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Senior Wellness Principles and Practices

April 13, 2013

Gonda Building, Geffen Auditorium
Rochester, Minnesota

<http://www.mayoclinic.org/physicalmedicine-rst/education.html>

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please give this brochure to an interested colleague.*

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Senior Wellness Principles and Practices



April 13, 2013
Gonda Building, Geffen Auditorium • Rochester, Minnesota

Course Directors:
Heidi Dunfee, PT, DScPT
Mary Wehde, PT, DScPT, NCS



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COURSE DESCRIPTION

This course will present the role of the health care professional in promoting wellness activities for older adults. Emphasis is on the physical aspect of wellness; promoting physical activity and exercise to various groups of elders. This course will address the common problems of older adults (osteoporosis, balance and falls, joint pain, muscle weakness and posture) through community exercise programs.

COURSE LEARNING OBJECTIVES

Upon conclusion of this program, participants should be able to:

- Recognize the role of physical activity, ageism and expectations on optimal aging
- Perform screening tests and measures (TUG, Sit-to-Stand, Sit and Reach, Balance measures, EASY for you, etc) appropriate for screening and outcome measures for community exercise
- Design an effective exercise prescription based on the physical stress theory and motor learning
- Design and deliver a community exercise class aimed at improving mobility, preventing mobility disability and preventing falls

Attendance at this Mayo course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

INTENDED AUDIENCE

This course is designed for healthcare professionals involved in the practice of rehabilitation with an interest in caring for the geriatric population including: Occupational Therapists, Certified Occupational Therapy Assistants, Physical Therapists, Physical Therapist Assistants, Residents, and Physicians.

CREDIT

Sponsored by the Program in Physical Therapy, College of Medicine, Mayo Clinic. This course meets the criteria for 7 category I Continuing Education Units per Minnesota Physical Therapy Rules 5601.2400, 5601.2500.

Mayo Clinic - Rochester Campus is an approved provider of continuing education by the American Occupational Therapy Association #5660. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA. At the conclusion of this conference, participants will be awarded a certificate for up to 0.7 AOTA CEUs.



At the conclusion of this conference, participants will be awarded a certificate for up to 7.0 contact hours maximum based on actual contact hours. Please see your state specific requirements for O.T. licensure credits.

REGISTRATION

To register, please visit <https://pmr.education-registration.com/register/listing/131>. The registration fee includes tuition, a downloadable course syllabus, continental breakfast, and a designated break. Although it is not Physical Medicine and Rehabilitation Therapy Services policy to limit the number of registrants for a course, conference room facilities may necessitate closing of enrollment; therefore, early registration is advised. An email confirmation will be sent upon completion of the registration form.

CANCELLATION POLICY

If you cancel your participation in this course, your registration fee, less a 25% administrative fee, will be refunded when written notification is received by Physical Medicine and Rehabilitation Education Committee up to 14 days prior to the course. No refunds will be made after that date. The Physical Medicine and Rehabilitation Education Committee reserves the right to cancel or postpone any course due to unforeseen circumstances. In the unlikely event a course must cancel or be postponed, the Mayo Clinic – Physical Medicine and Rehabilitation Education Committee will refund the registration fee but is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline / travel / lodging agencies.

LODGING ACCOMMODATIONS

Limited guest rooms have been reserved for attendees and their guests with a special course rate of \$109.00 plus tax per night for single or double occupancy standard rooms at the Hilton Garden Inn. Reservations may be made by calling 507-285-1234. Lodging arrangements are the sole responsibility of the individual registrant. The guest room block is located under the name Mayo Clinic Senior Wellness Course and will be available through March 22, 2013.

PARKING

Free parking is available in the Damon Parking Ramp, which is located on 3rd Avenue SW. Metered parking is available on the street. Directions to Mayo Clinic & hotel information may be found at:

www.rochesterlodging.com

Downtown Rochester Maps – Conference is held in the Gonda Building.

FACULTY

Dale Avers, PT, DPT, PhD

Dale Avers, PT, DPT, PhD is Associate Professor and Director of the PostprofessionalDPT program in the Program of Physical Therapy Education at Upstate Medical University. She earned degrees from the University of Kentucky, Indiana University, and Rocky Mountain University of Health Professions. She is an editor of the recently released 3rd edition of Geriatric Physical Therapy and is a former Associate Editor of the Journal of Geriatric Physical Therapy. She has received several honors and awards including the SUNY Chancellor's Award for Excellence in Teaching, APTA's Lucy Blair Service Award and the Distinguished Educator Award from the Section on Geriatrics. She is a past President of the Section on Geriatrics. She speaks nationally and internationally on topics related to senior wellness and optimal aging, functional evaluation, exercise and evidence-based practice. Dr. Avers has been a practicing clinician in geriatrics and outpatient orthopedics for over 30 years.

program

7:30 – 8:00 am	Registration (Continental Breakfast Provided)
8:00 – 9:15 am	Optimal Aging and the Therapy Role
9:15 – 10:15 am	Screening for Community Wellness Programs
10:15 – 10:30 am	Break (On Your Own)
10:30 am – 12:15 pm	Effective Exercise Practices
12:15 – 1:15 pm	Lunch (On Your Own)
1:15 – 2:45 pm	Community Exercise Programs (Nuts & Bolts)
2:45 – 3:00 pm	Break (Snack Provided)
3:00 – 4:15 pm	Incorporating Falls Prevention into Community Exercise Program
4:15 – 4:30 pm	Course Wrap-Up

registration

Please register by March 22, 2013.

We now have online registration at the below website:
<https://pmr.education-registration.com/register/listing/131>

You will need to:

1. Find the appropriate course.
2. Create a profile.
3. Complete the registration form.

Please access conference schedule, details, and handouts at:

<https://pmr.education-registration.com/register/listing/131>

If questions please contact:

PM&R Therapy Services
Mayo Clinic (Mayo 14)
200 First Street SW
Rochester, MN 55905
Telephone: (507) 293-1541

PM&R Therapy Services expects to begin posting handouts to the My Events tab under downloadable event materials on April 1, 2013. **Note that printed copies of handouts will not be available on-site at the course.**

TUITION:

Early Bird Registration on or before 2/1/2013 - \$200.00

Registration on or after 2/2/2013 - \$220.00

Early Bird AOTA Member Registration on or before 2/1/2013 - \$178.00

AOTA Member on or after 2/2/2013 - \$198.00

Student Rate - \$50.00

