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# Objectives and Program Schedule

MedBridge

*Making Lifestyle Transitions with the Older Adult*

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## Chapter 1: When It's Time to Move

- *Identify the indicators that someone is failing*
- *Define when a move is indicated*
- *Identify when it is possible to defer a move.*

Lecture and Demonstration: 15 minutes, Learning Assessment: 10 minutes

## Chapter 2: Defining the Various Living Arrangements

- *Define what each type of living arrangement is*
- *Identify the cost differential between the various types of living arrangements*
- *Identify the decision making process of how to choose which arrangement is the best fit.*

Lecture and Demonstration: 16 minutes, Learning Assessment: 10 minutes

## Chapter 3: Making the Transition

- *Identify the various emotions associated with making a lifestyle change and how to alleviate them*
- *Identify the logistics involved with moving a senior*
- *Discuss a process for making a move with a resistant senior*

Lecture and Demonstration: 20 minutes, Learning Assessment: 10 minutes

## Chapter 4: Financial Considerations

- *Identify potential benefits that may help offset long term care costs*
- *Identify potential estate plan implications*
- *Identify the need for professional help and who that might be*

Lecture and Demonstration: 10 minutes, Learning Assessment: 10 minutes

**Total Time: 2 hours**