

## **SUCCESSFUL SEATING AND MOBILITY PRESCRIPTION FOR GERIATRICS**

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The elderly population continues to steadily grow, resulting in an increased demand for appropriate seating and mobility systems for those with disabilities. Unique challenges exist and must be considered when prescribing equipment for the geriatric client. This instructional course will demonstrate how correct seating and mobility to optimize stability, comfort and function can positively impact overall health and quality of life. General principles of mobility evaluation will be discussed via case studies of clients with common disabilities related to aging. The course will also explore potential solutions to address the distinct physical and logistical issues inherent in successful seating/mobility of the elderly client.

The session will highlight the importance of seating as the essential first step and subsequently discuss the provision of functional age appropriate manual and power mobility. Course contents will include:

- **The aging process**
  - Unique challenges and considerations.
- **Seating Challenges and opportunities to improve outcomes**
  - Common Postural Abnormalities
  - Clinical and Technical considerations
  - Evaluation
  - Seating principles
  - Matching technology to need.
- **Mobility options - manual**
  - Wheelchair selection
    - Dependent Mobility
      - Skin and Positioning needs
      - Tilt/Recline
      - Configuration
      - Caregiver and residential living considerations
    - Independent Mobility
      - Chair configuration
      - Methods of propulsion
- **Mobility options - power**
  - Wheelchair selection
    - Base selection
    - Electronics options
      - Programming strategies
      - Customization
    - Caregiver and residential living considerations

Upon completion of this course, participants will be able to demonstrate a clear and practical understanding of immediately applicable strategies for appropriately prescribing seating and mobility equipment for the geriatric client.

### **Speaker Bio**

Jacqueline Macauley P.T. is a Clinical Education Specialist at Sunrise Medical. In this role she teaches power and manual mobility, seating and funding education seminars. Prior to this she practiced as a physical therapist in a wide variety of settings, working for 11 years at Sharp Rehabilitation Center in San Diego primarily in neurological rehabilitation and seating and positioning.