

# Treating Falls and Balance Problems:

## Screening & Evaluating Dynamic Balance & Vestibular Strategies

Jennifer M Bottomley, PhD, MS, PT



### Faculty

Jennifer Bottomley, PhD, MS, PT is a dynamic instructor specializing in geriatric rehabilitation. Dr. Bottomley served on advisory boards for the Office of the Surgeon General, and Office on Women's Health, and appointed to the White House Health Care Reform Panel for Home & Long-Term Care issues in the Elderly. She was a delegate to the 2005 White House Conference on Aging and appointed to the White House Interdisciplinary Medicare Reform Advisory Board. She serves on an AARP panel addressing elder isolation and is the President of the International Physical Therapists working with Older People (IPTOP). She holds a BS in PT from the University of Wisconsin, a PhD in Gerontology (U of Massachusetts) and Health Science and Service Administration (Union Institute), and a PhD from The Union Institute in Health Service Administration, Legislation, and Policy Management with a specialty in Gerontology. Disclosure - Financial: Jennifer Bottomley receives a speaking fee from Education Resources, Inc. and royalties from Geriatric Rehabilitation. No non-financial disclosures to report.

### About this Live Webinar

This two-day Webinar focuses on changes specific to the aging process that lead to balance problems and falls in the elderly. A systems approach/critical pathways strategy is presented for assessing anatomic, physiologic and functional changes associated with aging and pathologies that result in changes in postural control and balance in the elderly. Therapeutic involvement in the rehabilitation therapies across the spectrum of care is presented. Preventive interventions and screening for problems to prevent disability and falls and identify risk factors leading to falls is provided via practical tools for the implementation of and ongoing reassessment of the elderly client. Exercise strategies for preventing falls and improving balance are reviewed, demonstrated and practiced. Motor control in addition to cardiovascular, nutritional, cognitive, and pharmacological factors influencing balance will be presented. Special consideration is given to vestibular problems in the older adult. Case studies are used to facilitate participant engagement in course material.

### Objectives

- 1 An advanced knowledge of the anatomic, physiologic, motor control, and functional mechanisms of aging that influence balance in the elderly.
- 2 An understanding of the principles of geriatric rehabilitation related to screening, assessment of risk factors and interventions for fall prevention.
- 3 An awareness of the role nutrition and medications play in predisposing an elderly individual to balance problems and falls.
- 4 An understanding of the common pathophysiologic disease entities that lead to motor control, vestibular, and cognitive problems in the elderly.
- 5 Specific in-depth knowledge of how to predict which risk factors are modifiable and exercise strategies to prevent falls in the elderly.
- 6 An ability to set up screening and risk management programs in settings across the spectrum of care.

Help your patients achieve better outcomes.

## Schedule – Day 1 9:10 am - 5:30 pm EST (US)

<b>9:10-9:30</b>	Webinar Registration/Zoom Course Opens
<b>9:30-11:00</b>	Postural, Musculoskeletal, and Neurosensory Changes in the Elderly Voluntary Motor Control in the Elderly
<b>11:00-11:30</b>	Case Study #1 – Break Out Groups
<b>11:30-12:15</b>	Pathophysiological Manifestations Predisposing the Elderly to Falls
<b>12:15-12:45</b>	Lunch
<b>12:45-1:15</b>	Pathophysiological Manifestations (cont.)
<b>1:15-3:00</b>	Medications, Nutrition and the Risk of Falling
<b>3:00-3:15</b>	Break
<b>3:15-4:00</b>	Screening and Assessment of Risk Factors for Falls
<b>4:00-5:30</b>	Breakout Lab Session: Case Studies in Risk Assessment <ul style="list-style-type: none"> <li>• <b>Q&amp;A</b></li> </ul>

## Schedule – Day 2 9:10 am-5:00 pm EST (US)

<b>9:10-9:30</b>	Webinar Registration/Zoom Course Opens
<b>9:30-11:00</b>	Vestibular Problems in the Elderly
<b>11:00-11:30</b>	Breakout Lab Session: Case Study #2
<b>11:30-12:00</b>	Evaluation of Physical, Functional and Vestibular Problems
<b>12:00-12:30</b>	Lunch
<b>12:30-2:30</b>	Exercise/Treatment Strategies for Fall Prevention
<b>2:30-2:45</b>	Break
<b>2:45-4:00</b>	Safety and Fall Prevention
<b>4:00-5:00</b>	Setting Up & Managing Fall Prevention Programs <ul style="list-style-type: none"> <li>• <b>Q&amp;A</b></li> </ul>

## Audience

This course is relevant for Physical Therapists, Occupational Therapists and Assistants in all practice setting. Participants are asked to wear comfortable clothing for the course.

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## Credits

This course meets the criteria for 14 contact hours (1.4) CEUs, Intermediate Level. Most Physical Therapy State Boards accept webinars as a live offering. Please check with your state board to confirm. Application has been made to the **FL** Physical Therapy Association for **16.5** continuing education contact hours. Application has been made to the **NJ** Board of Physical Therapy Examiners.

Approved sponsor by the State of **IL** Department of Financial and Professional Regulation for Physical Therapy for 16.5 contact hours. Approved provider by the **NY** State Board of Physical Therapy for 16.8 contact hours (1.68 CEUs). Education Resources, Inc. is an approved provider for Physical Therapy CEUs in the following states: **CA, KY** and **TX**. The following state boards of physical therapy accept other states' approval: **AK, AR, AZ, DC, DE, GA, HI, ID, IN, KS, 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, MA, ME, MT, NE, ND, NH, SD, WA**.



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 14 contact hours - Intermediate Level Occupational Therapy Process: assessment, intervention. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA.

Approved provider of the **FL** Board of Occupational Therapy-CE Broker 16.5 hours. This course meets the approval of the **TX** Board of OT Examiners.

12 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.

Special requests contact [info@educationresourcesinc.com](mailto:info@educationresourcesinc.com) or 508-359-6533

## Webinar Times and Dates - 2021

**May 22 and 23, 2021**

**9:10 am EST • 8:10 am CST • 7:10 am MST • 6:10 am PST (US)**

Registration is for both sessions. Zoom log-in instructions and course materials will be emailed/added to your ERI account 5-7 days prior to the webinar.



\$369 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!

**Bottomley/Treating Falls and Balance Problems**

**May 22 and 23, 2021**

**Course Registration Form**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Needed in the event of an emergency scheduling change.

Email: \_\_\_\_\_

Please clearly print your email address for course confirmation

Employer: \_\_\_\_\_

Discipline: \_\_\_\_\_ Specialty: \_\_\_\_\_

How did you learn of this course? \_\_\_\_\_

Education Resources reserves the right to cancel any course due to insufficient registration or extenuating circumstances. We are not responsible for any expenses incurred by participants if the course must be cancelled.  I have read your refund policy above and understand.

Cardholder's name & billing address with zip code if different from above:

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