

## OUTLINE

### Hot topics and innovations

- Current concepts of dual-task training
- Cutting edge clinical and research applications
- Rapidly evolving tech landscape
  - Apps
  - Smart speakers
  - Wearables

### Confidently identify the underlying cause of impairment

- Learn a comprehensive framework for assessing:
  - Interference of cognition in movement
    - Gait problems
    - Falls and balance
  - Cognitive problems
    - Memory
    - Attention
    - Executive function
  - Communication deficits
  - Difficulties with daily activities
    - Dressing and bathing
    - Cleaning and cooking
    - Technology (e.g. computer, phone)
  - Transfer issues
  - Fatigue, anxiety and depression

### • Hands-on Lab

### Upgrade your rehab toolbox with the latest dual-task training methods

- Cutting-edge techniques to:
  - Increase dual-task performance in daily life activities
  - Boost cognition, communication, and social interaction
  - Challenge, motivate and engage patients
  - Enhance gait speed, rhythm, and stride length
  - Prevent falls and improve balance
  - Enhance carryover outside of the treatment room
  - Improve posture
  - Restore functional independence
  - Reduce load and stress on caretakers

### • Hands-on Lab

### Combine multiple approaches for better outcomes

- Synergistic strategies for effectively integrating:
  - Dual-task training
  - Voice and communication therapies
  - Cognitive activities
  - ADL training
  - Amplitude-based approaches
  - Exercise-based interventions
    - Dance
    - Boxing
    - Hydrogymnastics/hydrotherapy
    - Pole walking
  - Balance training

### • Hands-on Lab

**Seminar on DVD Package:** You can purchase a self-study package on the subject. You will receive a set of DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesirehab.com](http://www.pesirehab.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



### Real world applications for common diagnoses and conditions

- Parkinson's disease
- Progressive supranuclear palsy
- Multiple system atrophy
- Corticobasal ganglionic degeneration
- Huntington's disease
- Stroke
- Brain injury
- Dementia
- Mild cognitive changes related to:
  - Medications
  - Previous injuries
  - "Chemo brain"
- Indications, contraindications, and limitations of research

### • Hands-on Lab

### Improvise solutions using your new dual-task training skills

- **Case study:** Correctly identify the underlying causes of impairment when the patient's deficits do not readily appear on standardized assessments
- **Case study:** Use dual-task training to replicate daily activities and improve carryover in the home environment
- **Case study:** Incorporate everyday tech into practice, using apps and online resources
- **Case study:** Develop a transdisciplinary treatment plan for a patient with Parkinson's
- **Case study:** Overcome barriers to effective strategy implementation

### Who Should Attend

- Physical Therapists
- Physical Therapist Assistants
- Occupational Therapists
- Occupational Therapy Assistants
- Speech Language Pathologists
- Athletic Trainers
- Activity Professionals
- Nurses
- Nurse Practitioners

### Live Seminar Schedule

**7:30** Registration/Morning Coffee & Tea

**8:00** Program begins

**11:50 - 1:00** Lunch *(on your own)*

**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

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# Dual-Task Training for Movement & Neurological Disorders

Practical Techniques for Rapidly Improving  
Cognition, Communication, & Motor Function

**Ronkonkoma, NY**  
Wednesday, December 11, 2019

**Uniondale, NY**  
Thursday, December 12, 2019

**MANHATTAN, NY**  
Friday, December 13, 2019

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# Dual-Task Training for Movement & Neurological Disorders

Practical Techniques for Rapidly Improving  
Cognition, Communication, & Motor Function

### Real world applications for PTs, OTs, and SLPs treating:

- Parkinson's disease
- Corticobasal degeneration
- Brain injury
- Huntington's disease
- Dementia
- Cognitive impairment
- Stroke
- & many other diagnoses

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## Dual-Task Training for Movement & Neurological Disorders

There's no greater triumph than seeing your patients regain their functional independence, especially when you've played a pivotal role in their progress.

But when you're working with patients who are older or affected by movement/neurological disorders, neuromotor deficits often impede progress, interfering with functional multitasks, such as walking while talking, that combine cognition, communication, and motor function. This can drag therapy to a crawl, limit your clinical effectiveness, and cause a variety of setbacks, including:

- Falls
- Communication deficits
- Poor executive function
- Memory/attention issues
- Task avoidance
- Difficulty performing ADLs
- Functional codependence
- Gait and balance problems
- Anxiety, frustration and depression
- Apathy and isolation

Without intervention, these patients often become resigned to living life in slow motion, limited to basic tasks and always feeling a step behind in their work, home and community. But with the latest advances in dual-task training, you can change this.

Let Physiotherapist Josefa Domingos and Speech-Language Pathologist John Dean be your guides to success as they walk you through practical applications of dual-task training for your patients. Learn how to unmask deficits that are secretly plaguing progress, integrate dual-task interventions into both therapy and daily life, and rapidly improve performance of functional activities between therapy sessions

Sign up now, and discover your patients' joy and gratitude when you show them how much more they can accomplish, using the fun, engaging framework for dual-task training you'll learn in this hands-on course.

## OBJECTIVES

- Explain the latest advances in dual-task training and their implications for your patients.
- Demonstrate a comprehensive assessment, identifying and differentiating causes of disability and impairment.
- Integrate dual-task exercises into interventions to improve performance in functional daily life activities.
- Combine multiple approaches for better outcomes, including dual-task training, voice and communication therapies, cognitive activities, ADL training, exercise, and amplitude-based approaches.
- Evaluate real-world applications for a wide range of movement and neurological disorders.
- Apply the assessments and interventions discussed in this seminar to a series of interactive case studies.



PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

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### Have a seminar idea? A manuscript to publish?

The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Orion Tarpley at [otarpley@pesi.com](mailto:otarpley@pesi.com) or 715-855-5262.

Questions? Call customer service at **800-844-8260**

## SPEAKERS

**Josefa Domingos, MSc. Physio**, has specialized in the treatment of Parkinson's and related disorders for the past 15 years. She maintains a full clinical practice and serves as the national healthcare coordinator for the APDPk (Portugal's premier Parkinson's advocacy organization).

She travels internationally to speak on topics related to dual-task training and neurological rehabilitation. In addition, she is completing a PhD at Radboud University in the Netherlands, under the supervision of Professor Dr. Bas Bloem. Her research focuses on the development of multitask community programs for Parkinson's, highlighting the importance of physiotherapy and other expert clinical input in the design and performance of community exercise activities.

**Disclosures:**  
Financial: Josefa Domingos is a researcher with the University of Lisbon, Portugal. She has an employment relationship with the Portuguese Parkinson disease Patient Association (APDPk). Ms. Domingos receives a speaking honorarium from PESI, Inc.  
Non-financial: Josefa Domingos is a member of the Portuguese movement disorder Society; and the Association of Physiotherapy in Parkinson disease Europe (APPDE).

**John Dean, MA, CCC-SLP**, has been specializing in the treatment of Parkinson's and related disorders since 2007. In addition to clinical work, he has been involved in an array of Parkinson's-related projects ranging from the development of interdisciplinary Parkinson's rehab networks for a large healthcare company, founding startups that build technologies for people living with Parkinson's and even a stint as a member of the senior leadership at the Davis Phinney Foundation.

He resides in Lisbon, collaborating with Josefa Domingos to develop exercise activities that combine movement, voice, and cognition, as well as launching a startup that creates technologies to help scale up dual-task training for patients around the world.

**Disclosures:**  
Financial: John Dean maintains a private practice. He is director at Davis Phinney Foundation. Mr. Dean receives a speaking honorarium from PESI, Inc.  
Non-financial: John Dean is a member of the American Speech-Language-Hearing Association; and the International Parkinson and Movement Disorder Society (MDS).

## Live Seminar Continuing Education Credit Information

*Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.*

*If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.*

*Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.*

*PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.*

**Athletic Trainers:** PESI, Inc. is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 6.25 hours of Category A continuing education.

**Nurses, Nurse Practitioners, and Clinical Nurse Specialists:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.


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**Occupational Therapists & Occupational Therapy Assistants:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

**Physical Therapists & Physical Therapist Assistants:** This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

**New Jersey Physical Therapists & Physical Therapist Assistants:** This course has been submitted to the New Jersey State Board of Physical Therapy for review.

**New York Physical Therapists & Physical Therapist Assistants:** PESI, Inc. is recognized by the New York State Education Department, State Board for Physical Therapy as an approved provider for physical therapy and physical therapy assistant continuing education. This course qualifies for 7.6 Contact Hours.



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PESI, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

**Speech-Language Pathologists:** This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

**Speech-Language Pathologists Only:** To be reported to ASHA, while completing the online post-test/evaluation, please answer YES to the question: "Are you a Speech-Language Pathologist and/or Audiologist requesting to have your credit hours reported to the ASHA CE Registry to earn ASHA CEUs?" while completing the online post-test/evaluation, please send an email to [cepesi@pesi.com](mailto:cepesi@pesi.com) with the following information: full title of the activity, speaker name, date of live activity, date you completed the post-test, and your name and your license number. If you did answer yes, you do not need to do anything further.

**Other Professions:** This activity qualifies for 380 minutes of instructional content 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 requirements.



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## How to Register

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**ADA NEEDS**  
We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

**WALK-INS**  
Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

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**• FREE Military Tuition:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**  
**• \$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesirehab.com/coord](http://www.pesirehab.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.  
**• Groups of 10 or more:** Call 800-844-8260 for discounts.  
**• Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to [www.pesirehab.com/faqs](http://www.pesirehab.com/faqs) or call 800-844-8260 for details.  
*Advance registration required.*  
*Cannot be combined with other discounts.*

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