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# HOME HEALTH:

**A Specialty of Its Own**

**2018**

**Bakersfield, CA  
April 21-22**

**Kalamazoo, MI  
May 19-20**

**Springdale, AR  
October 20-21**

**Renton, WA  
November 3-4**

*This 20 Contact Hour  
innovative presentation includes:*

- **an extensive handout**
- **guidelines for Oasis data collection**
- **evidence based assessment tools**
- **fall interventions and home modification tools**
- **evidence based treatment strategies**



**Deborra Rodgers**  
PT, GCS, CEEAA, GTC



## Faculty

Deborra Rodgers, PT, GCS, CEEAA, GTC

Deborra Rodgers received her BS in Physical Therapy from the University of Kansas in 1975. She completed Vestibular Certification in 2007 from Emory University and the APTA. She became a Geriatric Certified Specialist in 2008 through the American Physical Therapy Association. Deborra completed the Certified Exercise Expert for Aging Adults (CEEAA) in 2010 through the Geriatric Section of the APTA. In 2016 she completed and was awarded Geriatric Training Certification (GTC) through Great Seminars. She has served as a rehab director in the areas of long term care, hospital, and home health.

Since 2003, her passion has been geriatric rehabilitation in the home health setting. Deborra taught balance and vestibular rehab to all new employees in her region. She assisted in education and training for the cardiopulmonary, memory care and low vision programs. In this role, she did extensive marketing and community educational presentations.

Community contributions have included facilitating a local Parkinson's Support group for eleven years and assisting a community hospital develop and implement a community total joint education class, including teaching the home health component for several years. Deborra served on a task force with a local Area Agency on Aging to develop and implement community screening events for aging adults.

Deborra currently lives in the panhandle of Florida doing what she loves, providing home health services to her community and helping them "heal at home".

## Description

Home Health rehabilitation is an innovative, cost effective and affordable component of delivering quality health care to our aging population in their homes. As a home health provider, therapists have the opportunity to make sustainable differences in the outcomes and lives of our patients. We are provided the opportunity to spend one on one time with our patients, in their environment and with their families and support systems. This unique opportunity takes special skills and training for this ever changing environment.

As a new home health therapist, a seasoned provider, or someone considering home health as a career, this course is designed to provide you with the most up-to-date tools to guide you in evidenced based assessment, interventions and treatment progression. It will provide in-depth training for tests and measures appropriate for the home health setting for evaluating cognition, depression, gait, balance, balance confidence, strength, ADL, MRADL's and aerobic capacity. This course will give you updated information on regulatory and reimbursement issues, homebound documentation, face to face requirements and training for improving your understanding of Medicare's definitions and accuracy with Oasis documentation.

Course handout includes over 350 pages with tests & tools to improve the home health clinician's skills, documentation and functional outcome measurements. The course will include case studies, labs, and a Functional Test Score Summary with specific tests and measures, age and gender norms that you will be able to take home and immediately put into practice.

## Objectives

*Upon Completion of this Seminar, Participants will be able to:*

1. Analyze recommended evidence based test and measurements based on home health impairment categories and integrate into home health practice.
2. Perform appropriate tests and measurements to incorporate efficient and accurate Oasis assessment to adhere to guidelines and definitions.
3. Execute recommended interventions based on the patient's impairment categories, tests and measurements and centered around the patient specific goals and incorporate into home health practice.
4. Create and design innovative treatment plans based on patient goals, impairment categories and consideration for special population integrating with current skills.
5. Identify and understand importance of medication management, side effects, and impact on treatment and effectiveness of plan.
6. Analyze barriers to compliance and formulate how to motivate and impact patient compliance to sustain goals and gains.
7. Incorporate take home tools that you can immediately utilize in your home health practice to justify home bound status and functional progress for better outcomes.
8. Explain regulatory and reimbursement issues and how they impact home health.

## Feedback From Past Participants

*"This was one of the best overall workshops I have every attended. Deborra was fantastic, truly "GREAT."*

*"Excellent presentation, Deborra! Thank you for returning to the Midwest to teach this wonderfully informative course!"*

*"This was another GREAT course and speaker. I appreciate the quality of Great Seminars and have not been disappointed!"*

*"Thank you! So nice to have a Home Care Specific Course!"*

*"Very good speaker, kept us engaged throughout the 2 days. Lots of great info presented well. I appreciated hands on activities spaced throughout the day."*

*"It was nice to see an "intermediate" workshop on homecare therapy. Thank you. I enjoyed Deborra's expertise and the experience she shared."*

*"Speaker was very knowledgeable about the home health setting!"*

*"This was an excellent resource for me getting back into home health. Thanks for a wonderful course!"*

*"Appreciated the instructor preparing the documents in a portable "file folder" binder style, very useful for the field. Succinct, effective. Enjoyed very much. Favorite CEU class thus far."*

## Locations

The complete address and location of your course will be provided in a confirmation letter that will be emailed to you at least 3 weeks before the course.

Around the Clock Home Care  
Bakersfield, CA  
**April 21-22, 2018**

**Host:** Bronson at Home  
**Location:** Bronson Methodist Hospital  
Kalamazoo, MI  
**May 19-20, 2018**

**Host:** Elite Home Health  
**Location:** Morningside of Springdale Assisted Living  
Springdale, AR  
**October 20-21, 2017**

Providence Sound Home Care and Hospice  
Renton, WA  
**November 3-4, 2018**

# Program Outline

## Day 1

7:30-8:00	Registration & Continental Breakfast
8:00-8:30	Introduction to Home Health
8:30-10:00	Assessment Models and Principles of Tests & Measurements. Tools & Functional Outcome Measures for Home Health
10:00-10:15	Break
10:15-11:00	Continue Assessment Tools and Functional Outcome Measures
11:00-11:30	LAB: TUG, 30 sec Sit to Stand, 2 min Step Test, Arm Curl Test, SLUMS & mFES
11:30-12:00	Lab: DGI, 10' Walk Test, 4M Walk Test
12:00-1:00	Lunch (on your own) Lunch Assignment
1:00-2:00	Other Tests and Measures including Lab: 4 Square Step Test, Modified CTSIB, Single Leg Heel Raise, Short Physical Performance Battery, and Functional Reach
2:00-2:30	Introduction to Community Based Initiatives and Evidence Based Programs for Fall Prevention for Older Adults.
2:30-3:15	Fall Risk Assessment and Hospital Risk Assess in Home Health
3:15-3:30	Break
3:30-4:30	Geriatric Syndromes, Medications and Treatment Considerations
4:30-5:15	Home Bound, Face to Face, Skilled Care Documentations & Guidelines
5:00-6:00	Home Safety Considerations
6:00-6:30	Questions and Answers

## Day 2

7:30-8:00	Continental Breakfast
8:00-10:00	Payment Models - PPS, HHVB, CJR - How we are paid; Proposed Model change - HHRGs to HHGMs (Home Health Groupings Model); Home Health Compare & Star Ratings - How we are graded; How well do you know Oasis? Step by step the functional questions.
10:00-10:15	Break
10:15-12:00	Paint the Picture & Guidelines for Goal Writing
12:00-1:00	Lunch (on your own) Lunch Assignment
1:00-2:15	Treatment Interventions the Right Prescription Based on the 6 Categories of Exercise
2:15-3:15	Evidence Based Interventions for Other Populations: Cardiopulmonary, Stroke and Parkinson's
3:15-3:30	Break
3:30-5:00	Evidence Based Interventions for Other Populations: Orthopedics, Osteoarthritis, Osteoporosis, Cancer, Diabetes & Dementia
5:00-6:00	Compliance & the Art of Sustaining Goals
6:00-6:30	Questions and Answers

# Great Books



QTY TOTAL

<b>The Functional Toolbox: Clinical Measures of Functional Outcomes</b> . . . \$89		
<small>Lewis, 290 pages. A compilation of 50 outcome tools to assist clinicians in numerous settings, including orthopedic, psychosocial, geriatric, and sports medicine. Each tool includes in its itinerary mode of administration, population, validity, reliability, and scoring information.</small>		
<b>The Functional Toolbox II</b> . . . \$89		
<small>Lewis, 250 pages. Supplements Volume I, 50 new tools for orthopedics, stroke, Alzheimers, osteoporosis, lumbar spine, and arthritis. <b>Functional Toolbox I and II special: \$159.00</b></small>		
<b>Geriatric Clinical Strategies</b> . . . \$89		
<small>Lewis, 450 pages. Thirteen years of practical and clinical articles covering orthopedics, neurology, cardiology, pain, pharmacology, documentation, marketing, legal, reimbursement, frailty, and managed care. Excellent book to study for the specialty exam.</small>		
<b>Age-Defying Fitness</b> . . . \$20		
<small>Lewis/Moffat <b>NEW!</b> Dr. Lewis' newest book. Achieve optimum fitness at any age. An interactive book on the 5 domains of illness for the lay public.</small>		
<b>Documenting Quality Care</b> <b>UPDATED</b> . . . \$39		
<small>Lewis. A compendium of scales commonly used in rehabilitation with specific grading systems regarding proper use. Each tool is explained and compiled within a 2-page, easy to use chart.</small>		
<b>Health Promotion and Exercise for Older Adults</b> . . . \$48		
<small>Lewis. Everything a therapist needs to set up group or individualized programs. Over 30 different types of programs are given from posture to stroke.</small>		
<b>Improving Mobility In Older Persons</b> <b>UPDATED</b> . . . \$48		
<small>Lewis. The perfect handbook for therapists in most facilities. This book has evaluation and treatment ideas for patients who need bed mobility to gait. All tools and treatments are evidence based.</small>		
<b>Prevention and Wellness Toolkit</b> . . . \$69		
<small>Lewis/Ledbetter <b>NEW!</b> This kit is three books in one: The Prevention and Wellness Toolbox, Balance Assessment and Treatment and a detailed manual on how to develop and conduct a prevention and wellness screening and follow up classes.</small>		
<b>Orthopedic Outcomes Toolbox</b> . . . \$69		
<small>Lewis/Wilke/Wright. A collection of 24 outcome tools that can be used in outpatient settings, home care, rehabilitation centers, long-term care, or acute care facilities. Most are paper and pencil tests that will save the practitioner hours of evaluation time. Each tool includes information on population, administration, validity, reliability, and scoring.</small>		
<b>Hand-Held Dynamometry</b> . . . \$25		
<small>Lewis. Dynamometry norms, references, testing positions for all referenced motions and equipment suggestions. Compact, Easy to Use with clear human illustrations</small>		
<b>1 Repetition Maximum Progression Pad</b> . . . \$12		
<small>This valuable tool has 1 RM values at 50% and 80% already figured out for you and provides a form for tracking exercises and progression</small>		
<b>Pocket Card 1 Repetition Maximum</b> . . . \$6		
<small>This valuable tool has 1RM values at 50% and 80% already figured out for you</small>		
<b>Pocket Card Bed Mobility</b> . . . \$6		
<small>This valuable tool has time norms, breakdown of movement pattern in degrees for the different stages of supine to sit and a quantitative assessment of bed rise difficulty.</small>		
<b>Pocket Card Sit to Stand Transfer</b> . . . \$6		
<small>This valuable tool has the break down of the sit to stand movement pattern in degrees at each joint for 10%, 35%, 40%, 60%, &amp; 100% of rise</small>		
<b>Osteoporosis Exercise Booklet</b> . . . \$6		
<b>Self Balance Hints for Older Persons Booklet</b> . . . \$6		
<b>Pilates for Seniors DVD</b> The Osteoporosis Workout, Instructor Sherri Betz . . \$20		

Prices include shipping via USPS (media mail) and handling within the continental U.S.

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# 2018 Home Health : A Specialty of Its Own

**YES! Please register me for:**

Bakersfield, CA - April 21-22

Kalamazoo, MI - May 19-20

Springdale, AR - October 20-21

Renton, WA - November 3-4     PT • PTA • OT • COTA • Other

Name \_\_\_\_\_ Work Telephone ( \_\_\_\_\_ ) \_\_\_\_\_ Home Telephone ( \_\_\_\_\_ ) \_\_\_\_\_

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## Registration

**AUDIENCE:** Primary Audience - Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapist Assistants. Secondary Audience: Other Rehabilitation Professionals.

**LEVEL:** This course is at an intermediate level.

**FEE:** The registration fee includes all course sessions, breaks, continental breakfasts, and course handout.

**Bakersfield, CA** - \$495. If postmarked before 3/28/18  
**Kalamazoo, MI** - \$495. If postmarked before 4/25/18  
**Springdale, AR** - \$495. If postmarked before 9/26/18  
**Renton, WA** - \$495. If postmarked before 10/10/18

**LATE REGISTRATION:** Postmarked after the above date requires an additional **\$25 late fee.**

**EARLY BIRD:** \$470 - If completed registration and payment are **received** by

**Bakersfield, CA** - February 21, 2018  
**Kalamazoo, MI** - March 21, 2018  
**Springdale, AR** - August 22, 2018  
**Renton, WA** - September 5, 2018

**DISCOUNT PROGRAM:** Receive \$25 off your class registration for each **GREAT Seminars & Books, Inc.** course attended from 2000 to the present up to a maximum of \$200. In order to receive a discount, a copy of each course certificate must accompany registration form. No discounts will be taken once registration is completed.

**CONFIRMATION:** A confirmation letter will be sent via email at least 3 weeks prior to the course with local hotels and information. If you do not receive confirmation 2 weeks prior to class, please call to verify your registration. Registrations are not guaranteed until confirmed. Space may be limited, so register early.

**CANCELLATION/REFUND POLICY:** Cancellations must be received in **writing** at least two weeks prior to the seminar date for tuition refund less a \$75 administration fee. **NO** refunds will be made after this date.

**COURSE CANCELLATION:** GREAT Seminars and Books, Inc. reserves the right to cancel a course up to 2 weeks prior to the seminar date. In the event of cancellation of a course only the tuition fee will be refunded in full. GREAT Seminars and Books, Inc. is not responsible for reimbursement of non-refundable airline tickets, lodging, or other related costs.

**EDUCATIONAL CREDIT:** A certificate of attendance for 20 contact hours of educational activity (**20 CEUs or 2.0 CEUs depending on how your Practice Act determines CEUs in your state**) will be awarded to registrants upon completion of the seminar. **Great Seminars and Books is an Approved CE Provider for PTs and PTAs in DC, NY, KY, IL, TX and NC. Approved in OH, ID, OK, NJ, MD, AR, CA, SC, PA, MS, TN and WI for 20 Clinical Contact Hours. This course has been approved by the Nevada State Board of Physical Therapy for 1.5 units of continuing education. Our courses also meet the guidelines for approval in MI, ND, AL, IN, WY, VA, AZ, DE, NH, OR, RI, UT and MO. Courses are accepted for CEU's in NE, ID, MT, WA, CT, IA, and ND.** If you do not see your state listed, please give our office a call. **GREAT Seminars is an American Occupational Therapy Association (AOTA) Approved Provider of continuing education. Provider #5363.** Not approved by ASHA. Your tuition is tax deductible. All expenses of Continuing Education (including registration fees, travel, meals, and lodging) taken to maintain or improve professional skills are tax deductible according to Treasury Regulation 1.162-5 Coughlin vs. Commissioner, 203 F2d 307.

**Colorado Physical Therapists:** This 20 contact hour seminar meets accepted standards for Category 1 continuing competence activities as directed in CO section 12-41-114.6, C.R.S. Please make sure that you have completed the required post-course survey tool. Save your certificate of completion for the re-licensing process.

**LOST CERTIFICATES:** Requests for a replacement certificate must be received in writing stating the name and dates of course attended. The cost for a replacement certificate is \$50.

## 5 Easy Ways to Register

**WEBSITE Online Registration at:**  
[www.greatseminarsandbooks.com](http://www.greatseminarsandbooks.com)

**CALL** Monday-Thursday 10-5 EST, Friday 10-1 EST  
 Toll Free 877-79-GREAT (877-794-7328)

**MAIL** your registration form with payment to **GREAT Seminars and Books, Inc.**  
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**FAX** your completed registration form with credit card information to 330-865-6941, 24 hours a day.

**EMAIL** your registration via the internet  
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