

# Restoring Balance and Confidence in Older Adults: Gait, Fall Prevention, and Motivation Strategies for Parkinson's Disease and Related Neurological Conditions

Robyn Ligotti, PT, DPT, CDP, QCP, RAC-CTA



## Faculty

Robyn Ligotti, PT, DPT, RAC-CT, CDP, QCP is the owner of Rehab Resource Solutions, LLC Consulting and is a licensed DPT with over 35 years of experience. The scope of her practice has encompassed many settings such as skilled nursing facilities, home health, outpatient rehab, wellness and prevention and inpatient rehab, but always with the older adult population. She has managed multi-disciplinary teams in skilled nursing facilities, home health and outpatient rehabilitation. Her Certifications include Dementia Practitioner, Resident Assessment Coordinator and Quality Assurance Performance Improvement Certification. She is dedicated to her belief that the key to achieving strong outcomes is establishing a team of professionals who use critical thinking evidence-based skills in day-to-day practice. She has provided education to rehab and nursing teams and other disciplines throughout her career on safe patient handling, working with people living with dementia, understanding Medicare and rehab specific treatments and approaches to care including fall prevention, preventing rehospitalizations and best practices for enhancing patient motivation and professional collaboration. Dr. Ligotti graduated with her B.S. in P.T. from Russell Sage

**Disclosures:** Financial: Robyn Ligotti receives an honorarium from ERI for this course. Non-Financial: She has no relevant non-financial relationships to disclose.

## About this Course

Maintaining mobility and stability in daily life can be especially challenging for older adults living with Parkinson's disease and other neurological conditions. This comprehensive, interactive course is designed to equip physical and occupational therapists with practical, evidence-based tools to confidently assess balance and fall risk, and to create individualized gait and balance training programs that meet the goals for person-centered care. Therapists will also learn how to apply motivational interviewing and behavior change models to improve patient engagement, adherence, and outcomes. The course culminates with a hands-on workshop where you'll apply what you've learned to develop an actionable plan for a community-based fall and balance screening clinic in order to identify and prevent falls in the community.

## Learning Objectives

- Choose validated balance and fall risk screening tools for people with Parkinson's and other Neurological diseases
- Design gait and balance training programs that integrate into clients' ADL and/or IADL routines
- Apply motivational strategies to enhance participation in older adults with neurological deficits
- Establish an outline for a community-based fall and balance screening clinic utilizing the tenets discussed in this course

## Suggested Audience

This advanced course is designed for PTs and OTs who specialize in the adult care of chronic disease.

Help your patients achieve better outcomes.

## Schedule – Day 1 4:40 9m - 8:00 pm CST (US)

### 5:00pm – 6:00pm Foundations of Fall & Balance Evaluations

- Fall statistics, prevalence
- Understanding fall risk in neurological disorders
- Evidence-based balance tools

### 6:00pm – 7:00pm Fall Risk Identification & Functional Screening

- Screening vs. Evaluating
- Evidence-based fall risk screening tools
- Gait speed: A "functional vital sign"

### 7:00pm – 8:00pm Gait Assessment Using Traditional and Innovative Tools

- Principles of gait analysis in neurologically impaired adults
- Gait speed testing protocols
- Innovative tools & Emerging Technology

## Schedule – Day 2 4:40 9m - 8:00 pm CST (US)

### 5:00pm – 6:00pm Designing Effective Interventions

- Neuroplasticity and motor learning principles
- Dual-task training and dynamic balance integration
- Collaborative approaches to gait, balance & ADLs
- Assistive technology: visual/auditory cueing, robotic trainers, VR balance systems

## Schedule – continued

### 6:00pm – 7:00pm Enhancing Patient Motivation and

- Participation Learning Methods
- Role of motivation in rehabilitation outcomes and meaning-based intervention strategies
- Introduction to: Motivational Interviewing, Transtheoretical Model (Stages of Change), SMART goal setting with older adults
- Building routines and habit formation for post-discharge success

### 7:00pm – 8:00pm Interactive Case-Based Learning

- Case Scenario with clinical decision-making tasks
- Application of assessment and planning: Utilize fall screening tenets to outline a community-based fall and balance clinic
- Group discussion

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## Credits

This course meets the criteria for 6 contact hours (0.6 CEUs) Intermediate Level.



Education Resources Inc. is an AOTA Approved Provider of professional development. This Distance Learning-Interactive course is pending AOTA approval for 6 contact hours 0.6 CEUs (Intermediate, OT service delivery, Foundational Knowledge). AOTA does not endorse specific course content, products, or clinical procedures.

This course can be used toward your NBCOT renewal requirements for 6 units.

Application has been made to the MN Board of Physical Therapy.

Approved sponsor by the State of IL Department of Financial and Professional Regulation for Physical Therapy for 7 contact hours. Approved provider by the NY State Board of Physical Therapy for 7 contact hours (0.7 CEUs).

Education Resources, Inc. is an approved provider for Physical Therapy CEUs in the following states: CA, NM, OK and TX.

The following state boards of physical therapy accept other states' approval: AK, AR, AZ, DC, DE, GA, HI, ID, IN, KS, KY, MA, MI, MO, MS, NC, OR, PA, RI, SC, UT, VA, VT, WI, WY.

The following state boards of physical therapy either do not require course pre-approval or do not require CEUs for re-licensure: AL, CO, CT, IA, ME, MT, NE, ND, NH, SD, WA.

6 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification. They do NOT qualify towards the 8-hour NDTA Instructor requirement for re-certification.

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## Webinar Date and Time

**November 18-19, 2025**

**4:40 pm CST**

Registration is for the one session. Zoom log-in instructions and course materials will be emailed/added to your ERI account 5-7 days prior to the first date of the Webinar.



\$229 fee. **LIMITED ENROLLMENT.** Cancellation will be accepted until 14 days prior to the start date of the course, minus a \$75 Administration Fee. There will be NO REFUNDS after this 14-day deadline. We encourage you to register online!

## Defensible Documentation Strategies for Chronic Disease Management in Home Health, Evidence-based Approaches to Guide Skilled Care

-Robyn Ligotti, PT

☐ November 18-19, 2025

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