

## Course Content

### HOT TOPICS AND INNOVATIONS IN FALL PREVENTION

- What fall prevention will look like in 1, 5, and 10 years

### HANDS-ON LABS PREDICT AND PREVENT FALLS WITH A COMPREHENSIVE RISK ASSESSMENT

Practice today's best evaluations for:

- Balance
- Visual-spatial function
- Sensory-motor integration
- Proprioception
- Vestibular function
- Gait and mobility
- Age-related degeneration
- Home safety
- Pharmacological side effects

### HANDS-ON LABS EXPAND YOUR REHAB TOOLBOX FOR FALL PREVENTION AND POST-FALL REHAB

Practice effective techniques you can use immediately to:

- Restore balance, mobility, and function
- Minimize fall impact and injury
- Treat dizziness and vertigo
- Improve multitasking, coordination, and gait
- Resolve vision problems that contribute to falls
- Boost cognition, memory, and focus
- Reduce environmental fall risks

### HANDS-ON LABS INTEGRATE MULTIPLE APPROACHES FOR BETTER OUTCOMES

Practice combining:

- Balance and gait training
- Vestibular rehabilitation
- Gaze stabilization
- Multitasking interventions
- Musculoskeletal soft tissue techniques
- Graded motor imagery
- Home exercise programming
- Nutrition
- Environmental modification
- Safety reminders
- Orthotics and gait devices
- Clinical applications of neuroplasticity

### Target Audience

Physical Therapists • Physical Therapist Assistants • Occupational Therapists  
Occupational Therapy Assistants • Nurse Practitioners  
Nurses • Nursing Home Administrators

## Live Seminar Schedule

(both days)

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (on your own)

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.



### HANDS-ON LABS DESIGN ROBUST, INNOVATIVE PLANS OF CARE FOR YOUR PATIENTS

Practice developing treatment strategies for high risk patients with specific impairments, including:

- Traumatic brain injury
- Stroke
- Multiple sclerosis
- Parkinson's disease
- Spinal cord injury
- Diabetes
- Pain
- Age-related changes

### KEYS TO SUCCESSFULLY TREATING NONCOMPLIANT PATIENTS AND ENLISTING FAMILY SUPPORT

#### ARE YOU LEAVING MONEY ON THE TABLE?

- Coding and billing updates for fall prevention and post-fall rehab
- Justify rehab with the right progress measures and documentation
- Avoid denials and audits with these tips

### CASE STUDIES PUT KNOWLEDGE TO PRACTICE

- Case study 1: Evaluate a client's home for extrinsic risk factors
- Case study 2: Apply advanced balance training and multitasking techniques
- Case study 3: Integrate visual testing and gaze stabilization
- Case study 4: Navigate pharmacological side effects and comorbidities
- Case study 5: Overcome barriers to effective strategy implementation

### DEVELOP AN EFFECTIVE FALL PREVENTION PROGRAM FOR YOUR FACILITY

#### BECOME YOUR REGION'S GO-TO FALL PREVENTION SPECIALIST

- The insider's guide to specialization and professional networking
- Build referrals faster: effectively market your fall prevention program

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**2-DAY**

# Fall Prevention Specialist Certificate Course

Fall-proof Your Patients with Today's Best Practices

**Schaumburg, IL**  
July 15-16, 2019

**Orland Park, IL**  
July 17-18, 2019

**REGISTER NOW: [pesirehab.com/express/71505](http://pesirehab.com/express/71505)**

**2-DAY**

# Fall Prevention Specialist Certificate Course

Fall-proof Your Patients with Today's Best Practices

- Which fall prevention interventions are effective - and which are not?
- The must-have tools and strategies for protecting patients from injury
- Robust, effective plans of care for high risk and challenging patients
- Keys to successfully treating noncompliant patients and enlisting family support
- How to develop and effectively market a fall prevention program for your facility

Become your region's go-to Fall Prevention Specialist and build referrals faster

**Schaumburg, IL**  
Monday & Tuesday  
July 15-16, 2019

**Orland Park, IL**  
Wednesday & Thursday  
July 17-18, 2019

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**PESI Rehab**  
A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

# 2-DAY Fall Prevention Specialist Certificate Course

## Fall-proof Your Patients with Today's Best Practices

Whether your patients' goals are to return to work, play with their grandkids, or travel the world, your hard work helps them progress toward their functional goals.

But one fall can severely set back progress and turn your patient's life upside down, resulting in rapidly declining health, extended hospital stays, financial loss, fear, and isolation. Falls can often be predicted and prevented if you know what to look for, but all too often, clinicians are so focused on the injury or disability at hand that fall risks are overlooked -- until it's too late.

**Become a Fall Prevention Specialist and learn how to help patients avoid falls while retaining the strength, balance, and mobility it takes to stay functionally independent.**

Built on today's best practices, this hands-on program will show you how to better predict and prevent falls with a comprehensive risk assessment that combines the best evaluations currently available. Expand your rehab toolbox for fall prevention and post-fall rehab with interventions you can use immediately. Design robust, innovative plans of care for high risk patients with specific impairments, from diabetes to Parkinson's. And finally, learn how to develop an effective fall prevention program using tools and strategies that have helped countless patients leave their fear of falling behind.

Sign up today and confidently guide your patients to a fall-proof future!

## Speaker

**Shelly Denes, PT, C/NDT**, is an expert in fall prevention with more than 25 years of experience treating patients with hemiplegia, neuromuscular disorders, traumatic brain injury, and spinal cord injuries. She has a special interest in advanced technology for helping patients move safely, and she has been involved extensively with neuroprosthetic devices, lower extremity orthotics, and exoskeleton robotics.

Ms. Denes travels nationally to present seminars on fall prevention and geriatric rehabilitation, and she is known for her dynamic, hands-on teaching style. She has also shared her insights with practicing professionals at annual physical therapy association meetings and through adjunct university work. Additionally, her expertise has been presented through expert witness work, both nationally and locally. Ms. Denes is a graduate of University of Michigan's physical therapy program, and she earned her certification in Neurodevelopmental Treatment (NDT) from the Rehab Institute of Chicago.

### Speaker Disclosures:

Financial: Michel Janet (Shelly) Denes has an employment relationship with the Center for Spinal Cord Injury Recovery. She receives a speaking honorarium from PESI, Inc.

Non-financial: Michel Janet (Shelly) Denes has no relevant non-financial relationship to disclose.

## Objectives

- Discuss the latest advances in fall prevention and their implications for rehab.
- Demonstrate a comprehensive assessment, identifying and differentiating root causes of fall risk.
- Evaluate the most effective interventions available for reducing risk and restoring balance, mobility, and function.
- Integrate multiple approaches for better outcomes, including balance and gait training, vestibular rehabilitation, gaze stabilization, multitasking interventions, and environmental modification.
- Describe the most effective landing strategies to minimize impact.
- Develop an effective home exercise program.
- Design robust, innovative plans of care for high risk patients with various diagnoses.
- Discuss parameters for safely intensifying rehab.
- Determine effective strategies for helping noncompliant, difficult, or depressed patients become more engaged in their recovery.
- Review coding and billing updates for fall prevention and post-fall rehab.
- Outline key components of a successful fall prevention program.
- Describe strategies for effectively marketing a fall prevention program.

**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.



**Seminar on DVD Package:** You can purchase a self-study package on the subject. You will receive a set of DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesirehab.com](http://www.pesirehab.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

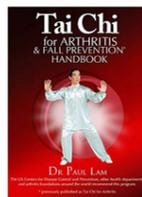


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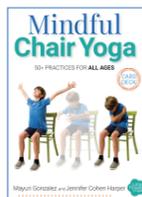
## RELATED PRODUCTS [ Save by including with your seminar registration ]



### Tai Chi for Arthritis & Fall Prevention Handbook

By Dr. Paul Lam

The Tai Chi for Arthritis program outlined in this informative handbook has helped millions of people - both with and without arthritis - to find relief from pain, improved balance and health, and a better quality of life within a short time. This handbook pairs perfectly alongside Dr Lam's Tai Chi for Arthritis DVD, and will empower learners to improve their health and wellness.



### Mindful Chair Yoga: 50+ Practices for All Ages

By Mayuri Gonzalez and Jennifer Cohen Harper, MA, E-RCYT



*Mindful Chair Yoga* is a powerful way to harness key benefits of the practice: become stronger, more flexible, navigate challenging situations without becoming overwhelmed, rest when you need it, and much more. Each card includes a reflection question to help engage fully with the activities. This easy-to-use card deck contains 50+ practices that can support everyone - children, teens and adults - in living a happier, healthier life.



### HAVE A SEMINAR IDEA? A MANUSCRIPT TO PUBLISH?

The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Orion Tarpley at [otarpley@pesi.com](mailto:otarpley@pesi.com) or 715-855-5262.

## Live Seminar Continuing Education Credit Information

*Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.*

*If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepsi@pesi.com](mailto:cepsi@pesi.com) or 800-844-8260 before the event.*

*Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.*

*PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.*

### NURSES/NURSE PRACTITIONER/ CLINICAL NURSE SPECIALISTS:

PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 12.6 contact hours. Partial contact hours will be awarded for partial attendance.

**NURSING HOME ADMINISTRATORS:** This program has been submitted (but not yet approved) for 12.5 continuing education clock hours and 12.5 participant hours from NAB/NCERS. Call our customer service department at 1-800-843-7763 for further information.

### OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:

PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.5 contact hours or 1.25 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

**PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This activity consists of 12.5 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

**ILLINOIS PHYSICAL THERAPISTS AND PHYSICAL THERAPIST ASSISTANTS:** PESI, Inc. is a Registered Physical Therapy Continuing Education Sponsor through the State of Illinois Department of Financial and Professional Regulation, Division of Professional Regulation. License #: 216.000270. This course qualifies for 12.5 CE Credit Hours.

**OTHER PROFESSIONS:** This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

## How to Register

2-DAY FALL PREVENTION SPECIALIST CERTIFICATE COURSE: FALL-PROOF YOUR PATIENTS WITH TODAY'S BEST PRACTICES  
Questions? Call 800-844-8260 or e-mail us at [info@pesirehab.com](mailto:info@pesirehab.com).

### ONLINE

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**1 Please complete entire form** (to notify you of seminar changes):  
*please print; staple duplicate forms.*

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**2 Check location:** *(make copy of locations)*

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### ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

### WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

### TUITION OPTIONS

• **FREE Military Tuition:** PESI, Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Advanced online registration required.**

• **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: [www.pesirehab.com/coord](http://www.pesirehab.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 10 or more:** Call 800-844-8260 for discounts.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to [www.pesirehab.com/students](http://www.pesirehab.com/students) or call 800-844-8260 for details. Advanced registration required. Cannot be combined with other discounts.

**3 Check tuition:**

**TUITION** with seminar manual

**\$399.99** – choose one of the options below:

- per person for 2 or more preregistering together —OR—
- single registration postmarked 3 weeks prior to seminar date

**\$429.99** standard

### ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

- \$9.95\*** *Tai Chi for Arthritis & Fall Prevention Handbook*
- \$19.99\*** *Mindful Chair Yoga* card deck

\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

**4 Indicate method of payment:**

**ALL REGISTRATIONS MUST BE PREPAID.**  
Purchase orders welcome (attach copy).

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### CAN'T ATTEND THE SEMINAR? See below for individual product orders

#### 2-Day Fall Prevention Specialist Certificate Course: Fall-proof Your Patients with Today's Best Practices

- \_\_\_ \$299.99\* Seminar on DVD (RVN063725)
- \_\_\_ \$9.95\* *Tai Chi for Arthritis & Fall Prevention Handbook* (SAM085585)
- \_\_\_ \$19.99\* *Mindful Chair Yoga* card deck (PUB085920)

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