



**Course Title:** COTA Skills 119 – Considerations of Mobility

**Course Description:**

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 Type:** Video vs. Text-based

**Educational Level:** Beginner, Intermediate, Advanced

**CE Hours:** 2 contact hour / .2 ceu

**Course Prerequisites:** None

**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

**Learning Objectives:**

- 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.

## **Agenda:**

### **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

### **Course Completion Requirements:**

A 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 and completing a satisfaction survey, you will receive your certificate of completion.

### **Additional Course Information**

**Course Registration:** Register for Free at [www.OnlineCE.com](http://www.OnlineCE.com). Once registered, you can begin to purchase courses. Contact [info@onlinece.com](mailto:info@onlinece.com) for special needs requests and assistance.

**Refund Policy:** There will be no refunds for courses taken at OnlineCE.com or monies deposited into My CE Bank. Any money on account will be used for taking future courses. If you start a course in error, or if you are dissatisfied with a course, please contact us in the first part of the course and we will void the course and you can select a replacement course.

**Cancellation Policy:** Only available courses are offered online and on-demand and available for purchase. No registration fees are collected for courses that are not provided on-demand. Due to the online and on demand format, courses are not cancelled.

**Course Date and Location:** This is an independent course that is available 24/7 on-demand at [www.OnlineCE.com](http://www.OnlineCE.com).

**Required Materials and Equipment:** Courses offered on OnlineCE.com can be accessed on any type of computer or device. No special software is required but we do recommend the use of

the Chrome Browser (recommended, not required). All course materials are contained within the courses and no prerequisites are required.



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