

## 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:

*Predict and Prevent Falls with Tools for Evaluating Your Patients'...*

- 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:

*Interventions, Assistive Technologies and Techniques 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
- 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:

*Best Practices for Building Understanding and Engagement for Improved Outcomes*

- 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

### 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

### Live Seminar & Webcast Schedule

*(Both days, time listed in Central)*

**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.

## 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 patterns 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.

**FREE**

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**2-DAY**

# Fall Prevention Specialist Certification Course:

Fall-proof Your Patients with Today's Best Practices

**Arlington Heights, IL**  
Thursday & Friday  
September 23 & 24, 2021

**Live Interactive Webcast**  
Thursday & Friday  
September 23 & 24, 2021

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**We Are Back! Join In Person or Online!**

**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

**BECOME A CERTIFIED FALL PREVENTION SPECIALIST (CFPS)**

*Earn your CERTIFICATION Today!*

*This seminar meets ALL requirements to become a Certified Fall Prevention Specialist (CFPS) through Evergreen Certifications!*

Professional standards apply, visit [www.evergreencertifications.com/CFPS](http://www.evergreencertifications.com/CFPS) for full certification details.

**Arlington Heights, IL**  
Thursday & Friday  
September 23 & 24, 2021

**Live Interactive Webcast**  
Thursday & Friday  
September 23 & 24, 2021



**REGISTER NOW:** [pesirehab.com/express/85471](http://pesirehab.com/express/85471)

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-racking 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 Evergreen Certifications (see evergreencertifications.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

Best of all, upon completion of this live training, you'll be eligible to become a Certified Fall Prevention Specialist (CFPS) through Evergreen Certifications. Certification lets colleagues, employers, and caregivers know that you've invested the extra time and effort necessary to understand the complexities of fall prevention. Professional standards apply. Visit evergreencertifications.com/cfps for details.

**Meet Your Speaker**

**Shelly Denes, PT, CFPS, C/NDT, CGCP**, 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 Covid-19 'Long Haulers' and advanced technology as she has been involved extensively with neuroprosthetic devices, lower extremity orthotics, and exoskeleton robotics. She uses her Denes Physical Therapy Consulting LLC for much of her consulting and seminar work.

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) at The Rehab Institute of Chicago. She is also earned certification as a 'Fall Prevention Specialist' and a 'Geriatric Care Professional' with the Evergreen Certifications and sits on their advisory board.

**Speaker Disclosure:**

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.

**Target Audience:**

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

**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" for full attendance start and end times. The CE certificate for the live, webcast can be downloaded after completing the webcast and passing the online post-test evaluation (80% passing score). 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 ceps@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 professions standards. The planning committee and staff who controlled the content of this activity have no relevant financial relationships to disclose. For speaker disclosures, please see speaker bios. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids, and Psychotherapy Networker.



**Nurses, Nurse Practitioners, and Clinical Nurse Specialists:** PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 12.5 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. For the most up-to-date credit information, please go to: www.pesi.com/events/detail/85472.



**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 & 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.

For all credit approvals and details, visit: [www.pesirehab.com/express/85471](http://www.pesirehab.com/express/85471)

**SIGN UP TODAY!** **2-Day Fall Prevention Specialist Certification Course:**

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Billing Address \_\_\_\_\_  Home  Work

Company Name (if work address): \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\*Cell Ph ( ) \_\_\_\_\_ Work Ph ( ) \_\_\_\_\_ **\*Required for event updates**

**2 Live Training Options** (make copy for your records)

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  - DVD \$439.99\*\*** [RNV063725]
- \* plus applicable sales tax, visit [www.pesirehab.com/faq](http://www.pesirehab.com/faq) for more information
- \*\*Discount included with purchase of this training. Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR and \$6.95 shipping

**5 Select Payment Method**

- All registrations must be prepaid.**
- Check enclosed payable to **PESI, Inc.**
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**IN-PERSON SAFETY**  
As you prepare to make face-to-face learning a part of your professional development, we want you to know that your safety is ALWAYS our top priority. We are fully committed to monitoring and implementing all best practices outlined by state and local regulations.

**ADA NEEDS**  
We would be happy to accommodate your ADA needs; Please notify us at time of registration.

**SAME DAY REGISTRATION**  
Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

**TUITION OPTIONS**  
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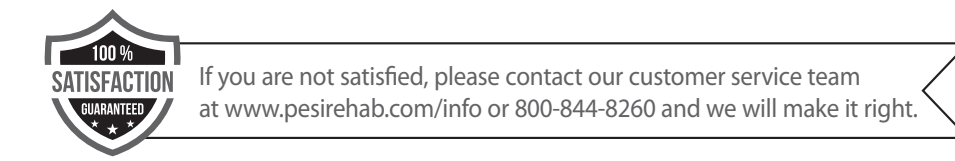
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**CERTIFICATION MADE SIMPLE!**



- No hidden fees – PESI pays for your application fee (a \$99 value)\*!
- Simply complete this live event and the post-event evaluation included in this training, and your application to be a Certified Fall Prevention Specialist (CFPS) through Evergreen Certifications is complete.\*

Attendees will receive documentation of CFPS designation from Evergreen Certifications 4 to 6 weeks following the program.  
\*Professional standards apply. Visit [evergreencertifications.com/cfps](http://evergreencertifications.com/cfps) for professional requirements.



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