

**ARRA/WIA HEALTH CARE GRANT
SOUTHEAST ILLINOIS HEALTH CARE CONSORTIUM
ILLINOIS EASTERN COMMUNITY COLLEGES/LAKE LAND COLLEGE**

INTERVENTIONS TO IMPROVE GERIATRIC MOBILITY WORKSHOP

SATURDAY, JANUARY 22, 2011
SARAH BUSH LINCOLN HEALTH CARE CENTER—MATTOON, IL
8:00 A.M. TO 5:30 P.M.
8 Contact Hours

To register, go to <http://www.healthconsortium.org/training> and click on the link for the January 22th Interventions to Improve Geriatric Mobility Workshop or contact the Human Resource/Training Department at your work site.

FORMAT: This is an 8-hour course equivalent to 0.8 CEUs. Motivations, Inc., is an approved CEU provider by the American Occupational Therapy Association (AOTA). Courses are approved by physical therapy boards or APTA chapters in the states where the course is held.

INTENDED AUDIENCE: Physical Therapists, Physical Therapy Assistants, Occupational Therapists and Certified Occupational Therapy Assistants

The objectives for this workshop are to:

- Relate age-related changes to the temporary, spatial, kinematic, and kinetic characteristics of elder gait.
- Document the older person's balance, coordination, and flexibility.
- Outline the intrinsic and extrinsic causes of falls.
- Develop strategies for eliminating or compensating for factors, which result in falls..
- Reduce mobility impairments involved in foot disorders, stroke and Parkinson's and Alzheimer's diseases.

This program has received no commercial support

SUMMARY: Safe walking at a reasonable speed is essential for older adults to function most successfully in the community. This interactive course focuses on normal and pathological age-related changes that can alter gait. Participants compare protocols for evaluating geriatric walking patterns. Strategies for documenting and improving balance, coordination, and flexibility enhance the effectiveness of clinicians who treat elderly patients at home and in the rehabilitation department. Falls, a major factor limiting mobility, have both intrinsic and extrinsic causes. By identifying the most probable causes, rehabilitation personnel will be better able to develop solutions to eliminate or compensate for negative factors. A wide gamut of practical means to reduce the frequency and severity of falls are presented. Sensible clinical approaches to minimizing mobility impairments due to foot disorders, stroke, and Parkinson's and Alzheimer's diseases provide clinicians with an increased range of approaches to improve the older patient's mobility. Course participants are invited to bring videos of patients who have mobility disorders for analysis and discussion.

PRESENTER: Joan E. Edelstein, MA, PT, FISPO presents world-renowned seminars on geriatric rehabilitation. A consultant with the Visiting Nurse Association and the Stanley Isaacs Senior Center, she is a special lecturer and former associate professor of Clinical Physical Therapy and director of the program in Physical Therapy at Columbia University. Also a visiting professor at New York University, Husson College, and Touro College, her research includes pathological gait. Professor Edelstein has published many journal articles and book chapters, and is co-editor of *Physiological Basis of Rehabilitation Medicine*, and co-author of the best-selling *Orthotics: A Comprehensive Clinical Approach*, the new CD-ROM, *Orthotics: An Interactive Tutorial*, and the forthcoming book, *Prosthetics and Patient Management: A Comprehensive Clinical Approach*. She has served on the editorial boards of *Archives of Physical Medicine and Rehabilitation*, *Physical and Occupational Therapy in Geriatrics*, *Topics in Geriatric Rehabilitation*, *Journal of the Association of Children's Prosthetic-Orthotic Clinics*, and *Journal of Rehabilitation Research and Development*. She is a Fellow of the International Society for Prosthetics and Orthotics.

AGENDA:

8:00 am Healthy Elder Gait

9:30 am Better Balance, Coordination & Flexibility

10:30 am Break

10:45 am Reducing Falls

12:00 pm Lunch

12:45 pm Relieving Foot Disorders

2:00 pm Improving Gait in Stroke

3:15 pm Break

3:30 pm Aiding Patients with Parkinson's & Alzheimer's Diseases

5:00 pm Clinical Forum & References

5:30 pm Adjourn