

Cognition and Memory Changes as We Age: Normal vs. Abnormal

Course Synopsis:

This dynamic and interactive training will increase your ability to identify and intervene with cognitive/memory decline/deficits related to the aging process; concussion; Cerebral Vascular Accidents (CVA's); Mild Cognitive Impairment (MCI); Traumatic Brain Injury (TBI) and early stage Alzheimer's. Gain insight into the wealth of evidence-based resource information available for patient/caregiver education. Learn to objectively assess medication management and address concerns related to driving ability. Identify the role of the Hippocampus related to memory issues and intervention strategies to address deficits. Understand the principles of Neuroplasticity. Learn the intervention that provides the single greatest impact on improving cognitive/memory deficits.

Speaker Bio

Maxwell Perkins, MS, OTR/L, is an occupational therapist with extensive experience with interdisciplinary clinical management focusing on the geriatric population. His clinical focus is on effective assessment and intervention for older adults experiencing memory/cognition issues in a variety of clinical settings including, acute inpatient/outpatient and skilled nursing facilities. Maxwell is an independent consultant/educator and previously served as the rehab education director for two large health care organizations. Maxwell co-authored the article, "Interdisciplinary Team Approach in the Rehabilitation of Hip/Knee Arthroplasties", which was published in the *American Journal of Occupational Therapy*. He presents workshops at both the local, regional and state level and is an adjunct professor in the Pacific University Occupational Therapy program in Forrest Grove, Oregon. He is a member of the State of Oregon Occupational Therapy Licensure Board. Maxwell earned his MS in Health Care Policy and Administration from Mercer University and his BS in occupational therapy from the Medical College of Georgia.

Financial Disclosures: Mr. Perkins does not receive an honorarium for this course.

Nonfinancial disclosure: There are no nonfinancial disclosures

By the end of this presentation, participants will be able to:

- 1) List at least five normal vs. abnormal cognitive/memory deficits throughout the aging process.
- 2) Describe how frontal lobe/executive functions relate to cognitive/memory ability.
- 3) Identify at least four evidence-based resources related to memory/cognitive impairment that can be used for patient/caregiver education.

This course is an Introductory Level, with content focus in Occupational Therapy Service Delivery and Foundational Knowledge. Completion of this course is recognized by the OT Oregon Licensing Board as 2 contact hours.



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