

# Learning Objectives

MedBridge

*Functional Cognition Part 3: Preventions and Interventions in Rehabilitation*

Jennifer Bottomley, PT, PhD, MS

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## Course Objectives:

- Summarize common cognitive issues related to aging and pathologies resulting in impaired cognition.
- Understand the clinical implications and imperative of treating patients at risk for falls
- Review the impact of cognitive changes on safety
- Review components of a cognitive screening and evaluation for the older adult.
- Summarize interventions for cognition in the older adult including Beck, Toglia, and Allen models of care for cognitive impairment
- Review elements of a home and community screening and evaluation to determine needs for an older adult who wants to remain in their home.
- Summarize resources available and assist an older adult with cognitive impairment who wants to remain in their home.
- Understand and integrate outcome research studies for screening, evaluation, and development of individual and group exercise programs.

## Chapter 1: Safety in the Home

- Summarize the components of the Toglia Category Assessment and what it is designed to examine
- Summarize the components of the Allen Cognitive Battery and what it is designed to examine
- List the different tools within the Allen Cognitive Battery
- Appreciate how cognition and higher level processing of sensory information impacts balance and postural control
- Understand the concepts of cognitive capacity paradigm and dual task cost with respect to increased fall risk
- Understand the impact of attention on fall risk exposure
- Appreciate the role of fear of falling and the consequences to function and independence

## Chapter 2: Screening for Safety in the Home

- Review elements of a home and community screening and evaluation to determine needs for an older adult who wants to remain in their home.
- Understand the importance in asking guiding questions needed to determine the etiology of a reported fall.
- Understand the myriad of reasons for elevated fall risk, whether environmental, medication, physiologic, or cognitive, and how these different variables can add up quickly to place older adults in harm's way.

## Chapter 3: Preventions Interventions

- Understand the interaction of cognition and the environment, and how this influences safety in the home

- List self-monitoring strategies that can effectively assist the older adult at home
- Appreciate the cognitive-transactional treatment model for task and skill acquisition
- Understand how the Allen Cognitive Battery can help stratify functional milestones and social assistance needs with everyday activities

## **Chapter 4: Modifying the Environment**

- Understand the importance of lighting and how it influences mobility
- Understand the role that color and patterns can have for safe navigation in the home
- Understand how obstacles and furniture expose older adults to falling
- Understand how inadequate shoes can increase falling

## **Chapter 5: Interventions in Rehabilitation**

- Understand how education about potential dangers in the home is important
- Understand how to challenge the movement system in a graded fashion
- Understand how activities of daily living can be a way to strengthen the movement system
- Understand how “look up and reach up”, and “reach high and low” are important concepts in exercise that can translate to activities of daily living.

## **Chapter 6: Resources**

- List the various community resources and educational programs available for older adults
- List the multi-dimensional team members that are involved in older adult care
- Identify the goals that are needed to ensure independence in the home, and the challenges inherent in maintaining independence