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Rehabilitation for Older Adults with Dementia:

Maximizing Our Impact



2018

Rancho Mirage, CA
(Palm Springs, CA Area)
March 10-11

Wheat Ridge, CO
(Denver, CO Area)
August 11-12

Richmond, VA
September 15-16

Des Moines, IA
November 3-4



Julie Ries, PT, PhD

This comprehensive
20 contact hour course:

- Provides the clinician with numerous **evaluation** and **treatment strategies** for improved outcomes with the patient with dementia
- Includes **communication** and approach strategies as well as **ready to use assessment tools** in an **extensive** **handout**.



GREAT SEMINARS & BOOKS
Geriatric Rehabilitation Education and Training

2639 Revere Drive
Akron, Ohio 44333-2311



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Geriatric Rehabilitation Education and Training

Faculty

Julie Ries, PT, PhD, is a physical therapist and Professor of Physical Therapy at Marymount University in Arlington, Virginia. She has a special interest in physical therapy with older adults, particularly those with cognitive deficits such as Alzheimer's disease and her recent research has been in the area of outcome measures and balance interventions in this population. She has published original research in a variety of refereed journals (*Physical Therapy*, *Journal of Neurologic Physical Therapy*, *Journal of Geriatric Physical Therapy*) as well as several book chapters, and has presented at many APTA national conferences on topics of rehabilitation with the older adult. Her dissertation research, published in *Physical Therapy*, won her the Section on Geriatrics Research Award in 2010. Julie received her BS in Physical Therapy from Quinnipiac College (Hamden, CT), her MA in Education and Human Development from George Washington University (Washington DC), and her PhD in Physical Therapy from Nova Southeastern University (Ft. Lauderdale FL). She is a long-standing volunteer educator for the Alzheimer's Association and has been the recipient of several teaching awards at Marymount University. She is an energetic and enthusiastic presenter.

Description

Do Older Adults with Dementia benefit from rehabilitation? Historically, individuals with dementia were excluded from exercise and rehabilitation efforts with the assumption that they would not be able to participate. We know so much more now about working with individuals with dementia! Given the aging baby boomers (the "Silver Tsunami") and the incidence and prevalence of dementia in those over age 65, physical and occupational therapists in almost all practice arenas must be prepared to face the challenges of working with individuals with dementia. If we simply approach these patients as we do their cognitively intact peers, we are not likely to be successful. We must integrate and exploit what we know about the pathophysiology and motor, sensory, & behavioral implications of dementia. With an understanding of the physiological neuroprotective impact of exercise, the intricacies of motor learning in those with dementia, and developing therapeutic relationships within this special population, PTs will be better equipped to facilitate optimal outcomes. This course is designed to bring salient, practical, and evidence-based information to the practicing clinician to enhance the efficacy of physical and occupational therapy interventions for individuals with dementia. The course is a mix of lecture and interactive activities, with application of content to patient cases and group discussions related to clinical questions. The vast majority of individuals with dementia can benefit from activity-based exercise programs and rehabilitation if we design and carry out the interventions appropriately. This course provides the necessary content, strategies, and clinical reasoning practice to allow PTs to do just that.

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.

Eisenhower Medical Center
Rancho Mirage, CA
March 10-11, 2018

Henrico Doctors' Hospital
Richmond, VA
September 15-16, 2018

Lutheran Medical Center
Wheat Ridge, CO
August 11-12, 2018

Mercy Medical Center
Des Moines, IA
November 3-4, 2018

Objectives

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

- Differentiate types of dementia and compare and contrast clinical presentation, signs and symptoms, pathology, medical management, and clinical implications.
- Recognize acute reversible disorders that can masquerade as dementia, including delirium, depression, and normal pressure hydrocephalus, and discuss the management of these pathologies.
- Facilitate optimal interactions with individuals with dementia via modification of the environment, communication strategies, and the therapeutic relationship.
- Develop a repertoire of strategies to facilitate comprehensive examination (patient history, review of systems, tests & measures) of individuals with different levels of dementia.
- Integrate evidence related to the cognitive protective benefits of exercise and utilize this evidence to design and justify interventions for all older adults (with or without cognitive impairment).
- Discuss the inter-relatedness of cognition and gait and the implications for all older adults (with or without cognitive impairment).
- Describe movement disorders associated with dementia and potential strategies to impact them.
- Describe important motor learning principles for individuals with dementia and discuss the theoretical and practical implications.
- Review the existing evidence related to exercise and/or rehabilitation with individuals with dementia and evaluate the relevance of this literature in the context of your own clinical practice.
- Justify and implement critical characteristics of successful exercise interventions to develop creative and effective treatment programs for persons with dementia of all stages and in all settings.
- Select and utilize appropriate outcome measures, with attention toward available evidence for minimal detectable change scores, and effective documentation strategies for successful reimbursement.
- Consider and integrate caregiver needs in management of individuals with dementia.

Testimonial

"I am so excited to have Julie Ries teaching this course. I have followed her clinical research in this area for years and she has contributed outstanding protocols and programs for the population of older adults with dementia. From conducting the original research to working with the older adults with dementia, Julie brings this topic to life."

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

2018 Registration - Rehabilitation for Older Adults with Dementia

YES! Please register me for: Rancho Mirage, CA - March 10-11 Wheat Ridge, CO - August 11-12 Richmond, VA - September 15-16
 Des Moines, IA - November 3-4 PT • PTA • OT • COTA • SLP • Other

Name _____ Work Telephone (_____) _____ Home Telephone (_____) _____
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Registration Fee: \$495.00 Late Fee \$25.00 Amount Due \$ _____

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Registration

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

LEVEL: This course is at an intermediate level.

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

Rancho Mirage, CA - \$495. If postmarked before 2/14/18
Wheat Ridge, CO - \$495. If postmarked before 7/18/18
Richmond, VA - \$495. If postmarked before 8/22/18
Des Moines, IA - \$495. If postmarked before 10/10/18

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

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

Rancho Mirage, CA - January 10, 2018
Wheat Ridge, CO - June 13, 2018
Richmond, VA - July 18, 2018
Des Moines, IA - September 5, 2018

DISCOUNT PROGRAM: Receive \$25 off your class registration for each **GREAT Seminars & Books, Inc.** 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 PA, AR, CA and MD for 20 Clinical Contact Hours. Have applied for approval in Nevada. Our courses also meet the guidelines for approval in AL, IN, WI, VA, AZ, DE, NH, OR, RI, UT and MO. Courses are accepted for CEU's in NE, ID, MT, WA, CT, IA, and ND. *This course is approved by the Speech-Language Pathology & Audiology & Hearing Aid Dispensers Board of California for 20 contact hours.* 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 Couglin 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 Registrations 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.**
2639 Revere Drive, Akron, Ohio 44333-2311

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
FEDERAL TAX ID# 52-2193458



*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 CEU's depending on how your Practice Act determines CEU's in your state) will be awarded to registrant upon completion of the seminar.