

Balance & Gait in the Older Adult –



with or without a Neurological Disorder

PRESENTED BY: **Peggy Trueblood, PhD, PT**

COST: **\$398** includes an extensive course syllabus, breakfast, refreshment breaks and Certificate of Attendance

REGISTRATION DEADLINE: **April 22, 2010**

COURSE OVERVIEW

This course is designed to provide an overview of assessing and treating balance and gait in older adults with and without a neurological disorder across various practice settings including community-based interventions related to fall prevention. Course participants will learn best practices for assessing and treating older adults with gait and balance disorders, given common neurological disorders, as well as for the person without a specific diagnosis. Risk factors for falls will be discussed based on current research evidence.

COURSE OBJECTIVES

By the conclusion of this course, the participant will be able to identify and apply:

- common clinical manifestations / impairments that may affect gait and/or balance in the older adult;
- effect of aging on balance and gait;
- assessment of gait and balance in the older adult with and without neurological disorders;
- intervention strategies for specific gait and balance problems for older adults with and without a specific neurological disorder such as stroke, Parkinson's disease and vestibular dysfunction;
- fall prevention programs / intervention in various practice settings;
- best practice model for the assessment and treatment of gait and balance disorders in the older adult;
- high-tech and low-tech assessment and treatment strategies

WHO WILL BENEFIT – PT's, PTA's, OT's, COTA's, RN's, Exercise Physiologists, and others working with balance and gait disorders.

SPECIFICS TO BE ADDRESSED:	
DAY ONE (Friday)	
TIME	TOPIC
7:45-8:15 am	Registration / Breakfast
8:15-9:00	Overview: Principles of normal gait and balance
9:00-9:45	Physiology of postural control and common impairments in older adults • Peripheral systems (vision, somatosensory, vestibular) • Central systems (sensory organization) • Cerebellum and brainstem
9:45-10:00	Break
10:00-11:00	Assessment principles: Systems evaluation
11:00-Noon	Clinical assessment of balance in the older adult • Characteristics of sound tests • Impairment-based tests • Performance-based tests • Systems review • High-tech vs. low-tech assessments • Screening vs assessment (falls) • Assessments for specific neurological disorders (stroke, PD, vestibular dysfunction)
Noon-1:00	Lunch on your own
1:00-2:45	Balance re-training techniques by impairment • COG training • Multi-sensory training • Postural strategy training • VOR exercises • Strength exercises
2:45-3:00	Break
3:00-5:00	Balance Re-training for stroke, PD, vestibular dysfunction • Balance impairments • Specific treatment strategies • Case studies
5:00-5:15	Questions and Discussion
DAY TWO (Saturday)	
7:30-8:00 am	Breakfast
8:00-9:00	Biomechanics and neurophysiology of normal gait and common impairments in older adults • Muscle activity / strength • Timing / coordination • Dual tasking and importance of cognition
9:00-9:45	Clinical assessment of gait in older adults • High-tech vs low-tech • Types of gait disorders in neurological diagnoses
9:45-10:00	Break
10:00-Noon	Principles of gait retraining • Gait adaptation • dual tasking • Partial body weight treadmill training • Visual and auditory cueing in PD • Dance therapy
Noon-1:00	Lunch on your own
1:00-2:45	Falls in older adults • Risk factors: modifiable vs non-modifiable • Screening vs multi-dimensional assessment (target population) • Management of falls – team approach
2:45-3:00	Break
3:00-5:00	Fall prevention programming – best practices • Community-based • Assisted living and retirement facilities • Nursing home • Alzheimer / Dementia • Role of PT in emergency room • Resources
5:00-5:15	Questions and Discussion
CE CERTIFICATES PRESENTED	

All registrations must be postmarked no later than April 22, 2010

CONTINUING EDUCATION RECOGNITION

Each participant will receive a certificate documenting attendance and the Awarding of 12 Category 1 CE Hours or 1.2 CEUs or 12 contact hours/PDUs.

RN's – California Board of Registered Nursing Provider #CEP 12564

Physical Therapists – this course meets the Licensure Renewal Requirements in the states of Iowa, North Dakota, South Dakota, Wisconsin, etc. and has: **Minnesota BPT Approval #4053.**

Occupational Therapists –CEPA is approved by numerous state and national licensing boards and therefore this course meets all CE requirements of NBCOT.

Other Disciplines – contact us if you have any questions.

Course Location/Hotel Information

WHEN & WHERE?

- **April 30 & May 1, 2010**
Bloomington, MN
Hilton Minneapolis/Bloomington
3900 American Blvd. West
Bloomington, Minnesota
LOCATION – at the intersection of
France Avenue and I-494.
PARKING – complimentary

OVERNIGHT ACCOMMODATIONS

Hilton Hotel (site of course)
952-893-9500 or 800-445-8667 RESERVATIONS*
Rates: \$99* single/double
*When reserving a hotel room, identify yourself with CEPA to obtain this rate.
For your travel convenience, CEPA room rate available 2 days before and after event.
Cutoff on rooms – April 13, 2010
HOTEL AMENITIES – lovely, new hotel just off France Ave. (a street with extensive shopping*/dining – Galleria, Container Store, Southdale, etc.). Hotel offers complimentary shuttle to Galleria Mall and Mall of America (*no sales tax on clothing in MN!)
ARRIVING BY AIR? – Hotel offers complimentary shuttle to and from Minneapolis International Airport.