

PRESORT  
STANDARD  
U.S. POSTAGE PAID  
AKRON, OH  
PERMIT NO. 752



2639 Revere Drive  
Akron, Ohio 44333-2311

# Rehabilitation Strategies for the Older Adult with Multi-Morbidity



**GET 20 CONTACT HOURS IN 1 WEEKEND AT A GREAT PRICE!**



**Dr. Debra Gray** PT, DHSc, DPT,  
GCS, CEEAA, GTC, FSOAE, CAPS

## **20 Contact Hours**

*This interactive seminar combines lecture, discussion, videos, case studies and hands-on activities to present the most recent research, examination tools, and interventions for older adults with multi-morbidity.*

**2019**

**BALTIMORE, MD**  
March 9-10

**OKLAHOMA CITY, OK**  
May 4-5

**JACKSON, MS**  
August 10-11



## Faculty

**Dr. Debra Gray**, PT, DHSc, DPT, GCS, CEEAA, GTC, FSOAE, CAPS has focused her physical therapy career in geriatrics and has worked in a variety of inpatient, outpatient, home care, and community based settings. She received a Doctor of Physical Therapy from Simmons College and a Doctor of Health Science from the University of Indianapolis as well as a Bachelor of Science in Physical Therapy from Wayne State University and a Master of Education from the University of Wisconsin. She has the following specialty certifications: Geriatric Certified Specialist (GCS), Certified Exercise Expert for the Aging Adult (CEEAA), Geriatric Training Certification (GTC), Certified Aging in Place Specialist (CAPS), and Functional Standards for Optimal Aging Expert (FSOAE). Debra is a co-editor of "Physical Therapy for the Older Adult: Examination and Intervention: An Evidence-based Approach" with Dr. Carole Lewis. She is currently an Associate Professor of Physical Therapy at the University of St. Augustine for Health Sciences and is the owner/manager of Gray Therapy, Education, and Consulting.

## Description

As mortality rates decline and the population ages, rehabilitation specialists must be prepared to recognize and consider the multiple chronic conditions commonly seen in older adults. The purpose of this seminar is to provide participants with the most current information and evidence on multi-morbidity with aging, components of comprehensive geriatric examination, and the implications of common chronic conditions in the development and implementation of highly skilled rehabilitation programs for medically complex older persons. The interactive seminar format combines lecture, discussion, videos, case studies, and hands-on activities to present the most recent research, examination tools, and interventions for older adults with multi-morbidity. An extensive course manual includes current primary references, detailed evaluation forms, outcome measures, suggested protocols, sample home exercises, and progressions.

## Objectives

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

1. Select, perform, and interpret evidence-based assessment tools appropriate for the older adult with multiple medical conditions.
2. Develop comprehensive plans of care for medically complex patients/clients that consider their individual needs, preferences for treatments, health priorities and lifestyle.
3. Explain the role of the rehab specialist as part of the inter-professional health care team in the comprehensive assessment and treatment of older adults with complex medical problems.
4. Distinguish between complication, co-morbidity, and multi-morbidity and the implications of each on rehabilitation services.
5. Examine common medical conditions associated with aging and analyze their impact on body structures and function, activities, and participation.
6. Identify the association of multi-morbidity with elevated risk of death, disability, poor functional status, poor quality of life, and adverse drug events.
7. Analyze the role of rehabilitation specialists in the risk identification, prevention, and treatment of frailty.
8. Interpret how an older person's health conditions and treatments interact and the potential effects on their functional independence and quality of life.
9. Prescribe appropriate therapeutic exercises/activities and propose modifications for the older adult with complex medical conditions.
10. Apply concepts of adult learning to provide effective patient/client education for older adults and caregivers.

**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.

Levindale Hebrew Geriatric  
Center and Hospital  
Baltimore, MD  
March 9-10, 2019

SSM Health Bone and  
Joint at St. Anthony  
Bone and Joint Education Center  
1111 N. Dewey Avenue  
Oklahoma City, OK 73103  
May 4-5, 2019

Mississippi Baptist  
Medical Center  
The Belhaven Medical  
Office Building  
Jackson, MS  
August 10-11, 2019

# Program Outline

## DAY 1

- 7:30AM Registration and Continental Breakfast
- 8:00AM Introduction: Working with the older patient with multi-morbidity as a member of an inter-professional team; Complications, co-morbidity, multi-morbidity – what's the difference?
- 10:30AM Break
- 10:45AM Common medical conditions associated with aging; The effects of multi-morbidity on function and quality of life
- 12:30PM Working Lunch (Bring your own) Multi-morbidity Case Study
- 1:30PM Comprehensive geriatric assessment; evidence-based examination tools appropriate for the older adult with multi-morbidity
- 4:15PM Break
- 4:30PM Frailty: risks, prevention, and interventions; Evidence-based exercise for frail older adults
- 6:00PM Questions and Answers
- 6:30PM Adjourn

## DAY 1

- 7:30AM Continental Breakfast
- 8:00AM Developing comprehensive plans of care for medically complex patients/clients; Considerations for incorporating individual needs, preferences, health priorities and lifestyle to improve function
- 9:45AM Break
- 10:00AM Selecting and modifying therapeutic exercises/activities for the older adult with complex medical conditions; Considerations for potential interactions between health conditions and interventions
- 12:30PM Working Lunch (on your own) Plan of Care Case Study
- 1:30PM Concepts of adult learning applied to the provision of effective patient/client education for older adults and caregivers
- 3:30PM Break
- 3:45PM Putting it all together to provide optimal care for the older adult with multi-morbidity: screening, examination, interventions, modification/adaptation, progression; outcomes
- 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** . . . . . \$80

Lewis, 670 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.

**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.

**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.

**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.

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

**Pocket Card - Borg Card** . . . . . \$6

This card is laminated so you can take it with you to monitor progress and document your patient's rehabilitation programs easily.

**Pocket Card 1 Repetition Maximum** . . . . . \$6

This valuable tool has 1 RM 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

20 page patient home exercise books. Can be bought in bulk.

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

20 page patient home exercise books. Can be bought in bulk.

**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 \_\_\_\_\_

We Do Not Accept Purchase Orders.

MD residents add 5% sales tax. \_\_\_\_\_

Books are only available for preview at GREAT courses.

TOTAL \_\_\_\_\_

877-794-7328 • Fax 330-865-6941 • www.GreatSeminarsAndBooks.com

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Make checks payable and mail to: GREAT Seminars and Books, Inc. All sales final.  
2639 Revere Drive, Akron, Ohio 44333-2311

Credit card: (circle one) MC Visa American Express Discover

Card # \_\_\_\_\_ Expiration Date \_\_\_\_/\_\_\_\_

# 2019 Rehabilitation Strategies for the Older Adult with Multi-Morbidity

**YES! Please register me for:**  Baltimore, MD - March 9-10  Oklahoma City, OK May 4-5  
 Jackson, MS - August 10-11  PTA • OT • COTA • Other

Name \_\_\_\_\_ Cell Phone (\_\_\_\_) \_\_\_\_\_  
 Address \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Work Phone (\_\_\_\_) \_\_\_\_\_  
 Organization \_\_\_\_\_ Email \_\_\_\_\_  
 Registration Fee: \$545.00 Late Fee \$25.00 Amount Due \$ \_\_\_\_\_  
 Payment:  Check, Payable to GREAT Seminars and Books, Inc.  Charge my:  MasterCard  Visa  Discover  AMEX  
 Card # \_\_\_\_\_ Expires \_\_\_\_\_ Security Code \_\_\_\_\_  
 Cardholder's Name (print) \_\_\_\_\_ Cardholder's Signature \_\_\_\_\_  
 Cardholder's Billing Address \_\_\_\_\_



2639 Revere Drive, Akron, Oh 44333-2311

Please detach and return with your check.

Compared to other onsite courses, **GREAT Seminars courses are the best value in the business.** Most live courses are 6 hours and cost \$229-\$295 which would be \$40-\$50 per credit. A 20-hour course like this would cost \$800-\$1000! **Get 20 Contact Hours for \$545 NOT \$1000!** Plus if you register early - \$495! **TAKE ADVANTAGE OF THESE GREAT PRICES!**

## 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.

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

**Baltimore, MD** - \$545. If postmarked before 2/13/19  
**Oklahoma City, OK** - \$545. If postmarked before 4/10/19  
**Jackson, MS** - \$545. If postmarked before 7/17/19

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

**EARLY BIRD:** \$495 - If completed registration and payment are received by:

**Baltimore, MD** - January 23, 2019  
**Oklahoma City, OK** - March 20, 2019  
**Jackson, MS** - June 26, 2019

**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. Additional discount codes may not be used with certificate discount program.**

**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 NY, KY, IL, TX and NC. Approved for PTs and PTAs in NM, MD, NJ, CA and AR for 20 Clinical Contact Hours. Have applied for approval in PTs/PTAs in Oklahoma. Pending Oklahoma course approval is #201312590. This course meets the guidelines for approval by the Pennsylvania State Board of Physical Therapy as this course is approved by other state PT Associations and state PT Boards. Our courses also meet the guidelines for approval in PA, DC, AL, GA, MI, IN, WY, VA, AZ, DE, NH, OR, RI, WI, and MO. Courses are accepted for CEUs 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](http://www.greatseminarsandbooks.com)  
**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](mailto:greatseminars@aol.com)

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

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