



CAOT - ACE

Canadian Association of Occupational Therapists
Association canadienne des ergothérapeutes

Easy Choice: Practice Bundle

Aging in place

This webinar bundle includes the following 5 On-Demand Practice Evidence Webinars:

Home Independence Program: A community-based Assess & Restore program for frail seniors

Presented by Aruna Mitra & Archana Arun on October 22, 2019

Frail seniors are at higher risk of falls, hospital re-admission and admission into a long-term care home. An 8-week home-based restorative rehabilitation program was developed based on Ontario's Ministry of Health and Long-Term Care Assess & Restore Guideline. This program is led by occupational therapists and is delivered by personal support workers (PSWs) in the community.

This webinar will cover the Home Independence Program structure, eligibility criteria, program oversight, best practice-based communication protocols, client-centred goal setting, PSW training workshop content and approach, evaluation outcomes including resource utilization, and patient feedback. Strategies to overcome program challenges will also be addressed.

After taking part in this webinar, participants will:

1. Understand strategies for implementing Assess and Restore programming in home care setting
2. Recognize how and why to integrate PSWs into functional programming delivered in the home setting
3. Gain insight into the program challenges and opportunities to consider when implementing similar programming in your own setting.

Promoting cognitive vitality with seniors: Contribution of the occupational therapist

Presented by Louis-Pierre Auger on August 28, 2018

With the aging of the population, there is a need to assist seniors in maintaining their health and independence to remain active members of the community. Cognitive decline is amongst the main causes of loss of independence with seniors, which can lower quality of life. Considering the absence of effective intervention for cognitive decline, the promotion of cognitive vitality appears to be one of the best strategies to help seniors maintain their capacities to participate in the community and could help prevent the onset of cognitive decline. Occupational therapists are well suited to help seniors in the promotion of their cognitive vitality.

After taking part in this webinar, participants will:

1. Understand the importance of addressing cognitive vitality of community dwelling seniors.
2. Recognize the latest evidence regarding promotion of cognitive vitality in seniors.
3. Identify practical strategies that can be included in their practice to promote cognitive vitality in seniors.

Helping Older Adults Thrive: Occupational Therapy and Community Mobility

Presented by Claire M. Mulry on August 1, 2017

Participation in community-based occupations has a positive impact on the health of older adults. The interdependence of community mobility and occupational engagement is a crucial component of wellness and prevention. As the worldwide population of older adults grows exponentially programs to facilitate community mobility must be developed to meet this public health need. This webinar will review the evidence supporting community mobility's impact on health. An evidence-informed community mobility program and its results will be reviewed. Program development strategies will be reviewed and participants will create a plan to facilitate community mobility programming in their own practice.

After watching this webinar, you will be able to:

1. Recognize the relationship of community mobility to health and occupational therapy's unique value in facilitating it.
2. Understand the results of community mobility programming and its implications for future programming.
3. Create a plan to facilitate occupational therapy programming to meet this growing public health need.

Age-friendly conference calls – Combating the impact of senior isolation

Presented by Rachel Sokolsky on August 23, 2016

Much like the goals for occupational therapy, the Seniors' Centre Without Walls program enables engagement in everyday life for isolated seniors and can help occupational therapists find new ways of connecting patients to support programs. It is a support network that brings socialization opportunities, health/wellness information and educational seminars to those who are unable to leave home for extended periods. Through this webinar, we will take a look at the "With Walls" movement, the physical and mental health effects that isolation has on seniors, how conference calls can make a difference, and the specifics of the Ottawa program

After watching this webinar, you will be able to:

1. Identify 3-5 risk factors contributing to senior isolation.
2. Explain why it is important to explore new ways to break down social isolation barriers.
3. Identify how conference-call based programs can help occupational therapists engage clients in rehabilitation and increase health and well-being.

Let's Take Action: Falls Prevention in an Occupational Therapy Practice

Presented by Connie Goodine & Rosalie Freund-Heritage on October 20, 2015

Occupational therapists have a unique role to play in preventing falls, an issue that continues to be a huge health care concern for Canadians. This webinar will focus on the older adult population describing multifactorial interventions specific to certain diagnoses. Practical applications for clinicians in acute, community or continuing care settings will be provided with specific attention to the challenges of a rural practice. Several real case examples will be embedded to illustrate creative solutions. Resources that are cost-effective, easy to access, and readily available will be provided.

After watching this webinar, you will:

1. Be informed of best practices in falls prevention for occupational therapists.
2. Identify practical interventions that can be immediately applied to any occupational therapy practice.
3. Access new online resources.

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[Purchase the group version of this webinar bundle \(valid for up to 25 people from the same company/organization\)](#)

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