

Course Title: Geriatrics 244

Course Subtitle: Anxiety Disorder in Late Life

Course Description: Anxiety disorders in later life are some of the most significant mental health problems affecting older adults. Prevalence estimates of anxiety disorders in late life vary considerably based on multiple methodological issues. Current diagnostic criteria may not adequately capture the nature and experience of anxiety in older people, particularly those in ethnic and racial minority groups. This lesson reviews late-life anxiety disorders. Pharmacologic and psychotherapy approaches to treat late-life anxiety are reviewed, including a summary of current innovations in clinical care across settings, treatment models, and treatment delivery.

Course Source: Clinics in Geriatric Medicine

Course Length: 1 hour

Course Authors: Multiple

Course Instructor: Joanne Brown, MS, OTR/L, CHT

Target Audience: OT/OTA's, PT/PTA's

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 end of the course, participants will be able to:

- Describe the prevalence of generalized anxiety disorder in the elderly population
- Define and differentiate different types of anxiety including social anxiety, panic disorders and specific phobias such as fear of falling
- Discuss anxiety disorder and how it effects special populations
- Compare and contrast late-life anxiety treatments
- Explore and analyze 3 clinical care innovations including primary care, home care, mindfulness-based interventions and electronic delivery options

Outline of Content:

Hour #1

Introduction

Prevalence and nature of anxiety disorders in later life

1. Generalized Anxiety Disorder
2. Specific Phobias and Fear of Falling
3. Social Anxiety Disorder and Panic Disorder
4. Special Populations
 1. Diverse aging adults
 2. Neurocognitive disease
 3. Chronic health and multimorbidity

Overview of late-life anxiety treatments

1. Medication
2. Psychosocial Treatments

Clinical care innovations

1. Innovations Across Settings
 1. Primary care
 2. Home-based care and community settings
2. Innovations Across Mental Health Treatment Models
 1. Acceptance-based and mindfulness-based interventions
3. Innovations in Delivery Options and Mental Health Workforce

Summary

Instructional Methods and Formats:

Online course available 24/7 at www.OnlineCE.com includes text-based course.

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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