

# Rehabilitation Strategies for the Older Adult with Multi-Morbidity



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



# 2020

**ALLENTOWN, PA  
November 7-8**

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.

# FACULTY

**Dr. Debra Gray**, PT, DHSc, DPT, GCS, CEEAA, GTCCS, 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 Trained & Certified Clinical Specialist (GTCCS), 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.

# 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) Review of assessment tools
- 1:30PM Assessment of common co-morbidities in older adults
- 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) 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

# 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

**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.**

Phoebe Allentown  
925 W. Turner Street  
Allentown, PA 18104  
**November 7-8, 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.

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

**Allentown, PA - \$545.** If postmarked before 10/14/20

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

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

**Allentown, PA - September 9, 2020**

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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.

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

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## 20 Contact Hours

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## Here's what our course attendees say:

*"Loved Dr. Gray's enthusiasm and obvious love for the aging population."*

*"Very beneficial, practical, and helpful."*

*"I really enjoyed this class. This information will be useful for me to help educate my patients."*

*"Great speaker!"*

*"I enjoyed this course! Will definitely attend other GSB courses!"*

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