Typical therapy approaches used for rehabilitation of adults with cognitive deficits due to brain injury or stroke target primary cognitive sub-skills (memory, orientation, attention, etc.) in isolation. Therapy methods normally include tabletop activities, computer training and pencil/paper tasks to improve underlying cognitive impairment. However, the learning associated with these methods does not always generalize to the world outside the clinic. Patients may become frustrated with their lack of progress or find themselves unable to perform necessary tasks once they return to their home environment.

This educational offering introduces an innovative, alternative and effective approach to TBI and stroke rehabilitation. It proposes that therapists dealing with cognitive deficits conduct therapy sessions that steer away from work on primary cognitive skills in isolation and switch to having the patient perform comprehensive activities in “real-life” environments. This is accomplished by utilization of a graded sequence of functional therapy activities. The main concept behind this approach is that three global factors influence the patient’s “real-life” functioning. These factors include the awareness and management of interpersonal relationships, the environment and time constraints. Therefore, therapy activities in this sequence have been structured to interweave the three global factors so that the patient interacts dynamically with other people, physical space and time parameters during sessions. As the patient improves, expectations for sessions change as environmental demands increase and tasks become more complex. The levels of the sequence pertain to patients ranging from inpatient rehabilitation to those in community reintegration. Participants will leave this offering with a better understanding of how patients’ successes in cognitive rehabilitation require a multidisciplinary effort, as well as an emphasis on “real-life” activities, to achieve maximum independence.

Course Director

ROB KOCH, BS, OTR/L, is a licensed Occupational Therapist and has been in clinical practice for 28 years working with persons from birth to 96 presenting diverse diagnoses. He spent the first 11 years of his career in Utah working in developmental disabilities. He specialized in adapting activities and learning environments for severely, multi-handicapped individuals and also created several published software programs to provide these persons better opportunities to actively participate in learning.

For the past 17 years, Mr. Koch has worked in inpatient and outpatient neurological rehabilitation at Carolinas Rehabilitation, where his occupational therapy practice includes assistive technology and driver evaluations for a diverse population of patients. In the course of developing treatments for patients with stroke, brain and spinal cord injury, his scope of practice includes extensive emphasis on promoting the skilled use of functional therapy activities to optimize the independence of each patient. This focus resulted in the creation of “Functional Therapy Activities,” a CD-ROM for use in adult neurological rehabilitation. Over the past four years, Mr. Koch has been developing a functional approach to improving the lives of patients with cognitive deficits due to brain injury and stroke; hence the idea for this seminar. Mr. Koch has presented at local and national conferences on such topics as Functional Cognitive Activities, Using Adapted Electronic Aids with Developmentally Disabled Persons and Assistive Technology in Brain Injury Rehab. His extensive clinical experience helps make his seminars especially practical and relevant for clinicians.

Cost to Register is $189

For more information on this and other programs, please contact us at:

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Continuing education available for Physical Therapists and Occupational Therapists
COURSE CONTENT

DEVELOPMENT OF THE APPROACH
❖ The foundation of this approach
❖ What is functional activity?
❖ The three global elements of “real-life” activity
  - interpersonal awareness and management
  - environmental awareness and management
  - time awareness and management

MODELS OF INTERVENTION FOR COGNITIVE REHABILITATION
❖ Remedial vs. compensatory vs. combination approaches
❖ Multidisciplinary implications
  - apply this approach across disciplines
  - coordinating the effort to increase patient’s independence

FUNCTIONAL COGNITIVE EVALUATION
❖ Establishing levels
❖ Low-level tasks
❖ Mid-level tasks
❖ High-level tasks
❖ Awareness and emotion

SETTING GOALS AND MEASURING PROGRESS
❖ Progress checklists
❖ Functional goal setting

ACTIVITY DESIGN, SETUP AND IMPLEMENTATION
❖ Preparing for sessions in advance
❖ Ready-made materials
❖ Grading the environment
❖ Relevance to patient’s interests and occupations
❖ Applications for the teenage population

CAREGIVER SUGGESTIONS
❖ Follow through in the home
❖ Ideas for community reintegration

OVERVIEW OF THE EIGHT ACTIVITY LEVELS
❖ Level 1: Initiating the Next Step
❖ Level 2: What Time is It?
❖ Level 3: Looking Around
❖ Level 4: Follow a Time Schedule
❖ Level 5: Beyond the Room
❖ Level 6: Organize the Therapy Session
❖ Level 7: Out the Door
❖ Level 8: Planning/Multitasking

DETAILED DISCUSSION OF EACH OF THE EIGHT ACTIVITY LEVELS ABOVE
❖ Specific activities at each level
❖ Contrast characteristics of activities between levels
❖ Case examples
❖ Time awareness and management factors
❖ Environmental awareness and management factors
❖ Interpersonal awareness and interaction factors

Recommended for
❖ Occupational Therapists
❖ Occupational Therapy Assistants
❖ Physical Therapists
❖ Physical Therapist Assistants
❖ Speech-Language Pathologists
❖ Activity Professionals
❖ Recreational Therapists

What You Will Learn
❖ Examine a sequence of functional therapy activities to use with adults with cognitive deficits due to brain injury and stroke
❖ Plan therapy sessions that emphasize real-life tasks and move away from tabletop activities
❖ Select meaningful therapy activities that match the patient’s interest areas and occupations
❖ Evaluate abilities and document progress by considering performance of real-life tasks in natural environments
❖ Assess how to grade and adjust the therapy environment to accommodate various levels of cognitive deficits
❖ Develop realistic caregiver instructions that support the rehabilitative process in the home
❖ Discover how this therapy approach can be applied by multiple disciplines to promote progress

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Physical Therapists: Cross Country Education is recognized by the New York State Education Department’s State Board for Physical Therapy as an approved provider for physical therapy and physical therapist assistant continuing education. This seminar is awarded 7.2 contact hours. NCBPTE approval by virtue of approval by The New York State Education Department, Office of the Professions, State Board for Physical Therapy licensure board or state APTA chapter Approval good through 8/31/2015. Cross Country Education is seeking Direct Access approval from the Pennsylvania State Board of Physical Therapy. This program has been submitted to the Oklahoma State Board of Medical Licensure & Supervision for preapproval of 6 contact hours. This program has been submitted for 6 continuing education credits to the District of Columbia Board of Physical Therapy for Physical Therapists. This program has been submitted to the West Virginia Board of Physical Therapy for 6 Continuing Education hours. This program has been submitted to the Louisiana Physical Therapy Board for approval of 6.0 contact hours for Physical Therapists and Physical Therapy Assistants. This program has been submitted to the Kansas Physical Therapy Association for 6 contact hours. This program has been submitted to the Kentucky Physical Therapy Association for 6 contact hours (Category 1) Approval #CS74-2011-KPTA. This approval is valid until 10/31/13. This program has been submitted to the Arkansas State Board of Physical Therapy for 6 continuing education hours. The Physical Therapy Board of California recognizes California Education Connection as an Approval Agency to Approve Providers of Continuing Competency Courses in California for Physical Therapists and Physical Therapy Assistants. This course has been submitted for 6 CEs / Contact Hours and approval is pending. This program has been submitted to the Florida Physical Therapy Association for approval of 6.0 contact hours. This program has been submitted to the Minnesota Board of Physical Therapy for 6 continuing education hours. This program has been submitted for 6 continuing education credits to the New Jersey State Board of Physical Therapy Examiners for Physical Therapists and Physical Therapy Assistants. This program has been submitted to the Tennessee Physical Therapy Association for 6.0 contact hours. This program has been submitted to the Illinois Physical Therapy Association for approval of 6 credit hours. This program has been submitted to the NV State Board of Physical Therapy Examiners for approval of CEUs. This course has been submitted to the Texas Board of Physical Therapy Examiners for 0.6 continuing competence unit(s) for PTs and PTAs. This program has been submitted to the Alabama Physical Therapy Association for 7.2 contact hours for PTs and PTA. This program has been submitted to the New Mexico Physical Therapy Association for 6 contact hours. This program has been submitted for 6 CEUs to the Ohio Physical Therapy Association for Physical Therapists and Physical Therapy Assistants. This course has been approved by the Maryland State Board of Physical Therapy Examiners for 0.6 CEUs. You will be issued a CEU certificate upon completion of the course. A record of CEUs earned will be retained by the sponsor. The Maryland Board of Physical Therapy does not award CEUs for fractions of an hour per COMAR 10.38.08.02(B)(2)(ii).

Occupational Therapists and Occupational Therapy Assistants: Cross Country Education is an AOTA Approved Provider of continuing education. This course is offered for .6 AOTA CEUs. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. AOTA Educational level Introductory, 1: Domain of OT and 2: Occupational Therapy Process.

Other Professions: This educational offering qualifies for 6 continuing education hours 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 filing requirements.

ADA: If you require ADA accommodations, please contact Cross Country Education at least two weeks before the seminar date or prior to purchasing any online or distance learning products so that arrangements can be made.

All Professionals: In order to process continuing education, please supply the appropriate license/certification number on the evaluation form.

Requirements: Please note that full attendance and the completion of a post course assessment with a score of 75% or greater is required to receive full credit. Variable credit will not be awarded.

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