



**Course Title:** Geriatric Rehab 113 - Wellness for the Aging Adult

**Course Description:** Geriatric Rehab 113, Wellness for the Aging Adult, is a 1-hour course designed for the clinician working in geriatrics in the acute care environment. This course explores areas of wellness including areas of physical and social health. There are many benefits to exercising and exercise is especially important for the aging adult. This clinically-relevant information will make the clinician better prepared to design safe and effective treatment plans that will help the aging adult stay happy and healthy throughout the life cycle.

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

**Course Type:** Video vs. Text-based

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

**CE Hours:** 1 contact hour / .1 ceu

**Course Prerequisites:** None

**Course Author / Instructor:** Guccione, PT, PhD, DPT / Brown, MS, OTR/L, CHT

**Learning Objectives:**

- Understand the importance of wellness for the aging adult
- Identify and describe 3 domains of wellness
- Outline methods of screening for physical activity and wellness programs
- Review baseline measure for physical activity and exercise focused wellness programs
- List the importance of strength training and aerobic training and the enhancement of mobility

**Agenda:**

**Hour #1**

Physical Health Domain Exercise

Nutrition Psychological Wellness Social Wellness

PHYSICAL ACTIVITY AND EXERCISE-FOCUSED WELLNESS PROGRAMS

PHYSICAL THERAPISTS' SCOPE OF PRACTICE

Screening

Baseline and Outcome Assessment Types of Physical Activity and Exercise Programs

Exercise for Frail Older Adults Aerobic Training

Exercise to Enhance Bone Quality/Quantity Enhancing Physical Activity and Mobility Walking Program

Conclusions

### **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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