
Advanced Certificate in Physical Therapy for the Elderly

Geriatric Physical Therapy Foundations

Able-bodied refers to individuals who do not have any physical disabilities or limitations that would hinder their ability to perform daily tasks, in the context of geriatric physical therapy, able-bodied is often used as a comparison to those with physical limitations. Activities of Daily Living (ADLs) are essential tasks that individuals perform on a daily basis, such as bathing, dressing, and eating, and are often used as a measure of functional ability in elderly patients. Adaptive equipment is specialized equipment designed to assist individuals with physical limitations or disabilities, examples include canes, walkers, and wheelchairs. Age-related changes refer to the physical, psychological, and social changes that occur as an individual ages, such as decreased muscle mass and cognitive decline, and are a key consideration in geriatric physical therapy. Alzheimer's disease is a progressive neurological disorder that causes memory loss, cognitive decline, and changes in behavior, and is a common condition treated in geriatric physical therapy. Assistive technology refers to devices or equipment that assist individuals with physical or cognitive limitations, examples include wheelchairs, walkers, and communication devices. Balance is the ability to maintain equilibrium and prevent falls, and is a key aspect of physical therapy for the elderly. Bed mobility refers to the ability to move in and out of bed, and is an important aspect of functional ability in geriatric patients. Body mechanics refers to the study of the structure and function of the human body, and is essential for understanding movement patterns and physical limitations in elderly patients. Caregiver refers to an individual who provides care and support to a family member or friend, often in the context of geriatric care. Cognitive impairment refers to a decline in cognitive function, such as memory loss or difficulty with problem-solving, and is a common condition treated in geriatric physical therapy. Community-based care refers to care provided in the community, rather than in an institutional setting, and is often the goal of geriatric physical therapy. Continence refers to the ability to control bladder and bowel function, and is an important aspect of functional ability in geriatric patients. Contracture refers to a condition in which a joint or muscle becomes permanently shortened, often due to immobility or disuse. Dementia is a progressive neurological disorder that causes cognitive decline, memory loss, and changes in behavior, and is a common condition treated in geriatric physical therapy. Depression is a mental health condition characterized by feelings of sadness, hopelessness, and loss of interest in activities, and is a common condition treated in geriatric physical therapy. Developmental disability refers to a condition that affects an individual's physical, cognitive, or emotional development, and is often treated in geriatric physical therapy. Disability refers to a physical, cognitive, or emotional limitation that interferes with an individual's ability to perform daily tasks, and is a key consideration in geriatric physical therapy. Disease management refers to the process of controlling and managing a chronic disease, such as diabetes or heart disease, and is an important aspect of geriatric care. Elderly refers to individuals who are 65 years of age or older, and is the primary population treated in geriatric physical therapy. Environmental adaptation refers to the process of modifying an individual's environment to improve their ability to perform daily tasks, such as installing handrails or wheelchair ramps. Exercise is a physical activity that is designed to improve or maintain physical function, and is a key aspect of geriatric physical therapy. Fall prevention refers to the process of identifying and mitigating risk factors for falls, such as poor balance or weak muscles, and is an important aspect of

geriatric care. Family-centered care refers to care that is provided in collaboration with the patient's family, and is often used in geriatric care. Functional ability refers to an individual's ability to perform daily tasks, such as bathing or dressing, and is a key aspect of geriatric physical therapy. Functional assessment refers to the process of evaluating an individual's ability to perform daily tasks, and is used to identify areas of strength and weakness in geriatric patients. Geriatric care refers to care that is provided to elderly individuals, and is often focused on managing chronic diseases and promoting functional ability. Geriatric physical therapy is a branch of physical therapy that specializes in the care of elderly individuals, and is focused on promoting functional ability and managing chronic diseases. Gait refers to the pattern of movement used when walking, and is an important aspect of balance and mobility in geriatric patients. Health promotion refers to the process of promoting healthy behaviors and lifestyles, such as exercise and healthy eating, and is an important aspect of geriatric care. Home care refers to care that is provided in the patient's home, and is often used in geriatric care. Home modification refers to the process of modifying a patient's home to improve their ability to perform daily tasks, such as installing handrails or wheelchair ramps. Hospice care refers to care that is provided to individuals who are terminally ill, and is often focused on palliative care and comfort measures. Incontinence refers to the inability to control bladder or bowel function, and is a common condition treated in geriatric physical therapy. Independence refers to the ability to perform daily tasks without assistance, and is a key aspect of functional ability in geriatric patients. Instrumental Activities of Daily Living (IADLs) are tasks that require more complex skills and abilities, such as managing finances or cooking meals, and are often used as a measure of functional ability in geriatric patients. Interdisciplinary care refers to care that is provided by a team of healthcare professionals from different disciplines, such as physical therapy, occupational therapy, and medicine. Leisure activities refer to activities that are enjoyed in free time, such as hobbies or travel, and are an important aspect of quality of life in geriatric patients. Long-term care refers to care that is provided over an extended period of time, often in an institutional setting, and is often used in geriatric care. Mobility refers to the ability to move and walk, and is a key aspect of functional ability in geriatric patients. Motor control refers to the ability to control and coordinate movement, and is an important aspect of balance and mobility in geriatric patients. Muscle strength refers to the ability of muscles to generate force, and is an important aspect of functional ability in geriatric patients. Neurological disorder refers to a condition that affects the nervous system, such as stroke or Parkinson's disease, and is a common condition treated in geriatric physical therapy. Non-verbal communication refers to communication that does not involve spoken language, such as body language or facial expressions, and is an important aspect of communication in geriatric care. Nutrition refers to the process of providing the body with the necessary nutrients for optimal function, and is an important aspect of health promotion in geriatric care. Occupational therapy is a branch of therapy that specializes in helping individuals to develop the skills and abilities necessary for daily living, and is often used in geriatric care. Orthotics refers to the use of devices or equipment to support or correct the alignment of joints or muscles, such as braces or splints, and is often used in geriatric physical therapy. Osteoporosis is a condition in which the bones become weak and brittle, and is a common condition treated in geriatric physical therapy. Palliative care refers to care that is focused on providing comfort and relieving symptoms, rather than curing a disease, and is often used in geriatric care. Parkinson's disease is a neurological disorder that affects movement and balance, and is a common condition treated in geriatric physical therapy. Patient-centered care refers to care that is focused on the individual needs and preferences of the patient, and is an important aspect of geriatric care. Physical activity refers to any activity

that promotes physical movement, such as exercise or recreation, and is an important aspect of health promotion in geriatric care. Physical fitness refers to the ability to perform physical tasks with ease and efficiency, and is an important aspect of functional ability in geriatric patients. Physical therapy is a branch of healthcare that specializes in the treatment of physical disabilities and limitations, and is often used in geriatric care. Polypharmacy refers to the use of multiple medications, and is a common issue in geriatric care. Posture refers to the position of the body, and is an important aspect of balance and mobility in geriatric patients. Prosthetics refers to the use of artificial devices or equipment to replace or support a body part, such as a prosthetic limb, and is often used in geriatric physical therapy. Quality of life refers to the overall well-being and satisfaction of an individual, and is an important aspect of geriatric care. Range of motion refers to the extent to which a joint can move, and is an important aspect of functional ability in geriatric patients. Recreation refers to activities that are enjoyed in free time, such as hobbies or travel, and are an important aspect of quality of life in geriatric patients. Rehabilitation refers to the process of restoring an individual's functional ability after an injury or illness, and is an important aspect of geriatric care. Relaxation techniques refer to methods used to reduce stress and promote relaxation, such as deep breathing or meditation, and are often used in geriatric care. Restraints refer to devices or equipment used to limit or restrict an individual's movement, and are often used in geriatric care. Safety refers to the protection of an individual from harm or injury, and is an important aspect of geriatric care. Self-care refers to the ability of an individual to perform daily tasks independently, such as bathing or dressing, and is an important aspect of functional ability in geriatric patients. Sensory impairment refers to a decline in sensory function, such as hearing or vision loss, and is a common condition treated in geriatric physical therapy. Social isolation refers to the lack of social interaction or connection, and is a common issue in geriatric care. Speech therapy is a branch of therapy that specializes in the treatment of communication disorders, and is often used in geriatric care. Stroke is a condition in which the blood supply to the brain is interrupted, and is a common condition treated in geriatric physical therapy. Support groups refer to groups of individuals who share a common experience or condition, and are often used in geriatric care. Swallowing disorder refers to a condition in which an individual has difficulty swallowing, and is a common condition treated in geriatric physical therapy. Transfer refers to the process of moving from one position to another, such as from a bed to a chair, and is an important aspect of functional ability in geriatric patients. Urinary incontinence refers to the inability to control bladder function, and is a common condition treated in geriatric physical therapy. Vision impairment refers to a decline in visual function, and is a common condition treated in geriatric physical therapy. Walking aids refer to devices or equipment used to assist with walking, such as canes or walkers, and are often used in geriatric physical therapy. Wheelchair refers to a device used to provide mobility for individuals with physical limitations, and is often used in geriatric physical therapy. Wound care refers to the process of treating and managing wounds, and is an important aspect of geriatric care.