

## Would you like to take a fabulous course to enhance your clinical skills? **Functional Standards for Optimal Aging Expert**

Speaker: Kele Murdin PT, GCS, GTCCS, CEEAA, FSOAE

### Course Description

This course certifies you as a Functional Standards for Optimal Aging Expert (FSOAE), the only group authorized to administer the Adult Functional Independence Test (AFIT). If you only did one standard test, then you wouldn't pick up a multi-faceted reason why people can't function properly. A great example is falls. If you only do a one-legged stand, you won't get any sense of the person's gait speed, their ability to accelerate and decelerate, or turn. They may look great walking, but if you just use one test, the sit stand test for example, then you don't know what happens when they move their head. If you use multiple quick tests, then you've really gotten the full picture. The AFIT is a fantastic multi-faceted assessment for older adults to help you optimize their physical fitness levels. The tools in this course will assist you in developing a program to assist the client in achieving optimal fitness, strategies to combat resistance, and techniques to increase motivation while creating great relationships with clients.

This 20 contact-hour certification includes:

- Assessments and interventions that can be used in the clinic immediately to treat common deficits
- Keys to motivating patients
- Hands on practice and feedback using the AFIT and prescribing interventions
- The AFIT forms, instructions, and implications handouts
- Introduction to the Level 2 AFIT for lower level patients
- Patient exercise handouts (with pictures and step by step instructions)
- Exercise Adherence handouts including an Action Plan Contract, Coping Plan Contract, and Motivational Interviewing Strategies
- Community marketing flyer, Physician marketing flyer, and PowerPoint presentations to physicians and to community groups
- Participants who successfully complete this course will be able to use the designation FSOAE and their contact information will be included on the FSOAE Age-Optimally website. When you don't know what happens when they move their head.

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### Faculty Bio

Kele Murdin PT, GCS, GTCCS, CEEAA, FSOAE is a leading rehabilitation expert in geriatric care. Kele co-developed this certification course with Dr. Carole Lewis and Dr. Molly Laflin. She is an outstanding presenter and has an amazing knack for providing feedback in gentle but effective ways that result in tremendous skill improvements. Kele Murdin PT, GCS, GTCCS, CEEAA, FSOAE received her Masters in Physical Therapy from Wichita State University in 2000. She began her career in the Outpatient setting,

during which she completed the Level II exam for NAOMPT. Kele transitioned to the Skilled Nursing setting in 2003, and now serves as the Clinical Knowledge Broker for Infinity Rehab. Her passion for Geriatrics and excellent patient care fueled her to pursue a Geriatric Certified Specialization (GCS) in 2009 from the APTA, then a Certification as an Exercise Expert for Aging Adults (CEEAA) in 2013 from the Academy of Geriatric Physical Therapy, a Geriatric Trained & Certified Clinical Specialist (GTCCS) from Great Seminars in 2016, and a Functional Standards for Optimal Aging Expert (FSOAE) Certification in 2017. She has served as an adjunct professor at the University of Puget Sound's DPT program in Physical Agents, Basic Skills, and Adult Systemic Diseases. Kele is the State Advocate for the Academy of Geriatric Physical Therapy in the State of Washington. For the Washington State Chapter, she is the founder and chair of a Geriatric SIG, serves on the State Legislative Committee, and is the Federal Affairs Liaison. Kele's passion for her profession is mirrored by a passion for cycling (Olympian level), laughter, and her family.

### Course Objectives

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

1. Demonstrate competence in the administration of the 15 assessments for middle to older aged adults that comprise the AFIT Evaluation.
2. Determine where patients/clients fit within the norms and cutoffs for these assessments.
3. Describe AFIT score implications with regard to optimal aging.
4. Provide instruction on the appropriate use of 16 exercises for the remediation of the problems found in the AFIT.
5. Identify and explain the evidence for using each exercise to address the specific deficit.
6. Develop a marketing strategy to build awareness within the medical and general community regarding the need for performance-based, functional assessments for adults aged 50 and older.
7. Develop several motivational strategies to encourage older persons to participate in appropriate exercise.
8. Demonstrate competence in administering the Lower Level AFIT and corresponding exercises.

### Program Agenda

#### **DAY 1**

- 8:00 - 8:30 Optimal Aging and the AFIT
- 8:30 - 9:15 General Health History and Posture
- 9:15 - 10:00 Flexibility
- 10:00 - 10:15 Break
- 10:15 - 12:00 Balance
- 12:00 - 1:00 Working Lunch (on your own)
- 1:00 - 2:00 Endurance
- 2:00 - 4:00 Strength
- 4:00 - 4:15 Break
- 4:15 - 5:00 Case Study / Group Discussion: Review AFIT results, appropriate referral, exercise prescription
- 5:00 - 6:30 Motivation: Increasing the likelihood of exercise compliance
  - A. Brief patient case study video followed by group discussion

## DAY 2

8:00 - 1:00 Class rotates through 3 stations

A. Multiple-choice exam

B. Case study motivational interviewing presentations/role play

C. AFIT performance testing: participants must demonstrate the ability to properly administer a section of the assessments that comprise the AFIT and teach the corresponding exercises

1:00 - 2:00 Working Lunch (on your own) – list ways the AFIT can be used in your clinic/practice

2:00 - 2:05 AFIT forms

2:05 - 3:30 AFIT Level 2 – Demonstration, practice and critique of items and interventions

3:30 - 3:45 Break

3:45 - 4:45 Marketing to the community with slide presentations and flyers

4:45 - 6:30 Small group educational presentations to physicians.

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**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.

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**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.

**COVID POLICY:** We will follow social distancing guidelines and masks will be required as current circumstances dictate. We realize there is a lot of uncertainty around COVID-19 and traveling. If you are concerned about registering, please rest assured that if the event is cancelled or you are unable to attend due to COVID-19, we will promptly refund your registration fees.

**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.

**REGISTRATION FEE:** \$595. The registration fee includes all course sessions, breaks, continental breakfasts, and course handout.

**EARLY BIRD REGISTRATION:** \$545

### 4 Easy Ways to Register

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