Dual task training for the geriatric client: Promoting attention to detail

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Objective

- To describe the impact of dual tasking on the functional mobility of older adults
- To explore the role of interprofessional educational series to impact older adults attention to detail
- To discuss the utilization of technology and social media in dissemination of an interprofessional educational series for older adults
Increased longevity has resulted in an ‘Aging World’. US population of > 65 yrs. in 2010 is 12.5%; projected to increase by 20% in 2030 (US Census Bureau, 2010)

As the elderly population increases the care needs and expenditures for that care will increase (Lajoie et al., 1996; Sparow et al., 2002)
In daily life, we are subjected to a variety of stimuli, often requiring dual tasking (multitask)
What do we know about the effects of Dual Tasking?

Dual Task Literature
Strong relationship exists between dual-task related gait changes and the risk for falling in the elderly (Verhaeghen & Cerella, 2002; Woollacott & Shumway-Cook, 2002).

Varied Subjects
Utilized Different instrumentation
Manipulated Postural Task
Manipulated 2º Task type & difficulty
Manipulation of Sensory Information
Manipulation of focus of attention
Framework for interprofessional educational series

- Teaching
- Service
- Research
triangulated approach

Research
Across disciplines and within disciplines

Teaching
Community Academy

Service
Local and international
Dissemination options:

- Presentations: formal and informal
- Publications
- U tube
- Web
- Public access TV
- Community outreach events
Summary

- Dual tasking does affect functional mobility of older adults globally.
- Triangulated framework can be used to bring attention to detail.
- Interprofessional educational series can impact older adults' attention to detail.
- Technology and social media can aide in dissemination of an interprofessional educational series for older adults.
References: