



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: COTA Skills 119

Course Subtitle: Considerations of Mobility

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

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 119 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 the Omnibus Budget Reconciliation Act regulations pertaining to the use of physical restraints.
- Describe the steps in the establishment of a restraint reduction program.
- Describe the role of the certified occupational therapy assistant in restraint reduction.
- Outline the basic steps in evaluating the fit of a wheelchair.
- Describe the major precautions to consider when elders should use wheelchairs.

- Describe essential considerations when evaluating and fitting a bariatric person with a wheelchair.
- Identify three reasons that elder adults are at a greater risk for falls than the general population.
Identify environmental, biological, psychosocial, and functional causes of falls.
Describe key considerations during the evaluation process for elder adults at risk for falls.
- Describe recommended and evidence-based interventions to prevent falls.
- Discuss potential desired outcomes of fall prevention interventions.
- Discuss ways elders may gain access to public transportation.
- Describe ways elders may become safer pedestrians.
- Describe a driving evaluation, and identify criteria for this assessment.
- Describe visual and physical changes in elders that may affect their ability to drive.

Outline of Content:

Hour #1

Restraint Reduction

Omnibus Budget Reconciliation Act Regulations

Establishing a Restraint Reduction Program

Suggestions to Facilitate a Successful Restraint-Free Environment

Role of the Certified Occupational Therapy Assistant

Environmental Adaptations

Alternatives to Restraints

Psychosocial Approaches

Activity Alternatives

Intervention

Wheelchair Seating and Positioning:

Considerations for Elders

Hour #2

Negative Impact of Poor Seating on Frail Elders

Observations That Should Trigger a Seating Assessment

Fall Prevention

Causes of and Risk Factors for Falls in Elderly Persons

Fall Prevention Interventions

General Safety Tips

Community Mobility

Information-Gathering Questions

Pedestrian Safety Tips

Pedestrian Safety

Alternative Transportation

Safe Driving

Adaptive Equipment Ideas

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:

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