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

G. Pinto Zipp PT EdD,
C. Maher, PT, DPT

IPE Taskforce members

Seton Hall University
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 2º Task type & difficulty
Manipulated Postural Task
Manipulation of focus of attention
Manipulation of Sensory Information
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
- Community outreach events
- Web
- Public access TV
Summary

- Dual tasking does effect 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.
Seton Hall University
School of Health and Medical Sciences

Genevieve Pinto Zipp, PT, EdD
Genevieve.zipp@shu.edu

Catherine Maher, PT, MS, DPT
Catherine.maher@shu.edu
References: