

FUNCTIONAL ASSESSMENT AND TREATMENT FOR THE OLDER ADULT

Course Description

Functional Assessment and Treatment for the Older Adult is designed for the rehabilitation specialist who has focused their career on treating the growing geriatric population. The goal of this course is to assist the therapist in using evidence to evaluate and treat functional deficits seen in older adults.

There are functional testing tools to allow for standardized diagnostic measures to implement into your evaluation. These testing tools provide information regarding the patient's safety and level of function, and allow you to monitor the patient's progress. There are various tools, each appropriate for one or multiple patient populations.

It is our hope that after completion of this course you will be able to appropriately evaluate the limitations in function of the older adult and design and implement the most beneficial treatments. You will also have information on the tools to monitor your patient's progress by using functional and valid tools of measurement.



Learning Objectives

Upon completion of the home study, participants will be able to:

1. Discuss 3 ways to become a better practitioner
2. Explain functional tools for knee, back and upper extremity problems
3. Demonstrate evidence-based techniques for knee, back and upper extremity problems
4. Compare and contrast balance measures for older adults
5. List 3 evidence-based techniques for balance
6. Analyze functional tools for dementia, strength, and frailty
7. Dissect interventions for dementia, strength, and frailty



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Functional Assessment and Treatment for the Older Adult



Carole B. Lewis

PT, DPT, GTCCS, GCS, MSG, MPA, PhD, FSOAE, FAPTA

Faculty

Carole B. Lewis PT, GTCCS, GCS, MSG, MPA, PhD, FSOAE, FAPTA

Dr. Carole Lewis has been a physical therapist since 1975. Dr. Lewis has worked in home health, long-term care, acute hospitals, rehabilitation departments and outpatient clinics. She started a private practice in Washington, D.C. in 1981 and continues to work as a clinician. In 1979, Dr. Lewis received her two Master's degrees in Health Care Management and Gerontology from the University of Southern California. In 1983, she received her PhD from the University of Maryland in Health Education and she received her DPT from Massachusetts General Hospital Institute for Health Professions in 2007. She currently serves on the Medical Faculty at George Washington University as an adjunct professor in the Department of Geriatrics and is the President of Great Seminars and Books and Great Seminars Online.

Dr. Lewis has extensive publications in the field of aging. Her articles have been published in The Journal of the American Physical Therapy Association, Geriatrics, Geriatrics, and Senior Patient. She is also editor of the journal Topics in Geriatric Rehabilitation, which won the Association of American Publishers Award for the Most Outstanding Issue of a Scientific Journal. In addition to her articles and journals, Dr. Lewis has written numerous textbooks on aging such as: Geriatric Clinical Strategies, Geriatric Physical Therapy, Geriatric Rehabilitation, Orthopedic Assessment and Treatment of the Geriatric Patient, The Geriatric Exercise Kit, The Functional Toolbox I & II, The Balance Book and Osteoporosis Exercise Book as well as the Prevention and Wellness Toolbox, Orthopedic Outcome Toolbox as well as Health Promotion and Exercise for Older Adults and Improving Mobility in Older Persons. She has also co-authored a book for the lay public entitled Age-Defying Fitness. She is also the co-editor of the first exclusive e-book in rehabilitation - Physical Therapy for the Older Adult: Examination and Intervention: An Evidence Based Approach.

Her accomplishments include receiving the APTA's Lucy Blair Service Award and The Academy of Geriatrics highest honor, the Joan Mills Award as

well as the Section on Geriatrics' Clinical Excellence Award and she is a Catherine Worthingham Fellow for the APTA. She was also chosen as one of the ten Outstanding Young Women in America and was chosen to be a Fulbright Scholar. She is the 2014 recipient of the Gerontological Society of America's Excellence in Rehabilitation of Aging Persons Award and the 2016 Mary McMillan lecturer, the highest honor in the APTA. In 2019 she received the distinct honor of having an annual Carole B Lewis Lecture as a lifetime achievement award from the Academy of Geriatric Physical Therapy. Dr. Lewis has lectured extensively. She has spoken in 49 states. Her international lectures include Australia, New Zealand, Japan, Finland, Canada, Israel, China, Egypt, The Netherlands and Turkey.

A special thanks to Deborra Rodgers, PT, CEEAA, GTCCS for her personal assistance to me in this project.

Course Outline

This home study is composed of 83 separate published articles that were written by Dr. Carole Lewis, PT, DPT, GCS, GTCCS, MSG, MPA, PhD, FSOAE, FAPTA, on a myriad of topics to help therapists become better clinicians while emphasizing Functional Examination and Interventions for a variety of patient diagnoses. Approximately 14 minutes is allotted to read each article for a total of 20 contact hours which includes taking the 50 question post-test.



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Registration

Audience

Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapist Assistants, and other Rehabilitation Professionals.

Level

This course is at an intermediate level.

Fee

The registration fee is \$295 for this 20 contact hour course.

Educational Credit

Great Seminars and Books is an Approved CE Provider for PTs and PTAs in NY, KY, IL, TX and NC. GREAT Seminars is an American Occupational Therapy Association (AOTA) Approved Provider of continuing education. Provider #5363. Our courses also meet the guidelines of approval for PTs and PTAs in PA, AL, IN, WY, VA, AZ, DE, NH, OR, RI, UT, GA and MO. Courses are accepted for CEUs for PTs and PTAs in NE, ID, MT, WA, CT, IA, and ND. If your state is not shown, please contact us. Please check with your individual state's Board or Association regarding how many hours of this home study can be used toward your licensure as this varies from state to state. This course is not approved by ASHA or Board of Certification (BOC). **CEU Info: Please check with your Board or Association to see if this 20 hour home study will qualify for CEUs in your state.**

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.

Credit Hours

This is a 20 contact hour course that requires participant to have access to a computer and high speed internet.