

## Course Content

### FALL RISK MITIGATION ESSENTIALS

- The latest advances in fall prevention
- The most current changes from the CDC
- Intrinsic risk factors
- Environmental extrinsic risk factors
- Medications and substance use

### COMPREHENSIVE FALL RISK ASSESSMENTS:

HANDS-ON LABS	<i>Predict and Prevent Falls with Tools for Evaluating Your Patients'...</i>
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- Balance
- Visual-spatial function
- Sensory-motor integration
- Proprioception
- Vestibular function
- Gait and mobility
- Age-related degeneration
- Home safety
- Pharmacological side effects

### REDUCE FALL RISK AND RESTORE MOBILITY AND FUNCTION:

HANDS-ON LABS	<i>Interventions, Assistive Technologies and Techniques to...</i>
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- 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
- Orthotics, gait devices and assistive technology for fallers

### IMPROVE STRENGTH, COORDINATION, BALANCE AND SAFETY:

#### *Multifactor Approaches and Exercise Programs for Fall Reduction*

- Vestibular rehabilitation
- Strength training programs
- Quick tips to recognize abnormal gait patterns in fallers
- Balance assessment tools
- Nutrition
- Hydrotherapy interventions

### HIGH-RISK PATIENT SOLUTIONS:

#### *New Ideas and Innovative Plans to Protect Patients from Injury*

- Older adults
- Impaired vision
- Patients using oxygen
- TBI and stroke
- Multiple Sclerosis
- Parkinson's Disease
- Diabetes
- Pain

### PATIENT EDUCATION TOOLBOX:

HANDS-ON LABS	<i>Best Practices for Building Understanding and Engagement for Improved Outcomes</i>
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- CDC – STEADI initiative algorithm
- The American Geriatric Society updated Beers Criteria
- Evaluate your patient's understanding of fall prevention
- Checklists
- Body mechanics
- Car and floor transfers
- Fall recovery techniques
- Safe landing strategies
- Best practices for non-compliant patients

### DEVELOPING A SUCCESSFUL FALL PREVENTION PROGRAM FOR YOUR FACILITY

- Evidence based programs
- STEADI toolkit
- Marketing and partnership strategies
- Coding and billing updates

### HANDS-ON LABS, PRACTICE AND CASE STUDIES

- Evaluate a client's home for risk factors
- Apply advanced balance training and multitasking techniques
- Integrate visual testing and gaze stabilization
- Navigate pharmacological side effect

### 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.

# REHAB SUMMIT

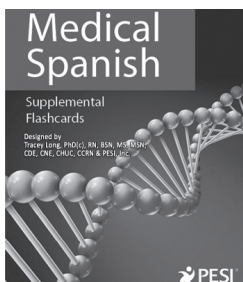
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## 2-DAY

# Fall Prevention Specialist Certification Course:

Fall-proof Your Patients with Today's Best Practices

**Charlotte, NC**

Tuesday & Wednesday  
June 23 & 24, 2020

**Raleigh, NC**

Thursday & Friday  
June 25 & 26, 2020

REGISTER NOW: [pesirehab.com/express/80650](http://pesirehab.com/express/80650)



# 2-DAY Fall Prevention Specialist Certification Course:

Fall-proof Your Patients with Today's Best Practices

- Get certified! Build your skills and professional reputation!
- Reduce fall risks and restore mobility and function
- Improve patient safety and care
- Robust plans for high-risk and non-compliant patients
- Hands-on labs and practice to reinforce what you learn

Become the go-to resource for fall prevention and build referrals faster!

**Charlotte, NC**

Tuesday & Wednesday  
June 23 & 24, 2020

**Raleigh, NC**

Thursday & Friday  
June 25 & 26, 2020



REGISTER NOW: [pesirehab.com/express/80650](http://pesirehab.com/express/80650)

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

2-DAY

Fall Prevention Specialist Certification Course:  
Fall-proof Your Patients with Today’s Best Practices

One fall can turn your patient’s life upside down, resulting in rapidly declining health, extended hospital stays, financial loss, fear and isolation.

Whether you’re an OT, PT, nurse or anyone who works in a rehab or healthcare setting one fall can turn your life upside down as well; erasing the progress your clients have made toward their functional goals, causing you stress as you worry for your patient’s well-being, and leaving you facing the nerve-wracking implications for the reputation of both you and your facility.

Attend this live training, learn how to help patients avoid falls while retaining the strength, balance and mobility it takes to stay functionally independent and become a Certified Fall Prevention Specialist through the International Association of Aging Specialists (see [agingcert.com](#)).

More than just an overview, this intensive Certification Course will offer practical solutions to some of the most challenging real-life situations you face with patients who fall or are at risk of falling. Built on today’s best practices, this program will provide you exactly what you need so you can...

- Better predict and prevent falls with effective fall prevention tools and strategies
- Safely build strength, coordination and balance in fallers
- Restore mobility and function with interventions and assistive technologies
- Build your professional reputation as a go-to resource on fall prevention

Sign up today, become a Certified Fall Prevention Specialist and let colleagues, employers, and caregivers know that you’ve invested the extra time and effort necessary to prevent falls, safely build balance, strength and coordination in fallers, and move patients toward their functional goals!

### Speaker

**Shelly Denes, PT, CFPS, C/NDT**, is an expert in fall prevention and neuro-rehab with more than 25 years of experience treating patients with hemiplegia, neuromuscular disorders, TBI, and SCI. She has a special interest in advanced technology and 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 in varying settings. Additionally, her expertise has been presented through expert witness work, both nationally and locally. Ms. Denes is a graduate of University of Michigan’s PT program, and she earned her certification in Neurodevelopmental Treatment for Adult Hemiplegia (NDT) from Rehab Institute of Chicago. She is also earned certification as a Fall Prevention Specialist with the International Association of Aging Specialists and sits on their advisory board.

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

- Integrate the latest advances in fall prevention and the most current changes from the CDC into your practice.
- Employ comprehensive assessments to identify issues with balance, visual-spatial functioning, proprioception and other root causes of fall risk.
- Assess available interventions so you can choose the appropriate ones for safely restoring balance, mobility and function in patients with varying root causes of fall risk.
- Integrate multiple approaches and exercise programs for better outcomes with fallers and patients at high-risk of falling.
- Determine the safest landing strategies that your patients can employ to reduce the impact of falls.
- Develop home exercise programs for patients so they can build strength and coordination.
- Utilize tips to recognize abnormal gait patters in fallers.
- Employ ideas and plans that will protect older adults, patients using oxygen, and others at high-risk of falling from injury.
- Evaluate parameters for safely intensifying rehab with patients who fall.
- Apply best practices for educating and engaging non-compliant patients to reduce their risk of falling.
- Investigate evidence-based fall prevention programs that can be used in your facility.
- Evaluate home-based risk factors that contribute to falls and determine how these risk factors can be mitigated.

CERTIFICATION MADE SIMPLE!

- No hidden fees – PESI pays for your application fee (a \$99 value)!
- No additional forms to fill out.
- Simply complete this live event and you’re a Certified Fall Prevention Specialist through the International Association of Aging Specialists.

Attendees will receive documentation of CFPS certification from The International Association of Aging Specialists 4 to 6 weeks following the program. Professional standards apply. PESI customers do not need to complete steps 2 and 3 of the certification process at [agingcert.com](#). Visit [agingcert.com/customercare/faq](#) for answers to frequently asked certification questions.

International Association of Aging Specialists

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 Ryan Bartholomew at [rbartholomew@pesi.com](mailto:rbartholomew@pesi.com) or 715-855-8225.

### 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 [cepesi@pesi.com](mailto:cepesi@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 Practitioners, and 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 educational offering has been reviewed by the National Continuing Education Review Service (NCERS) of the National Association of Long Term Care Administrator Boards (NAB) and approved for 12.5 clock hours and 12.5 participant hours. Full attendance is required; no partial credits will be offered for partial attendance.

**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.

**North Carolina Physical Therapists & Physical Therapist Assistants:** PESI, Inc. is an approved provider with the Illinois Division of Professional Regulation, Provider Number: 216-000071. This intermediate course is approved by the North Carolina Board of Physical Therapy Examiners by virtue of PESI Inc. approved provider status with the Illinois Division of Professional Regulation. This course qualifies for 12.5 continuing education hours. PLEASE BRING YOUR LICENSE NUMBER WITH YOU TO THE PROGRAM.

**South Carolina Physical Therapists & Physical Therapist Assistants:** The South Carolina Chapter of the American Physical Therapy Association has reviewed and approved this course as appropriate continuing education for physical therapy training for 1.25 CEUs.

**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.

REGISTRATION FORM

2-DAY: FALL PREVENTION SPECIALIST CERTIFICATION COURSE:  
FALL-PROOF YOUR PATIENTS WITH TODAY’S BEST PRACTICES

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\$439.99 (POS063725) (Email required)

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