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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
1200 N. State Street
Jackson, MS 39202
August 10-11, 2019

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

Circle One: PT • PTA • OT • COTA • Other

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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.

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.**

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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, TN, OK, LA, MS 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

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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.

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 Comprehensive geriatric assessment; evidence-based examination tools appropriate for the older adult with multi-morbidity
- 12:30PM Working Lunch (Bring your own) Multi-morbidity Case Study
- 1:30PM Common medical conditions and co-morbidities associated with aging
- 4:15PM Break
- 4:30PM The effects of multi-morbidity on function and quality of life
- 6:00PM Questions and Answers
- 6:30PM Adjourn

DAY 2

- 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 Frailty: risks, prevention, and interventions; Evidence-based exercise for frail older adults
- 12:30PM Working Lunch (on your own) Plan of Care Case Study
- 1:30PM Selecting and modifying therapeutic exercises/activities for the older adult with complex medical conditions; Considerations for potential interactions between health conditions and interventions
- 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.

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