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2639 Revere Drive
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Interventions for Older Adults in Post-Acute Settings:

Clinically-Based, Ready-To-Use Treatment Strategies



Dr. Linda McAllister
PT, DPT, GCS, GTC,
CEEAA, CEAGN

2019

Fort Lauderdale, FL
January 12-13

Twin Falls, ID
May 18-19

San Luis Obispo, CA
June 22-23

Baltimore, MD
October 12-13

Wilmington, NC
November 9-10

This 20 CONTACT HOUR innovative seminar is highly interactive and focused on effective interventions for the clinic. The unique participatory/workshop format is backed by research as an effective tool to improve professional practice.



Faculty

Linda McAllister, PT, DPT, GCS, GTC, CEEAA, CEAGN has a passion for excellence in treating the older adult population. Dr. McAllister completed a Bachelor of Arts from North Park University, Bachelor of Science in physical therapy in from Northwestern University, and a Doctorate in physical therapy from Arcadia University. A board-certified geriatric specialist, she has worked exclusively with older adults since 2001. Dr. McAllister has experience in skilled nursing, home health and Medicare Part B in assisted living and outpatient facilities, and currently practices with Evergreen Health in Kirkland, WA. Prior to 2001, she worked in rehab and acute care and practiced for 2 years in a remote hospital in the republic of Congo. Dr. McAllister has lectured nationally with GREAT Seminars since 2015. She has been the principle investigator in clinical research studying sit to stand testing using the upper extremities with the older adult. She serves as coordinator of the Geriatric Training Certification for GREAT Seminars.

Linda McAllister is an accomplished therapist who while working clinically has conducted research, consulted and published articles in geriatrics. Dr. McAllister has several certifications in geriatrics: GCS, GTC, CEEAA, CEAGN. She has a passion for best practice in the older adult population. Last year, 2017, Dr. McAllister won the Outstanding Faculty Award from The Geriatric Rehabilitation Education Institute. Dr. McAllister is an enthusiastic advocate for evidence-based interventions and is an engaging presenter.

Description

As the baby boomers continue to age, it's no secret that the population of older adults is expanding – and will continue strong for the next 30 years. That population will enter all post-acute settings in ever-increasing numbers. As therapists, we are facing heightened demands to work effectively with older adults in increasingly shorter amounts of time. Is your clinic ready for this influx of patients living long into their 80s and 90s?

Those who have exposure to the geriatric population know that successful outcomes require an in-depth understanding of common diagnoses along with an appreciation for age-related changes and complexities. This course will provide an overview of several diagnoses commonly encountered in the older population and how to address them effectively at multiple levels of function. Interventions presented will be based on current evidence. Instead of rote lecture, this course will provide time to practice interventions for immediate use in the clinic. Proven effective protocols that can be individualized, one-repetition maximum strength testing, effective exercise dosing, functional measures, and comorbidities will be discussed. The comprehensive manual will include summaries of recently published intervention protocols for clinical use as well as functional tools and references.

The surge of aging baby boomers gives us a rich opportunity as they enter our clinics in unprecedented numbers. Take home over 50 new evidence based treatment ideas for older adults that you can use immediately to get great results.

Objectives

Upon Completion of this Seminar, Participants will be able to:

1. Demonstrate evidence-based exercise protocols for a variety of diagnoses and conditions in the older adult population.
2. Design exercise prescriptions, dosing and intensity for the older adult with a variety of impairments.
3. List trends in demographics of the aging population in the United States.
4. Compare and contrast common pathologic conditions in the older adult population referred to post-acute therapy settings.
5. Use appropriate functional tools in post-acute settings.
6. Identify factors which contribute to fall risk in older adults.
7. Demonstrate evidence-based interventions to address fall risk in the older adult population.
8. Individualize evidence-based protocols for older adults accounting for comorbidities and complexities.

Feedback From Past Course Participants

"Great course!! I can see myself putting into practice what I learned these two days."

"Very beneficial and relevant!"

"Truly enjoyed the abundance of knowledge and experience."

"This course is AMAZING! Dr. McAllister has put in 1000s of hours into giving you the most clinically applicable course we offer. She delves into the most common problems seen in post acute settings from Parkinson's disease, gait and balance, arthritis to hip fracture and goes right into protocols from the evidence that you practice completely so you can replicate them in the clinic on Monday. She gives the studies, then the protocols in separate sections and then beautifully written and illustrated home programs in the handout as well. It is a must see course. ~ Dr. Carole Lewis

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.

Broward Health Medical Center
Fort Lauderdale, FL
January 12-13, 2019

Host: St. Luke's Twin Falls Home Care and Hospice
Location: St. Luke's Magic Valley Medical Center
801 Pole Line Road W.
Twin Falls, ID 83301
May 18-19, 2019

Host: Central Coast Home Health
Location: Sierra Vista Regional Medical Center
1010 Murray Avenue
San Luis Obispo, CA 93405
June 22-23, 2019

Levindale Hebrew Geriatric Center and Hospital
2434 W. Belvedere Avenue
Baltimore, MD 21215
October 12-13, 2019

Host: NHRMC Home Care
Location: NHRMC Orthopedic Hospital - 3rd Flr. Conf. Room
5301 Wrightsville Avenue
Wilmington, NC 28403
November 9-10, 2019

2019 Interventions for Older Adults in Post-Acute Settings

YES! Please register me for Fort Lauderdale, FL - January 12-13 Twin Falls, ID - May 18-19 San Luis Obispo, CA - June 22-23
 Baltimore, MD - October 12-13 Wilmington, NC - November 9-10 Circle One: PT • PTA • OT • COTA • Other

Name _____ Cell Phone (____) _____
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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 all your CEUs 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. Secondary Audience - Occupational Therapists; Occupational Therapist Assistants.

LEVEL: This course is at an intermediate level.

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

Fort Lauderdale, FL - \$545. If postmarked before 12/19/18
Twin Falls, ID - \$545. If postmarked before 4/24/19
San Luis Obispo, CA - \$545. If postmarked before 5/29/19
Baltimore, MD - \$545. If postmarked before 9/18/19
Wilmington, NC - \$545. If postmarked before 10/16/19

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

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

Fort Lauderdale, FL - November 28, 2018
Twin Falls, ID - April 3, 2019
San Luis Obispo, CA - May 8, 2019
Baltimore, MD - August 28, 2019
Wilmington, NC - September 25, 2019

DISCOUNT PROGRAM: Receive \$25 off your class registration for each **GREAT Seminars & Books** 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 the 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 DC, NY, KY, IL, TX and NC. Approved for PTs and PTAs in ID, CA and UT for 20 Clinical Contact Hours.** This course has been approved by the Nevada Physical Therapy Board for 1.5 renewal units (15 CCUs) and 2.0 total units (20 CCUs) of continuing education. Our courses also meet the guidelines for approval in AL, GA, MI, IN, WY, VA, AZ, DE, NH, OR, RI, WI AND MO. Courses are accepted for CEU's in NE, ID, MT, WA, CT, and IA. 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.

Colorado PTs/PTAs: The Colorado PT Board/Continuing Competency Program does not "approve" continuing education courses. A licensed PT will be responsible for achieving 30 points from the Professional Development Activities List (20 of these points must be Category I activities). Please visit the Colorado PT Board website at www.dora.colorado.gov/professionals/physicaltherapistssc. Once on that page, click on "Program Manual and Other Resources" on the left tab. The Program Manual will explain the program in detail. The manual also provides criteria for acceptable activities.

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

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

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

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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

- 7:30 – 8:00 **Registration and Continental Breakfast**
- 8:00 – 8:30 Introduction: demographics of aging, multi-system changes with aging, ageism
- 8:30 – 10:00 Generalized weakness – a common sequela. Exercise prescription for older adults, lecture and lab practice. One repetition maximum testing, dynamometry, resistance training protocols.
- 10:00 – 10:15 Break
- 10:15 – 12:15 Acute and chronic stroke lecture and lab practice. Epidemiology, overview of disease process/evidence, protocols/interventions following stroke. Circuit training, timed gait speed trials, repetitive task practice, backwards walking training and more
- 12:15 – 1:15 Lunch
- 1:15 – 3:15 Parkinson's disease lecture and lab practice. Epidemiology, disease process, evidence-based interventions. Auditory cueing, forced use, multidirectional stepping, sensorimotor agility exercise, Tai Chi, and more.
- 3:15 – 3:30 Break
- 3:30 – 4:30 Peripheral neuropathy interventions lecture and lab: balance training protocols, seated/standing/walking exercise protocols.
- 4:30 – 5:45 Functional tools Part 1 Lecture/Lab practice – Muscle performance/chair rise, cardiopulmonary endurance, static balance
- 5:45 – 6:30 Discussion, Questions and Answers

Day 2

- 7:30 – 8:00 **Registration and Continental Breakfast**
- 8:00 – 10:00 Hip fracture lecture and lab practice: Demise is not inevitable with quality intervention! Epidemiology, effects, evidence-based interventions for hip fracture. Progressive strength training protocols, home based exercise protocols and more.
- 10:00 – 10:15 Break
- 10:15 – 12:15 Musculoskeletal conditions in the older adult, lecture and lab practice. Evidence-based protocols for osteoarthritis/advanced osteoarthritis, rheumatoid arthritis, thoracic kyphosis, osteoporosis, total knee replacement.
- 12:15 – 1:15 Lunch
- 1:15 – 3:15 Balance and fall risk lecture and lab practice. Epidemiology and evidence. Researched protocols for balance, gait, vestibular training, task-oriented walking and more.
- 3:15 – 3:30 Break
- 3:30 – 4:00 Functional Measures Part 2 – Lecture/lab practice. Balance measures – Dynamic balance, agility and more
- 4:00 – 4:30 Home programs that make a difference, including the low-level patient. Research-based home exercise protocols, seated interventions. Lecture/lab
- 4:30 – 5:00 Complexities and common co-morbidities – effects of multiple system involvement
- 5:00 – 6:00 Case studies – Showing skill, medical necessity and progress in our care
- 6:00 – 6:30 Discussion, Questions and Answers

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 _____

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