

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**

As therapists, we're facing heightened demands to work effectively with older adults in increasingly shorter amounts of time. We are constantly being asked to up our game.

The good news is that a great deal of new, clinically-applicable research has been published in the past few years. The bad news is that this abundance of research can actually make it more difficult to sift through to get to the information that we need most.

In this course, Linda McAllister pares down the research to the most clinically applicable nuggets that can produce the best patient results. But the true brilliance of this course is in its commitment not just to teaching new content, but to skill development.

Over 50% of the course is devoted to practicing the techniques presented.

Tests and interventions are too often overused because we know them so well and we're comfortable using them. Incorporating new knowledge, assessments and protocols into our busy practice is difficult. This course puts new tools and protocols at your fingertips, so you're comfortable implementing them right away.

Equipped with research findings, Linda interacts with group participants and allows time for practice of the new techniques. This course has many wonderful home programs included that are directly based on the research studies.

Lab time focuses on using new evaluation tools and treatment protocols that address 7 major diagnostic conditions commonly encountered in the older population. You will learn how to address these conditions effectively at multiple levels of function:

- Deconditioning and generalized weakness
- Stroke
- Parkinson's disease
- Peripheral neuropathy
- Hip fracture
- Balance and fall risk
- Multiple orthopedic conditions such as advanced

osteoarthritis and thoracic kyphosis

A section of the course is devoted to each diagnostic condition and each of these sections includes assessments that are supported by rigorous research, are easily and quickly administered, and provide specific data that help us determine treatment plans and monitor progress. Examinations are definitely addressed, but the focus of this course is primarily on interventions that have proven to be highly effective when used with older adults.

You'll take home over 50 new evidence-based intervention protocols for older adults that you can use immediately to get great results. Protocols that can be individualized, one-repetition maximum strength testing, effective exercise dosing, functional measures, and comorbidities will be discussed. The comprehensive manual includes easy-to-access summaries of recently published intervention protocols for clinical use, functional tools and references, and home programs for immediate use.

The surge of aging baby boomers gives us a rich opportunity as they enter our settings in unprecedented numbers. Join Linda McAllister to update your knowledge, skills and confidence in treating this population. Walk away with a toolbox full of research supported examination tools and intervention protocols and the ability to implement these innovations with confidence.

What Will This Course Give Me?

- New Intervention Techniques. You'll take home over 50 new research-based intervention protocols that you can use immediately to get great results with older adult patients.

- Application skills. You'll develop the skills needed to apply new, research supported evaluation and intervention techniques in your practice right away. Over 50% of the course is devoted to practicing the techniques presented.

- Patient motivation skills. Learn about Motivational Interviewing and how it can increase your patients' participation in the treatment plan.

### **Faculty Bio**

Linda McAllister, PT, DPT, GCS, GTCCS, CEEAA, CEAGN, FSOAE has a passion for best practice 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 for over two decades. Dr. McAllister has experience in diverse clinical settings and currently practices in home health and in-home outpatient services in Kirkland, WA. Earlier in her career, 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 on geriatric rehab topics since 2015 including continuing education, national conferences and transitional doctoral education. She has published research studying sit-to-stand testing with upper extremity support with older adults and continues to lead clinical research. She is an adjunct faculty member of Arcadia University's transitional doctoral program. She serves as coordinator of the Geriatric Training Certification for GREAT Seminars and is on the editorial board for Topics in Geriatric Rehabilitation.

Linda McAllister is an accomplished therapist who while working clinically has conducted research, consulted, and published articles in geriatrics. In 2018 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 comorbidities, complexities, and motivational factors..

## 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. High -intensity functional resistive training, power training and more. 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, motor imagery training, high-intensity walking training, and more. Lecture and lab practice.  
 1:00 PM- Working lunch – Case Study  
 2:00 PM- Parkinson's disease: epidemiology, evidence-based interventions including auditory cueing, multidirectional stepping, sensorimotor agility exercise, dual – task training, Tai Chi, high-intensity aerobic 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.  
 5:45PM- 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 of the knee, hip and shoulder, 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, home-based exercise protocols and more. Lecture and lab practice.  
 12:15 PM- Working 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 for lower-functioning older adults. 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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**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 (Please see website for Earlybird Dates)

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**Las Vegas, NV – May 18-19, 2024**

MountainView Hospital  
MountainView Medical Office Building 2880  
2880 N. Tenaya Way, Las Vegas NV 89128

**Center Valley, PA – Sept. 28-29, 2024**

DeSales University  
Doctor of Physical Therapy Program - Wills Hall  
2755 Station Ave.  
Center Valley, PA 18034-9568

**Cleveland, OH – October 19-20, 2024**

Menorah Park  
27100 Cedar Road  
Beachwood, OH 44122