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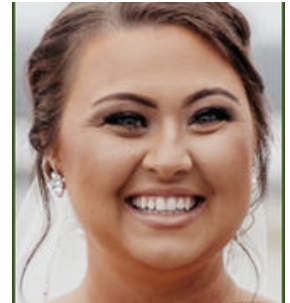
Greetings from  
Cognitive and Mental Health SIG Chair:

Hello Members of the CMH SIG,

Thank you to all those members who have been active on our quarterly calls and taskforce. Please join me in welcoming our new secretary Katherine Calvert! Secondly, the Combined Section Meeting is just around the corner and our newsletter features some of the programming that we hope you will take advantage of related to cognition, mental health, and geriatrics in general! Thirdly, we have highlighted recent and upcoming APTA Geriatrics webinars and the \*new\* CMH SIG the pocket guides. As always, my email is open, feel free to email any ideas and feedback!

Lastly, we want to hear from you. Please complete the membership survey on page 6.

Alex Alexander, PT, DPT GCS



## In This Issue:

APTA Combined  
Sections Meeting:  
Boston, MA  
Feb 15th-17th

New Resources on the  
CMH SIG Webiste!

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and Carepartners

Mental Health  
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# Feb 15th-17th

## APTA Combined Sections Meeting



### Thursday, February 15th

- 8-10am: GR-18038 Deprescribing Polypharmacy, Identification of Medication-Induced Movement Disorders, and the Role of the PT
  - Robin Lee Schroder, PT
- 8-10am: GR-18250 The 5Ms of Geriatrics: The Missing Link in Movement System Framework
  - Myla Clair Quiben, PT, DPT, MS, PhD; Susan Joy Leach, PT, DPT, PhD; Marni Larkin; Gregory W. Hartley, PT, DPT, FAPTA; Kenneth L. Miller, PT, DPT; Laura Z. Gras, PT, DPT, DSc; Michelle M. Lusardi, PT, DPT, PhD, FAPTA
- 11am-1pm: GR-17875 Applying a Geriatrics 5Ms Framework to Osteoporosis Management
  - Kathlene Elizabeth Camp, PT, DPT; Keith G. Avin, PT, PhD; Kathryn K. Brewer, PT, DPT, MEd; Lisa Hamilton, PT, DPT
- 3-5pm: GR-17631 Competence and Confidence: Raising the Bar in Dementia Care
  - Amie Marie Flores Jasper, PT, DPT, PhD; Rania Karim, PT, DPT; Carmina Lagarejos Rafael, PT, DPT; Jennifer CG Youssef, PT, DPT; Arvie C. Vitente, PT, DPT, MPH, PhD
- 3-5pm: GR-19129 Geriatric Platform Session 1
  - Depression and Resilience Are Related to Postoperative Mortality and Functional Decline Among Community-Dwelling Older Adults
    - Matthew J. Miller PT, DPT, PhD; Irena Cenzler; Victoria L. Tang
- 6:30-8:30pm: GR-19150 APTA Geriatrics Members Meeting & GCS Recognition & Awards

# APTA Combined Section Meeting Programming Feb 15th-17th (continued)

Friday, February 16th

- 8-10am: Join the (Deprescribing) Movement Patient Advocacy Strategies for Pharmaceutical Management in PT Practice
  - Heidi Moyer, PT, DPT; Veronica Riera-Gilley
- 8-10am: Geriatric Platform Session 2
  - Effect of Task Instructions on Locomotor Learning in Older Adults with Mild Cognitive Impairment
    - Soumya Bhat, PT, DPT; Matthew L Cohen; Susanne M. Morton, PT, PhD
  - Geriatric Evaluation of Mild Traumatic Brain Injury in Physical Therapy (GEM PT): A Feasibility Study
    - Carrie Ann Barrett, PT, DPT; Mark Goetting; Ashley Helmer, SPT; Elizabeth Butkis, SPT; Michael Jordan Peres, SPT; Alessandro Danna-dos-Santos, PT, PhD
  - Early Introduction of Combined Rehabilitative and Palliative Care in Geriatric Patients with Complex Neurological Conditions
    - Katie Sue Krile, PT
  - Interactions between Navigation, Balance, and Higher-Order Cognition in the Aging Brain
    - Emily Adams; Alexis Costlow, SPT; Van Tran, SPT; Yasmine Bassil; Anisha Vasu Kanukolanu; Emily Cui; Michael Robert Borich, PT, DPT, PhD
  - Cerebrovascular Health Interacts with Aging to Affect Balance and Cognitive Dual-Task Interference
    - Jacqueline Ann Palmer, PT, DPT, PhD; Emily M. Hazen; Sandra A. Billinger, PT, PhD
  - Clinician Perspectives on Exercise-Based Interventions for People Living with Dementia
    - Annalisa Na, PT, DPT, PhD; Justine S. Sefcik; Amy Kwok, SPT; Molly Hanna Drazin, PT and Laura Gitlin
  - Cognitive Impairment but not Age Affects Split-Belt Locomotor Learning
    - Soumya Bhat, PT, DPT; Matthew L Cohen; Susanne M. Morton, PT, PhD

# APTA Combined Section Meeting Programming Feb 15th-17th (continued)

## Friday, February 16th (continued)

- 11am-1pm: GR-17490 Your Attention, Please: Advanced the Translation and Approachability of Dual Task in Rehabilitation
  - Mike T. Studer, PT, DPT, MHS, FAPTA; Tanvi Bhatt, PT, PhD; Rebecca Bliss
- 11am-pm: GR-18379 2024 Carole B. Lewis Lecture: A New Season of Excitement, Opportunities, and Clinical Skill Application
  - Timothy Adam Fox, PT, DPT

## Saturday, February 17th

- 8-10am: What Matters Most: Autonomy Versus Safety in Caring for Older Adults
  - Jeffrey M. Hoder, PT, DPT; Kelley Braden Reynolds, PT, DPT; Allyson S. Sutkowi-Hemstreet, PT, DPT; Michele C. Lewis, PT, DPT, EdD
- 11am-1pm: Geriatric Platform Session 3
  - Cognitive Function Measures That Differentiate Older Adults at Low and High Risk of Alzheimer's Disease
    - Jamie Horton, SPT; Margaret Grace Welch, SPT; Audrey Westbrook; Ilana Levin, PT, DPT, PhD; Lisa A. Zukowski, PhD; Katherine L. Hsieh, PhD
  - The Influence of Cognitive Status and Fear of Falling on Falls Risk and Reported Falls
    - Brittany S. Samulski, PT, DPT, PhD; Kyle Langerhans, PT, DPT; Jacquelyn Moxey; Steven Morrison
- 3-5pm: GR-17866 Physical Therapists' Roles in Supporting Brain Health in Aging Adults
  - Julie D. Ries, PT, PhD; Cathy H. Ciolek, PT, DPT, FAPTA

Access the Full Geriatrics Programming List via the Link Below or via the QR Code

[APTA Geriatrics CSM Programming](#)



# Learn and Advance your Practice!



The CMH SIG has developed several pocket guides for the following cognitive/mental health tests. Check them out under the CMH Fact Sheets on our SIG [website!](#)

- Brief Cognitive Rating Scale
- Confusion Assessment Method (CAM)
- Geriatric Depression Scale
- Hospital Anxiety and Depression Scale
- Mini-Cog
- Patient Health Questionnaire (PHQ-9)
- Saint Louis University Mental Status Exam (SLUMS)

## Check out the recent webinars below!

- Demystifying Dementia: Providing PT Care with Confidence and Clarity
  - <https://aptageriatrics.thinkific.com/courses/demystifyingdementia>
- GCS Prep Webinar 3: Dementia, Delirium, and Depression: What You Need to Know
  - <https://aptageriatrics.thinkific.com/courses/GCSPrep3DementiaDelirumandDepression>
- GCS Prep Webinar 1: The Geriatrics Description of Specialty Practice as a Tool for Geriatrics Certified Specialist (GCS) Exam Preparation
  - <https://aptageriatrics.thinkific.com/courses/GCSprep1geriatricsdescriptionofspecialtypractice>

# TAKE ACTION

Let your patients know that you have skills to work with individuals with cognitive impairment by updating your “Find a PT” Information on the APTA website:

- Log-In to Your APTA Account
- Click on Online Profile
- Select Find a PT
- Update your Professional Information



How are we doing? Please complete the survey  
link or scan the QR code  
[CMH SIG Member Survey](#)



We would love to hear about your good news, too! To be included in the next edition of “The Brainiac” for discussion suggestions for the newsletter, or to assist in its development, please send your information to:

Alex Alexander - Chair [email](#)  
Rashelle Hoffman - Vice Chair [email](#)



# SHARE the RESOURCES

Many older adults and their caregivers may not know where to turn to for resources. See the list below to start the conversation and share!



- [Alzheimers.gov](https://www.alzheimers.gov) resources for caregivers about finding dementia care services
- How to be safely be physically active during the winter months [Tips from the NIA](#)
- How to keep older adults safe during the winter month [from the NIA](#)
- Did you know that NIA offers Alzheimer's disease and related dementia resources in both English and Spanish? Explore some of NIA's most popular Spanish resources:
  - Find easy-to-understand dementia information in Spanish and search clinical trials using [Alzheimers.gov en Espanol](https://www.alzheimers.gov/en-espanol).
  - Watch animated videos in Spanish on "How Alzheimer's Changes the Brain," "What Is Dementia?," and more on [NIA's YouTube channel](#).
  - Share Spanish infographics on [healthy aging and dementia from NIA](#).

Order free Spanish print publications, including [fact sheets, handbooks, and posters from NIA's website](#).

# Mental Health Resources

- Help your patient develop a Time Management Plan. Help them identify what they value, what barriers may be present, and set priorities & boundaries.
- Identify Life Stressors - investigate what stressors are present, eliminate what stressors can be eliminated, and help your patient with making a commitment for developing a plan to address the stressors
- Discuss a plan for healthy eating and hydration to maintain energy levels and support mental health from the inside out
- Identify and establish a support network for individuals who are trusted, and can offer support on an ongoing or as needed basis
- Check out these additional stress & relaxation behavior change resources:
  - <https://my.clevelandclinic.org/health/articles/16773-stress--relaxation-behavior-change-resources>

## Helpful Apps & Websites

Pranayama  
Breathing  
Saagara  
Universal  
Breathing App



Insight Timer

- 10-Minute Meditation for Beginners:
  - <https://www.youtube.com/watch?app=desktop&v=U9YKY7fdwyg>
- Daily Calm: 10-Minute Mindfulness Meditation
  - <https://www.youtube.com/watch?v=ZToicYcHIOU>