

Would you like to take a fabulous course to enhance your clinical skills?

## **Interventions for Older Adults Across the Continuum: Clinically-Applicable, Ready-To-Use Treatment Strategies**

Speaker: Linda McAllister, PT, DPT, GCS, GTCCS, CEEAA, CEAGN, FSOAE

### **Course Description**

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 co-morbidities 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.

### **Faculty Bio**

Linda McAllister, PT, DPT, GCS, GTCCS, CEEAA, CEAGN, FSOAE 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 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 outpatient practice 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 and is an adjunct faculty member of Arcadia University's transitional DPT program, teaching content in Geriatric Physical Therapy. She has been the principle investigator in clinical research studying sit-to-stand testing using the upper extremities in 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, FSOAE. She has a passion for best practice in the older adult population. In 2017, Dr. McAllister won the Outstanding Faculty Award from The Geriatric Rehabilitation Education Institute. Dr. McAllister is an advocate for evidence-based interventions and is an engaging presenter.

### **Course 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 therapy settings.
5. Use appropriate functional tools and measures for the older adult population.
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 co-morbidities and complexities.

### **Program Agenda**

#### **DAY 1**

- 7:30 AM Registration and Continental Breakfast
- 8:00 AM Introduction: demographics of aging, multi-system changes with aging, ageism
- 8:15 AM Generalized weakness – a common sequela. Hospital-associated deconditioning and frailty. Hand-held dynamometry, one-repetition maximum testing, resistance training prescription for older adults. Lecture and lab practice.
- 9:45 AM Break
- 10:00 AM Strengthening protocols – Acute and post-acute interventions. Lecture and lab practice.
- 11:00 AM Acute and chronic stroke. Epidemiology, protocols/interventions including circuit training, timed gait speed trials, repetitive task practice, backwards walking training and more. Lecture and lab practice.
- 1:00 PM Lunch – Case Studies
- 2:00 PM Parkinson's disease: epidemiology, evidence based interventions including auditory cueing, multidirectional stepping, sensorimotor agility exercise, Tai Chi, high-intensity training and more. Lecture and lab practice.
- 3:30 PM Break
- 3:45 PM Peripheral neuropathy interventions: Lecture and lab practice. Balance training, seated/standing/ walking exercise protocols.
- 4:45 PM Functional tools and outcome measures: muscle performance/chair rise, endurance, static and dynamic balance, agility. Lecture and lab practice.
- 5:45 PM Discussion, questions and answers.
- 6:30 PM Adjourn

#### **DAY 2**

- 7:30 AM Continental Breakfast
- 8:00 AM 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 AM Break
- 10:15 AM Hip fracture: Demise is not inevitable with quality intervention! Evidence-based interventions including progressive strength training, homebased exercise protocols and more. Lecture and lab practice.
- 12:15 PM Lunch – Case Studies

1:15 PM Balance, Gait and Fall Risk. Lecture and lab practice.  
Researched protocols for balance, gait, vestibular training, task-oriented walking and more.  
3:15 PM Break  
3:30 PM Home programs that make a difference, including the lower-functioning patient. Adherence issues; Motivational interviewing.  
Lecture and Lab practice.  
4:30 PM Complexities and common co-morbidities to consider.  
5:00 PM Case studies: Showing skill, medical necessity and progress in our care.  
6:00 PM Discussion, questions and answers.  
6:30 PM Adjourn

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**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:** \$545. The registration fee includes all course sessions, breaks, continental breakfasts, and course handout.

**COURSE LOCATIONS/DATES.** \$545. The registration fee includes all course sessions, breaks, continental breakfasts, and course handout.

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