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 from Northwesten 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 CEAGN. She has a passion for best practice in the older adult population. 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 CEAGN. She has a passion for best practice in the older adult population. 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 CEAGN. She has a passion for best practice in the older adult population.

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? 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
MC 16-19, 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: NIHRC Home Care
Location: NIHRC Orthopedic Hospital - 3rd Flr. Conf. Room
5301 Wrightsville Avenue
Wilmington, NC 28403
November 9-10, 2019

Interventions for Older Adults in Post-Acute Settings:
Clinically-Based, Ready-To-Use Treatment Strategies

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

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.
Facility
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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 research. Techniques introduced will be current, innovative and highly interactive 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.

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Interventions for Older Adults in Post-Acute Settings:
Clinically-Based, Ready-To-Use Treatment Strategies

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

2019

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January 12-13

Twin Falls, ID
May 18-19

San Luis Obispo, CA
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Linda McAllister, PT, DPT, GCS, GTC, CEEAA, CEAGN
GREAT Seminars® & Books on-site course attended from 2000 to the present up to a maximum of 9 points. 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 course credits may be used to register with the Certificate Discount Program. 

CONFIRMATION: A confirmation letter will be sent via email at least 3 weeks prior to the seminar date for tuition refund less a $75 administration fee. 

CANCELLATION/REFUND POLICY: Cancellations must be received in writing at least two weeks prior to the seminar date for tuition refund. Refunds will be made after this date. 

CONFLICT OF INTEREST: The planners and faculty have disclosed that they have no conflict of interest relative to the content of this educational activity. 

EDUCATIONAL CREDIT: A certificate of attendance for 20 contact hours of educational activity (10 CEUs or 2 CEUs of educational activity depending on how your Practice Act determines CEUs in your state) will be awarded to registrants upon completion of the course. GREAT Seminars and Books is an Approved CE Provider for the State of California and in North Carolina. 

LATE REGISTRATION: $75 late fee will be assessed for each attendee if registration is completed after 9/18/19. If postmarked before 10/16/19, $75 late fee will be assessed. 

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, aging 

8:30 – 10:00 Generalized weakness – a common sequela. Exercise prescription for 

10:00 – 10:15 Break 

10:15 – 12:15 Acute and chronic stroke lecture and lab practice. Epidemiology, overview 

12:15 – 12:30 Lunch 

12:30 – 2:30 Peripheral neuropathy interventions and lab: balance and transportation protocols, 

3:00 – 4:30 Hip fracture lecture and lab practice. Prevention and screening, 

4:30 – 5:00 Complexities and common co-morbidities – effects of multiple system 

5:00 – 5:30 Break 

5:30 – 6:30 Discussion, Questions and Answers

Day 2 7:30 – 8:00 Registration and Continental Breakfast 

8:00 – 8:30 Hip fracture lecture and lab practice: Demise is not inevitable with 

8:30 – 10:00 Total hip replacement (THR) lecture and lab practice. 

10:00 – 10:15 Break 

10:15 – 12:15 Musculoskeletal conditions in the older adult population and lab practice 

12:15 – 12:30 Lunch 


3:30 – 3:50 Break 

3:50 – 4:30 Functional Measures Part 2: Locomotor lab practice: Balance measures – 

4:30 – 5:00 Home programs that make a difference, including the low-level patient. 

5:00 – 6:00 Case studies – Showing sild, medical necessity and progress in our care 

6:00 – 6:30 Discussion, Questions and Answers
Registration

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

LEVEL: This course is at an intermediate level.

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

Fort Lauderdale, FL - $545. If postmarked before 12/18/19
San Luis Obispo, CA - $545. If postmarked before 8/29/19
Baltimore, MD - $545. If postmarked before 9/17/19

LATE REGISTRATION: Payment must be received after the due date or additional $25 late fee.

EARLY BIRD: $495 - If completed registration and payment is received by Fort Lauderdale, FL - November 28, 2018
Twin Falls, ID - April 13, 2019
Baltimore, MD - August 28, 2019

DISCOUNT PROGRAM: Receive $25 off your class registration for each GREAT SEminars & Books private course attended from February 2020 to February 2021. Complete registration and receipt of payment for 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 confirmations 2 weeks prior to course, please call to verify your registration. Registrations are not guaranteed until confirmed.

CANCELLATION/REFUNDING POLICIES: 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 issued 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 the tuition fee will be refunded in full. GREAT Seminars and Books, Inc. is not responsible for reimbursed non-refundable airline tickets, parking, 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 defines 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 CO, DC, NY, KY, IL, TX and DC. Approvals for PTs and PTAs in IA, ID, and UT for 20 Clinical Contact Hours. This course has been approved by the Nevada Physical Therapy Board for 20 contact hours. Registrants must complete all testing requirements and sign the certification of approval for 20 contact hours. This certificate will be awarded to registrants upon completion of the course. GREAT Seminars and Books, Inc. is not responsible for reimbursement of non-refundable airline tickets, parking, or other related costs. Your Tuition is tax deductible. An online continuing education course is exempt from gross receipts tax.

Great Seminars and Books is approved by the American Occupational Therapy Association, Inc. (AOTA) to offer continuing education for occupational therapists and occupational therapy assistants. This course is offered for 20.00 contact hours.

ACCREDITATION: This program is approved for PTs and PTAs by the Colorado Board of Physical Therapy for 20.00 contact hours. This course is approved for PTs and PTAs in the states of CA, IL, MN, WI, and MO. It is not currently approved for PTs in CO or SD. If you do not see your state listed, please give our office a call. GREAT Seminars is an American Occupational Therapy Association Approved Provider of continuing education. Provider #0455. This course is not approved by ASHA or Board of Certification. Your tuition is tax deductible. At the end of 2004, Congress passed the Medicare Prescription Drug Improvement and Modernization Act (MMA). As a result, AOTA revised the policy statement for OTR/OTA continuing education that provides the guidelines for approval in AL, GA, LA, ME, IN, WV, WA, DC, DE, MD, ME, RI, OR, WI AND MO. Courses are accepted by CEUs in CA, NJ, MT, WY, OR, CO. If you do not see your state listed, please give our office a call. GREAT Seminars is an American Occupational Therapy Association Approved Provider of continuing education. Provider #0455. This course is not approved by ASHA or Board of Certification. Your tuition is tax deductible. If you do not see your state listed, please give our office a call.

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Registration Program Outline

Day 1

7:30 – 8:00: Introduction: demographics of aging, multi-system changes with aging, aging


10:00 – 10:15: Break

10:15 – 12:15: Acute and chronic stroke lecture and lab practice. Epidemiology, overview of disease process/eviende, protocols/Interventions following stroke. Circuit training, timed speed trials, repetition task practice, waking balance training and more

12:15 – 12:30 Lunch


3:15 – 3:30 Break


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: Don’t miss it with quality intervention! Epidemiology, effects, evidence-based interventions for hip fracture. Sleep, functional mobility, strength, balance, posture during daily living activities. Lab practice, home based exercise protocols and more.

10:00 – 10:15 Break


12:15 – 12:30 Lunch

12:30 – 1:30: Balance and fall risk lecture and lab practice: Epidemiology and evidence. Recommended protocols for balance, gait, vestibular training, task-oriented walking and more.

3:15 – 3:30 Break


4:00 – 5:00: Home programs that make a difference, including the low-level patient. Using repetitive task practice, lab practice, seated interventions. Learn lab exercise protocols.

4:30 – 5:00: Complexities and common co-morbidities – effects of multiple system involvement

5:00 – 6:00: Case studies – Staying skill, medical necessity and progress in your care

6:00 – 6:30 Discussion, Questions and Answers