

Free Continuing Education Credit



Free continuing education for case managers, social workers, nurses & occupational therapists

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The role of physical activity in reducing falls: Best practices for seniors at home and in the community

Debra J. Rose, PhD, Co-Director, Center for Successful Aging and Fall Prevention Center of Excellence

Overview This program is designed for the professional who has a basic understanding of the issue of falls safety for seniors. It will begin with a brief overview of the major risk factors known to contribute to increased fall risk, as well as a brief discussion of the evidence for a multi-factorial approach to fall risk reduction. The primary goal of the presentation is to discuss best practices in assessment and treatment of the multiple dimensions of physical function most pertinent to fall risk reduction, e.g., balance, mobility, flexibility and gait. Treatment strategies that have been shown to effectively reduce fall risk and fall incidence rates will be identified. The program will conclude with a discussion of the role of the discharge planner/case manager in ensuring that the older adult is referred to appropriate fall risk reduction services and programs.

At the conclusion of this program, participants will be able to:

1. Discuss major risk factors for falls in the older adult population
2. Discuss evidence for a multi-factorial approach to fall risk reduction
3. Identify appropriate screening and assessment tools
4. Discuss “best practice” treatment strategies to improve physical function and lower fall risk among the frail older adult
5. Discuss the role of the discharge planner in the referral process

How to register

This course is accessible as an on-demand seminar on the American Society on Aging (ASA) Web Seminars website at <http://www.asaging.org/webseminars>. Simply click on The Role of Physical Activity in Reducing Falls: Best Practices for Seniors at Home and in the Community link for registration instructions.

The code to access the free course and CEU is:

lifeline04.

Questions?

Please e-mail the ASA at

webseminars@asaging.org

or call the seminar coordinator at

1-800-537-9728

ext. 9602

A reply can be expected within 48 hours of your inquiry, Monday-Friday.

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Faculty

Debra J. Rose, PhD, is a professor in the Kinesiology Department and a co-director of the Center for Successful Aging at California State University at Fullerton. She also serves as one of three co-directors of the Fall Prevention Center of Excellence housed at the University of Southern California and funded by the Archstone Foundation. Dr. Rose completed her undergraduate degree at the University of Melbourne, Australia, in 1975 before traveling to the United States to complete her Masters degree at the University of Oregon in 1981 and PhD at Penn State University in 1985 in Kinesiology. Her primary research focus is on the enhancement of mobility and the prevention of falls in later years. Dr. Rose is nationally and internationally recognized for her work in fall risk reduction assessment and programming, and also serves as the editor-in-chief of the Journal of Aging and Physical Activity.



Debra Rose, PhD

Her research in fall risk reduction in older adults has been published in numerous peer-reviewed publications, including the Journal of the American Geriatric Society, Archives of Physical Medicine and Rehabilitation, Neurology Report, and the Journal of Aging and Physical Activity. The innovative fall risk reduction program she developed called “FallProof!: A Comprehensive Balance and Mobility Training Program” was recognized by the Health Promotion Institute of the National Council on the Aging in 2006 as a “Best Practice” program in health promotion. This program is currently being implemented in numerous community-based settings and retirement communities throughout the United States. She also currently serves as a member of the National Steering Committee, developed by the National Council on the Aging to oversee the implementation of the Falls Free initiative, which is aimed at preventing falls among older Americans.

Dr. Rose is also the co-editor of a book titled “Physical Activity Instruction of Older Adults,” which was published by Human Kinetics in 2005. This textbook serves as the foundation text for the recently published International Curriculum Guidelines for Preparing Physical Activity Instructors of Older Adults. She is a Fellow of the Research Consortium of AAHPERD, former executive board member of the North American Society for the Psychology of Sport and Physical Activity, and a Fellow of the American Academy of Kinesiology and Physical Education.

This course is accredited for one contact hour.

ASA is an approved provider of Continuing Education Credit for a number of boards and/or professions, which are listed below. Applicants should check with their accrediting agency to make sure that Web-based courses offered by ASA will qualify for continuing education credit.

- Association of Social Work Boards
- California Board of Registered Nursing
- California Board of Behavioral Sciences
- Washington State Nurses Association, accredited as an approver by the American Nurses Credentialing Center's Commission on Accreditation. Continuing Education Units are accepted in all states except California and Iowa.
- The Commission for Case Manager Certification (CCMC)
- National Academy of Certified Care Managers
- California Board of Behavioral Sciences
- American Occupational Therapy Association: Domain of OT: Areas of Occupation, OT Process: Intervention

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