

Promoting Movement and Preserving Independence for Older Adults: A Guide for Geriatric Care Providers

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This presentation will highlight the importance of physical activity for older adults, outlining its broad health benefits, including reduced mortality risk, prevention and management of chronic diseases, and improved physical and cognitive function. It will review the most recent evidence-based physical activity guidelines for older adults, discuss common barriers, and offer practical strategies for encouraging and integrating physical activity promotion into clinical practice. Real-world case examples will help illustrate techniques for enhancing motivation and building self-efficacy for physical activity among older adults.

Following this presentation, the participant will be able to:

1. Describe physical activity guidelines and benefits specific to older adults.
2. Identify common barriers to physical activity and apply strategies to address them in clinical settings.
3. Use motivational interviewing and self-efficacy principles to encourage behavior change.
4. Integrate brief physical activity counseling into routine clinical workflows.

The Brookdale Continuing Education (CE) Series is a pre-recorded webcast. • This program was submitted for approval to the following governing bodies and their required pre-approval statements listed below. The program is approved for CE credit when presented in the month listed. • Email cesupport@brookdale.com for more information about contact hours. • This activity is pending approval for social work credit. • This program has been submitted to The Commission for Case Manager Certification for approval to provide board certified case managers with 1.0 hour. • Brookdale Senior Living Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0221. • This activity has been submitted to Emergency Nurses Association for approval to award contact hours. Emergency Nurses Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Pending Approval for 1.0 CMC CE from NACCM.