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AOTA Approved Provider #4023

**Course Title:** COTA Skills 114

**Course Subtitle:** Cultural Diversity of the Aging Population

**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 114 course

**Target Audience:** OT/OTA and other healthcare professionals

**Course Length:** 1 hour

**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:

- Explain the meaning of diversity and compare 3 related terms
- Explore and explain 3 personal experiences, beliefs, values, and attitudes regarding diversity
- Discuss the need to accept the uniqueness of each individual and the importance of being sensitive to issues of diversity in the practice of OT with elders
- Outline 3 strategies to facilitate interaction with elders of diverse backgrounds

## **Outline of Content:**

### **Hour #1**

Overview of Cultural Diversity  
What is Culture?  
Levels of Culture  
The Issue of Diversity  
Valuing Diversity  
Diversity of the Aged Population  
Sensitivity to Culture and Diversity in Intervention  
Cognitive Style  
Sources of anxiety reduction  
Issues of equality/inequality  
Communication Style

### **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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