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AOTA Approved Provider #4023

Course Title: COTA Skills 106

Course Subtitle: Aging Trends and Concepts

Course Description: COTA Skills is designed specifically for the COTA and provides in-depth coverage related to geriatric practice and discussion of policies and procedures. This course reviews key elements listed in the outline of content below and highlights the importance of the COTA with care of the elder client. Case studies are used to illustrate principles and highlight clinical application by applying what you have learned in an actual situation. This course also offers a multidisciplinary approach demonstrating effective collaboration between the OT and COTA. The COTA will understand the myths of aging and see how the term “elder” is used in a way that reduces the stereotypical role of dependent patients and helps dispel myths about aging.

Source: Occupational Therapy with Elders: Strategies for the COTA, 3rd ed. by Rene Padilla, MS, OTR/L, Sue Byers-Connon, BA, COTA/L, ROH and Helene Lohman, MA, OTD, OTR/L

Target Audience: OT/OTA and other healthcare professionals

Course Length: 2 hours

Course Author/Instructor: Rene Padilla, MS, OTR/L, Sue Byers-Connon, BA, COTA/L, ROH and Helene Lohman, MA, OTD, OTR/L / Brown, MS, OTR/L, CHT

Educational Level: Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

Course Objectives:

At the conclusion of the course, participants will be able to:

- Define relevant terminology regarding elders
- Describe the relation between aging and illness
- Discuss components of health and chronic illness
- Discuss a client-centered approach
- Describe the three stages of aging, and define their differences
- Describe the effects of growth of the elder population on society
- Discuss the effects of an increasingly large number of elder women on society
- Describe the problems and needs of the oldest old populations — that is, those elders 85 years and older, including the centenarians. Describe living arrangements of elders and living trends, such as aging in place

- Discuss the significance of economic trends on the elderly
- Relate implications of demographical data for occupational therapy practice
- Discuss current trends impacting elders in America and implications for occupational therapy practice
- Describe the importance of intergenerational contact for occupational therapy intervention
- Explain the importance of understanding generational cohorts for intervention
- Describe the concept of “ageism” in today’s society and the effect of the views of the American youth culture on aging

Outline of Content:

Hour #1

Health, Illness and Well-being

The Stages of Aging

Demographical Data and the Growth of the Aged Population

Living Arrangements

Hour #2

Economic Demographics

Implications for Occupational Therapy Practice

Intergenerational Concepts and Generational Cohorts

Ageism, Myths, and Stereotypes about the Aged

Instructional Methods and Formats:

Online course available 24/7 at www.OnlineCE.com includes PDF downloadable course. See course formats for additional details.

Course Completion Requirements:

A minimum passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course, you will receive your certificate of completion and AOTA eligible CEUs.

AOTA Classification Codes:

Category 1: Domain of OT

Category 2: Occupational Therapy Process

Category 3: Professional Issues

Additional Policies:

OnlineCE Policies are available by clicking on the tab – Policies – located in the left hand navigation bar.

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