

# Interventions for Older Adults in Post-Acute Settings:

Clinically-Based, Ready-To-Use Treatment Strategies



**Watch for  
Upcoming  
Seminars  
in 2021!**

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.

Linda McAllister, PT, DPT, GCS, GTCCS, 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 EvergreenHealth 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 Trained & Certified Clinical Specialist 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, GTCCS, 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.

## DAY 1

7:30-8:00	Registration and Continental Breakfast
8:00-8:15	Introduction: demographics of aging, multi-system changes with aging, ageism
8:15-10:45	Generalized weakness-a common sequela. Exercise prescription for older adults, lecture and lab practice. One-repetition maximum testing, dynamometry, resistance training protocols.
10:45-11:00	Break
11:00-1:00	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
1:00-2:00	Working Lunch
2:00-3:30	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.
3:30-3:45	Break
3:45-4:45	Peripheral neuropathy interventions lecture and lab: balance training protocols, seated/standing/walking exercise protocols.
4:45-5:45	Functional tools: 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	Continental Breakfast
8:00-10:00	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.
10:00-10:15	Break
10:15-12:15	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.
12:15-1:15	Working 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
3:30-4:30	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

## 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.

## 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.*

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# 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 handout.

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

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

**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, TX and NC. Approved for PTs and PTAs in ID, CA, MD, PA, KS and UT for 20 Clinical Contact Hours. Have applied for approval in NM and OK. 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. 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.

**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.

**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** your registration 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)

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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. Linda McAllister**  
PT, DPT, GCS, GTCCS,  
CEEAA, CEAGN

**[\$545 Value]**  
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# GREAT Courses *for* GREAT Outcomes

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?

## Here's what our course attendees say:

*"Awesome speaker - really enjoyed the audience participation of multiple brief activities. Kept me fully engaged!"*

*"Great delivery of information...great course. So excited! I can use the information tomorrow with my patients."*

*"100% beneficial on all fronts. A wonderful course with technical/applicable information to use in my setting."*

*"Linda was excellent, kept the class moving. I've never taken a class where everyone was so engaged. She made two 10-hour days fun and engaging."*

*"Truly enjoyed the abundance of knowledge and experience."*

*"Excellent instructor - organized, great speaker, and excellent handout."*

*"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*