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# Learning Objectives

MedBridge

*Intervention for Aging Gait: Understanding Cognition & Frailty*

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## Course Objectives

- Discuss practical application of the Slippery Slope of Aging theoretical framework to older adult patients related to gait function
- Explain the inter-relatedness of gait performance and the frailty spectrum and the PT implication for working with frail and pre-frail older adults
- Explain the inter-relatedness of gait and cognition and the PT implications for working with older adults (with and without cognitive impairment)
- Strategically utilize dual task training to address a patient's specific deficits
- Justify realistic ambulation and mobility goals based upon individual patient needs, evidence, and theoretical frameworks (for example, slippery slope of aging, life space concept, energy reserve theory)

## Chapter 1: Slippery Slope of Aging & Frailty

- Discuss practical application of the Slippery Slope of Aging theoretical framework to older adult patients related to gait function.
- Explain the inter-relatedness of gait performance and the frailty spectrum and the PT implication for working with frail and pre-frail older adults.

## Chapter 2: Gait & Cognition

- Explain the inter-relatedness of gait and cognition and the PT implications for working with older adults (with and without cognitive impairment).
- Strategically utilize dual task training to address a patient's specific deficits.

## Chapter 3: Plan of Care & Interventions

- Justify realistic ambulation and mobility goals based upon individual patient needs, evidence, and theoretical frameworks (e.g., slippery slope of aging, life space concept, energy reserve theory).