

# Comprehensive Rehabilitation Strategies for the Older Adult



**2020**

**Las Vegas, NV**

**April 25-26**

**Cheyenne, WY**

**May 16-17**

**Fresno, CA**

**September 12-13**

Rehabilitation for older persons is changing rapidly. Payment changes make it more challenging to deliver quality care to the rehabilitatively and medically complex older patient. New advances in treatment techniques, research on efficacy and outcomes make it imperative for the practicing clinician to gather as much proven clinical information as possible. The purpose of this seminar is to provide participants with the most up-to-date information on the evaluation and treatment of the medically complex geriatric patient. The seminar format is lecture and discussion, as the speaker guides you through the most recent research, evaluation tools, and treatment protocols. Case studies and video demonstration with patients will encourage participants to integrate this information into the development of individualized plans for that can be implemented immediately. The extensive handout, which is over 300 pages with 6,000 current medical references, will provide detailed evaluation forms, outcome measures, suggested protocols, sample home exercises and progressions. The material presented provides a thorough approach to therapeutic strategies and goals, thereby preparing therapists to design and implement highly skilled rehabilitation programs for older persons.

# FACULTY

## Doug Dillon, PT, GTCCS, CSST, FSOAE

graduated with a BA from California State University Long Beach with emphasis on Athletic Training in 1987. He completed his BS in Physical Therapy from Langston University Oklahoma with honors in 1989. Doug was the first athletic trainer for Langston University.

After graduation he was invited to and worked for the Olympic Training Center in Colorado Springs and as an outpatient therapist. In 1992 he joined with Great Seminars as seminar coordinator/lab assistant and mentored under Dr. Carole Lewis. He has co authored multiple articles with Dr. Lewis.

Doug has had an extensive background in geriatrics and has been Regional Manager for northern California for 11 skilled nursing facilities. He has been a supervisor for inpatient acute hospital rehabilitation department, director for skilled nursing facilities and an instructor in Kinesiology for DeAnza College's Physical Therapy Assistant program. He is a reviewer of Medicare documentation and a expert witness for the California State Physical Therapy Board. In 1999 he was inducted into Who's Who International. In 2004 he received his Geriatric Trained & Certified Clinical Specialist (GTCCS). In 2008 he received his (C.S.S.T.)- Certified Senior Strength Trainer. In 2011 he was asked to join the Scientific Advisory Board for GlydeCycle.

# OBJECTIVES

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

1. Define the role of the geriatric specialist.
2. Provide statistics on the growth of older persons in America.
3. Discuss theories of aging.
4. Differentiate various medical problems in the older patient.
5. Interpret lab values for changes of pathology specific to the elderly.
6. Demonstrate treatment techniques and how they can be modified for the elderly.
7. Use the tenets of adult learning models to develop programs that will be effective in the rehabilitation of older persons.
8. Discuss the pros and cons of utilizing published protocols with elderly patients.
9. Prescribe appropriate exercises based on differential diagnoses.
10. Integrate information of differential diagnoses for monitoring exercise programs.
11. Evaluate the most complicated older persons using standardized functional assessment tools.
12. Develop and justify comprehensive plans and treatment programs for complicated older patients.

# PROGRAM OUTLINE

## Day 1

- 7:30 AM Registration and Continental Breakfast
- 8:00 AM **The Role of the Geriatric Expert**  
What Makes You Special; Why You are Important  
- The Graying of America; How We Can Best Reach Older Patients - Adult Learning Theory and Motivation
- 10:00 AM Break
- 10:15 AM **What's New - Interpreting Geriatric Research for Rehabilitation**  
The Latest in Geriatric Rehabilitation; Protocols for TKA, THA, Gait Instability, Lumbar Stenosis, Vertebral Compression Fractures, Decline in Function
- 12:00 PM Working Lunch (on your own)  
Discuss use of Evidence Based Medicine in your clinical setting. Discuss finding research articles and how to share them with staff
- 1:00 PM **Medically Complex Patients - Interpreting Lab Values & Medical Pathologies**
- 3:15 PM Break
- 3:30 PM **The Treatment Implications of Working with Multiple Diagnoses**  
Anemia, Clotting Abnormalities, Musculoskeletal, Neurological, Hepatic, Renal, Metabolic, Diabetes, Cancer, Obesity, Cardiopulmonary, Gastrointestinal, and Connective Tissue Disorders
- 6:00 PM Questions and Answers
- 6:30 PM Adjourn

## Day 2

- 7:30 AM Continental Breakfast
- 8:00 AM **Rehabilitation Evaluation of the Complicated Geriatric Patient**  
What's Good, What's Not.  
Functional Tools - The Great Ones  
Tools for Frail Patients
- 10:00 AM Break
- 10:15 AM **Tools for Special Patients (Alzheimer's, Depressed)**  
Minimum Documentation Criteria for Assessing Older Patients: Case Studies
- 12:15 PM Working Lunch (on your own)  
Design a perfect evaluation for the medically complex geriatric patient
- 1:15 PM **Creative and Exciting Means of Treating the Complicated Geriatric Patient**  
Using What We Got in New Ways - How Modalities, Exercise, Neuromuscular re-ed, Gait Training, and Home Exercise Programs Differ for Older Complex Patients
- 3:00 PM Break
- 3:15 PM **Treatment Ideas for Special Patients and Problems (Alzheimer's, Depressed, Frail)**  
Evidence Based Treatment Strategies for Flexibility, Strength, Gait and Balance Deficits and Activity of Daily Living Deficits
- 6:00 PM Questions and Answers
- 6:30 PM Adjourn

# LOCATIONS

Additional course information will be provided in a confirmation letter that will be emailed to you at least 3 weeks before the start of the course.

**Host:** MountainView Hospital

**Location:** MountainView  
Medical Office Building 2880  
2880 N. Tenaya Way, Las Vegas, NV 89128  
**April 25-26, 2020**

Cheyenne Regional Medical Center  
214 East 23rd Street  
Cheyenne, WY 82001  
**May 16-17, 2020**

San Joaquin Valley Rehabilitation Hospital  
7173 N. Sharon Avenue  
Fresno, CA 93720  
**September 12-13, 2020**

# 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.

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

Las Vegas, NV - \$545. If postmarked before 4/1/20  
Cheyenne, WY - \$545. If postmarked before 4/22/20  
Fresno, CA - \$545. If postmarked before 8/19/20

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

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

Las Vegas, NV - March 11, 2020  
Cheyenne, WY - March 25, 2020  
Fresno, CA - July 22, 2020

**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 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, NC and TX. Approved for PTs and PTAs in CA and UT for 20 Clinical Contact Hours. This course is approved by the Nevada Physical Therapy Board for 1.5 renewal units (15 CCUs) and 2.0 total units (20 CCUs) of continuing education (type: Clinical). **Wyoming PTs/PTAs:** This 20 contact hour course meets the guidelines for approval by the Wyoming Board of Physical Therapy as this course is approved by other state PT Associations and state PT Boards. **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 [https://www.colorado.gov/pacific/dora/Physical\\_Therapy\\_CPC](https://www.colorado.gov/pacific/dora/Physical_Therapy_CPC) Once on that page, click on "CPC Program Manual" on the bottom half of the page. The Program Manual will explain the program in detail. The manual also provides criteria for acceptable activities.

Our courses also meet the guidelines for approval in PA, MI, IN, WI, WY, VA, AZ, DE, NH, OR, RI, UT 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. Any reference to or mention of state rules or regulations concerning continuing education requirements are true and accurate to the best of our knowledge at the time of print. If you have questions, please contact your board or regulating body.

**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** 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.

2.27.20

## Looking for GREAT Seminars Books?

You can order a variety of books and instructional materials on our website.

Go to: [GreatSeminarsAndBooks.com](http://GreatSeminarsAndBooks.com) and  
Click on BOOKSTORE

## 2020 Registration - Comprehensive Rehabilitation Strategies for the Older Adult

**YES! Please register me for**

Las Vegas, NV - April 25-26

Cheyenne, WY - May 16-17

Fresno, CA - September 12-13

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

### PLEASE PRINT

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 \_\_\_\_\_

# Comprehensive Rehabilitation Strategies for the Older Adult



**Doug Dillon**

PT, GTCCS, CSST, FSOAE

**[\$545 Value]**  
**Early Registration – \$495.00**

**Register Today**

**Get 20 Contact Hours in 1 Weekend at a GREAT Price!**

Compared to other on-site courses, GREAT Seminars courses are the best value in the business. Most live courses are only 6 hours and cost \$229-\$295 which is \$40-\$50 per credit. A 20-hour course like this would cost \$800-\$1000! Get 20 CEUs for \$545 not \$1000! Plus if you register early, it's just \$495!



GREAT SEMINARS & BOOKS  
Geriatric Rehabilitation Education and Training  
2639 Revere Drive  
Akron, Ohio 44333-2311

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

# GREAT Courses *for* GREAT Outcomes

*“where therapists learn and excel  
in the care of the ever-increasing  
older adult population”*

## Here's what our course attendees say:

*“Thank you so much for the effort, experience, content and the humor that was put into your presentation. Sadly, it is one of the first continuing education courses that I felt I got my money's worth... my brain hurts and my mind will not stop exploring how I can use all the references and resources to support my facility.”*

*“The lecturer is unbelievably well-read. He relates every current piece of published medical research relevant to the topic and to the profession.”*

*“Best course I have ever taken.”*

*“The lecturer spoiled me for other courses.”*

*“I can't believe all the information packed into a course.”*

*“Well worth the price.”*

*“The handout alone is worth the price.”*

*“I never had so much fun learning so much information.”*

*“The wealth of scientific information and the lecturer's ability to make it clinically and immediately useful is extraordinary.”*

*“Very useful information that can be utilized in everyday treatment.”*

*“This course has opened my eyes to what is going on right now. I am glad that I attended this course. I would recommend it highly to my co-workers.”*

*“It was a lot of information packed into 2 days. Great content and delivery of material.”*

*“Doug is a great speaker. Thanks for motivating me to be a better therapist.”*