

Course Title: Geriatric Rehab 117

Course Subtitle: Balance and Fall Prevention for Community Dwelling Seniors

Course Description: The number of falls is increasing rapidly due to many age-related intrinsic factors. Fall prevention must be continued after rehabilitation has been completed and should be ongoing. This one-hour course “Balance and Fall Prevention for Community Dwelling Seniors” is designed for the beginning/intermediate clinician who provides either clinic and/or home-based rehabilitation and fall prevention programs. Learn about intrinsic fall risk factors to consider, providing an interdisciplinary team approach to fall prevention, and evidence-based programs that you can refer patients to after they complete treatment.

Target Audience: OT/OTA, PT/PTA

Course Type: Audiovisual presentation vs. Text-based

Educational Level: Beginner, Intermediate, Advanced

CE Hours: 1 contact hour / .1 ceu

Course Prerequisites: None

Course Author / Instructor: Naomi Aaronson, MA, OTR/L

Learning Objectives:

- Define and differentiate static vs dynamic balance
- Outline and describe the role of balance in ADL’s
- Define and differentiate intrinsic vs. extrinsic risk factors for falls and provide 3 examples of each
- List and describe 3 different evidence-based fall prevention programs recommended for patients, including; AMOB, Tai Ji Juan, Otago
- Describe the role of clinicians in fall prevention strategies

Agenda:

Hour #1

Introduction
Role of Clinicians
Intrinsic Risk Factors for Falls
Psychological Risk factors
Cognitive Risk Factors
Extrinsic Risk Factors
What is balance?
What are 2 types of balance?
Systems that help with Balance

Evidence Based Exercise Programs

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. Once registered, you can begin to purchase courses. Contact 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.

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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