



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: Geriatric Rehab 113

Sub-Title: 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

Course Length: 1 hour

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

Educational Level: Introductory, Intermediate, Advanced

Course Objectives:

At the conclusion of the course, participants will be able to:

- 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

Outline of Content:

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

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:

OnlineCE Policies are available by clicking on the tab – Policies – located in the left hand navigation bar.

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