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 of 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
March 10-11, 2018
Rancho Mirage, CA
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Lutheran Medical Center
Wheat Ridge, CO
August 11, 2018

Herrick Doctors’ Hospital
September 15-16, 2018
Richardson, VA

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

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.

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, CPT, STC, GCS, BCPP, PhD, FAPTA, FAPTA
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- Consider and integrate caregiver needs in management of individuals with dementia.

Testimonial
Julie Ries, PT, PhD
This comprehensive 26 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.
5 Easy Ways to Register

WEBSITE: Online Registrations at www.greatseminarsandbooks.com

CALL: Monday-Thursday 10-1 EST, Friday 10-5 EST
777-794-7328

MAIL: your registration form with payment to GREAT Seminars and Books, Inc.
2639 Revue 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 ggreatseminars@aol.com

Program Schedule

Day 1
7:30-8:00 am: Registration and Continental Breakfast
8:00-9:45 am: Types of Dementia
(After/tremor, vascular dementia, dementia with Lewy bodies, mixed dementia, fronto-temporal dementia & less common types of dementia)
10:00-11:30 am: Problems that can masquerade as Dementia:
-delirium, depression, normal pressure hydrocephalus
11:30-12:30 pm: Screening, classification & staging of dementia and neurogenic impairment
12:30-1:30 pm: Discussion of research article
1:30-3:00 pm: Facilitating optimal interactions via modification of communication strategies, and the therapeutic relationship
3:00-3:15 pm: Break
3:15-5:00 pm: Rehabilitation examination of the individual with Dementia: Analysis of data from multiple sources, assessing functional status
5:00-6:00 pm: Choosing & using appropriate outcome measures; minimal detectable change scores

Day 2
7:30-8:00 am: Continental Breakfast
8:00-8:30 am: Inter-relatedness of cognition and gait
8:30-9:30 am: Movement disorders in Dementia
9:30-9:45 am: tidy motor learning
9:45-10:00 am: Break
10:00-11:00 am: Motor learning in individuals with Dementia:
Characteristics of successful interventions
11:00-11:30 am: Neurocognitive protective effects of exercise
11:30-12:30 pm: Evidence supporting rehabilitation and/or exercise with individuals with Dementia
12:30-1:30 pm: Working Lunch: (on your own) Planning optimal interventions
1:30-3:20 pm: Integrating characteristics of successful interventions and available evidence to create programs for your patients & settings; Successful (reimbursable) documents
2:30-2:35 pm: Special considerations: Sleep, nutrition & hydration
(eating & swallowing concerns)
3:30-3:35 pm: Special considerations: Pain assessment & management, behavioral issues, restrictions & pain control
3:45-5:15 pm: Special considerations: Hip fracture
5:00-6:00 pm: Caring for the caregiver: Exercising for caregivers, support & resources, elder abuse
6:00-6:30 pm: Question and Answer Session
Registration

AUDIENCE: Primary Audience - Physical Therapists, Physical Therapy Assistants, Occupational Therapists and Occupational Therapy 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 - $459. If postmarked before 7/18/18
Richmond, VA - $495. If postmarked before 10/18/18
Des Moines, IA - $495. If postmarked before 10/18/18

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 – January 13, 2018
Richmond, VA – July 16, 2018
Des Moines, IA – September 1, 2018

DISCOUNT PROGRAM: Receive $25 off your class registration for each GREAT Seminars & Books, Inc. course attended after 2/28/17 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 2 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 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) is granted to all certified and non-certified attendees who have completed the seminar and received a Certificate of Completion from the \"Great Seminars and Books, Inc.\" A signed CEU Provider for PTs and PTAs in DC, MT, WA, and ND. Approved for ACR, ACE, and NTCE Contact Hours. Hours have applied for approval in North Dakota. Our courses also meet the guidelines for approval in AL, FL, IL, IN, WI, and NC. Courses are accepted for CEUs in NE, ID, WA, CT, IA, and ND. This course is approved by the Speech Language Pathology and 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 and we will verify for you. GREAT Seminars is an American Occupational Therapy Association (AOTA) approved provider of continuing education. Provider #001813. It is not approved by AOTA 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 (c)(4) (v) (vi) Commission, 20 FPR 307. Non-CEU continues are tax deductible according to APTA by the Feldman equity code.

LUCY D. LEWIS, Ph.D., OTR/L Theoretical Basis for Practice.

LATE 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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FEDERAL TAX ID 52-2193458

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8:00-9:45 am: Types of Dementia
(Alzheimer’s disease, vascular dementia, dementia with Lewy bodies, mixed dementia, frontotemporal dementia & less common types of dementia): Pathological, clinical features, management and pharmacological
9:45-10:00 am: Break
10:00-11:30 am: Problems that can masquerade as Dementia: delirium, depression, normal pressure hydrocephalus
11:30-12:30 pm: Screening, classification & staging of dementia and neurocognitive impairment
12:30-1:30 pm: Lunch
1:30-3:30 pm: Facilitating optimal interactions via modification of communication strategies, and the therapeutic relationship
3:30-5:15 pm: Rehabilitation examination of the individual with Dementia: Assessment of the patient’s baseline from multiple sources, assessing functional status
5:00-6:00 pm: Choosing & using appropriate outcome measures; minimal detectable change scores
6:00-6:30 pm: Question and Answer Session

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