us engaged and interested."

"This course made me motivated to use what I learned."

"Wonderful, evidence based information!"

"Great course! Very interesting and entertaining! Phenomenal course!"

"Dr. Lewis is very dynamic and easy to listen to... kept the weekend interesting!"

"This is a course that all therapists working with geriatric patients should be required to take."

"Great course... worth giving up my weekend for."

"Excellent course, I was dreading 2 days of sitting, but Carole made it very dynamic and fun!"

"Cutting edge information."

"Dr. Lewis' teaching style is fun and inspiring!"

LOCATIONS

The complete address and location of your course will be provided in a confirmation letter that will be emailed to you at least 3 weeks before the course.

Host: Fox Rehabilitation
Location: Fox Rehabilitation EDU Center
Cherry Hill, NJ
March 23-24, 2018

Beaumont Hospital, Royal Oak
Royal Oak, MI
August 4-5, 2018

University of New Mexico Hospital
Albuquerque, NM
September 15-16, 2018

Host: St. Joseph's / Candler
Health System
Location: Candler Hospital
Savannah, GA
October 13-14, 2018

Venice Regional Bayfront Health
Venice, FL
December 1-2, 2018

PROGRAM OUTLINE

Day 1

7:30AM	Registration and Continental Breakfast
8:00AM	Introduction: Working with the Older patient with Neurological Problems, The Rehabilitation Implications of Dementia, Depression and Motivation and Evidence Based Protocols
10:30AM	Break
10:45AM	The Neurology of Aging: Differentiating Pathological and Normal Aging • Neuropathies • Tremors Weakness • Movement Disorders • MRIs and Aging, Clinical Prediction Rule for Peripheral Neuropathy
12:30PM	Working Lunch (Bring your own) Perform Gait and Balance Tests
1:30PM	Parkinson's Disease – Evidence Based Examination and Intervention, Rhythmic Cueing to Axial Mobility and many more
4:15PM	Break
4:30PM	Optimizing the Neurological Environment, Exploring Sensory Loss with Age, Special Feature on The Rehabilitation Specialist's Role, Evidence Based Examination and Intervention
6:00PM	Questions and Answers
6:30PM	Adjourn

Day 2

7:30AM	Continental Breakfast
8:00AM	Stroke – Older Patients are Different: Examination Tools, Motor Assessment Scale to the Modified Sitting Balance Scale and many more
9:45AM	Break
10:00AM	Stroke: Creative Evidence Based Techniques, Mirror Therapy to Motor Relearning and many more
12:30PM	Working Lunch (on your own) Prognostic & Evidence Based Stroke Rehab Case Study
1:30PM	Gait, Balance and Falls: A Functional Look at Neurological Problems – Evidence Based Examination and Intervention, FSST, Mini-Best and many more
4:30PM	Break
4:45PM	Burnout: How to Stay Vital When Working With Older Neurological Patients, Developing a plan for you and your co-workers
6:00PM	Questions and Answers
6:30PM	Adjourn

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 \$89

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

Lewis/Moffat **NEW!** Dr. Lewis' newest book. Achieve optimum fitness at any age. An interactive book on the 5 domains of illness for the lay public.

Documenting Quality Care **UPDATED** \$39

Lewis. 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 most facilities. This book has evaluation and treatment ideas for patients who need bed mobility to gait. All tools and treatments are evidence based.

Prevention and Wellness Toolkit \$69

Lewis/Ledbetter **NEW!** This kit is three books in one: The Prevention and Wellness Toolbox, Balance Assessment and Treatment and a detailed manual on how to develop and conduct a prevention and wellness screening and follow up classes.

Orthopedic Outcomes Toolbox \$69

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

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

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

Pilates for Seniors DVD The Osteoporosis Workout, Instructor Sherri Betz . . \$20

Prices include shipping via USPS (media mail) and handling within the continental U.S.

Sub-Total _____

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2018 REGISTRATION - CLINICAL GERIATRIC NEUROLOGY

YES! Please register me for:

- Cherry Hill, NJ - March 23-24 Royal Oak, MI - August 4-5 Albuquerque, NM - September 15-16
 Savannah, GA - October 13-14 Venice, FL - December 1-2 PT • PTA • OT • COTA • Other

Name _____ Work Telephone (_____) _____ Home Telephone (_____) _____

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REGISTRATION

AUDIENCE: Primary Audience - Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapist Assistants. Secondary Audience: Other Rehabilitation Professionals.

LEVEL: This course is at an intermediate level.

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

- CHERRY HILL, NJ** - \$495. If postmarked before 2/28/18
- ROYAL OAK, MI** - \$495. If postmarked before 7/11/18
- ALBUQUERQUE, NM** - \$495. If postmarked before 8/22/18
- SAVANNAH, GA** - \$495. If postmarked before 9/19/18
- VENICE, FL** - \$495. If postmarked before 11/7/18

LATE REGISTRATION: Postmarked after the above date requires an additional \$25 late fee.

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

- CHERRY HILL, NJ** - January 24, 2018
- ROYAL OAK, MI** - June 6, 2018
- ALBUQUERQUE, NM** - July 18, 2018
- SAVANNAH, GA** - August 15, 2018
- VENICE, FL** - October 3, 2018

DISCOUNT PROGRAM: Receive \$25 off your class registration for each **GREAT Seminars & Books on-site course** attended from 2000 to the present up to a maximum of \$200. In order to receive a discount, a copy of each course certificate must accompany registration form. No discounts will be taken once registration is completed.

CONFIRMATION: A confirmation letter will be sent via email at least 3 weeks prior to the course with local hotels and information. If you do not receive confirmation 2 weeks prior to class, please call to verify your registration. Registrations are not guaranteed until confirmed. Space may be limited, so register early.

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.

COURSE CANCELLATION: GREAT Seminars and Books, Inc. reserves the right to cancel a course up to 2 weeks prior to the seminar date. In the event of cancellation of a course only the tuition fee will be refunded in full. GREAT Seminars and Books, Inc. is not responsible for reimbursement of non-refundable airline tickets, lodging, or other related costs.

EDUCATIONAL CREDIT: A certificate of attendance for 20 contact hours of educational activity (**20 CEUs or 2.0 CEUs depending on how your Practice Act determines CEUs in your state**) will be awarded to registrants upon completion of the seminar. **Great Seminars and Books is an Approved CE Provider for PTs and PTAs in DC, NY, KY, IL, TX and NC. Approved in AR, MD, CA, OK, NJ, OH, PA and ID for 20 Clinical Contact Hours.** This course has been approved by the Nevada State Board of Physical Therapy for 1.5 units of continuing education. **Our courses also meet the guidelines for approval in MI, AL, VA, MO, IN, AZ, DE, GA, NH, OR, RI, UT, VT, WY and MO. Courses are accepted for CEU's in NE, ID, MT, WA, CT, IA, and ND. If you do not see your state listed, please give our office a call. GREAT Seminars is an American Occupational Therapy Association (AOTA) Approved Provider of continuing education. Provider #5363.** This course is not approved by ASHA or Board of Certification. Your tuition is tax deductible. All expenses of Continuing Education (including registration fees, travel, meals, and lodging) taken to maintain or improve professional skills are tax deductible according to Treasury Regulation 1.162-5 Coughlin vs. Commissioner, 203 F2d 307.

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.

5 Easy Ways to Register

WEBSITE Online Registration at www.greatseminarsandbooks.com

CALL Monday-Thursday 10-5 EST, Friday 10-1 EST Toll Free 877-79-GREAT (877-794-7328)

MAIL your registration form with payment to **GREAT Seminars and Books, Inc.**
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FAX your completed registration form with credit card information to 330-865-6941, 24 hours a day.

EMAIL your registration via the internet to greatseminars@aol.com

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*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.