



Online Continuing Education Courses  
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AOTA Approved Provider #4023

**Course Title:** COTA Skills 110

**Course Subtitle:** Aging Well: Health Promotion and Disease Prevention

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

**Source Description:** The only comprehensive book on geriatric occupational therapy designed specifically for the COTA, Occupational Therapy with Elders: Strategies for the COTA, 3rd Edition provides in-depth coverage of each aspect of geriatric practice, from wellness and prevention to death and dying. A discussion of foundational concepts includes aging trends and strategies for elder care, and coverage of emerging areas includes low-vision rehabilitation, mobility issues including driving, and Alzheimer's disease and other forms of dementia. Expert authors René Padilla, Sue Byers-Connon, and Helene Lohman offer an unmatched discussion of diverse populations and the latest on geriatric policies and procedures in this fast-growing area of practice.

See course outline below for details and inclusive content in COTA Skills 110 course

**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:

- Discuss how OT practitioners — OTR and COTAs — can influence health through programs and services for individuals, organizations, communities, and populations
- Identify methods of screening and assessment used in promoting health and well-being among elders
- Describe health promotion activities that can be incorporated into practice with elders

- Describe theoretical models that emphasize the importance of participation in meaningful occupations to decrease the negative effects of occupational imbalance, alienation and deprivation, and the promotion and the integration of healthy life patterns and routines
- Discuss the ways in which poor health practices, inadequate nutrition, and lack of self-care contribute to the incidence and prevalence of preventable diseases and disabilities common to elderly populations
- Identify factors that contribute most to influencing elders to participate in wellness-focused activities
- Describe factors that contribute to poor nutrition and obesity in elderly populations
- Name several lifestyle patterns that contribute to the development of preventable diseases in elderly populations

### **Outline of Content:**

#### **Hour #1**

Concepts of Health Promotion and Wellness in Occupational Therapy Practice  
 Health Risk Factors  
 Health Risks and Their Effects on Occupational, Engagement and Participation  
 Factors Contributing to Successful Aging  
 Possible Causes of Poor Nutrition

#### **Hour #2**

Prevention and Health Promotion Among Elders  
 Roles of OT Practitioners in Prevention and Primary Health Promotion  
 Prevention Behavior Questionnaire  
 Wellness Program for Elders  
 Conclusion and References

### **Instructional Methods and Formats:**

Online course available 24/7 at [www.OnlineCE.com](http://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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