Advanced Geriatric Rehabilitation and Physical Therapy Course

21 – 25 February 2027
Nairobi

AGILE LEADERS
Training Center

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Ref: 1459_207703 **Date:** 21 – 25 February 2027 **Location:** Nairobi **Fees:** 4500 Euro

Overview

Advanced Geriatric Rehabilitation and Physical Therapy Course is a one-week applied programme for physiotherapists, rehabilitation professionals, occupational therapists, nurses, geriatric care teams, service managers, and clinical educators working with older adults. Participants build a Geriatric Rehabilitation Service Portfolio connecting person-centred goals, geriatric functional assessment, mobility, transfers, strength, balance, frailty, falls, pain and fatigue considerations, cognition and communication, assistive-device coordination, home and community participation, multidisciplinary pathways, outcomes, and programme improvement. Agile Leaders Training Center emphasizes tailored rehabilitation planning within authorized roles and does not diagnose individuals or prescribe patient-specific treatment.

Who Should Attend

- Physiotherapists and rehabilitation professionals
- Occupational therapists, nurses, and allied health professionals
- Geriatric, frailty, falls, and older-adult care teams
- Rehabilitation service managers and pathway coordinators
- Clinical educators and quality-improvement leads

The course assumes professional experience in rehabilitation, therapy, nursing, geriatric care, service coordination, or clinical education. Participants apply service and programme frameworks within their competence, local policies, multidisciplinary governance, and patient-specific clinical authorization.

Departments and Industries

The course supports organizations developing coordinated rehabilitation and physical therapy for older adults across care settings and transitions.

- Hospitals and ambulatory rehabilitation services
- Primary, community, and home-based care
- Rehabilitation centres and long-term care
- Frailty, falls, orthogeriatric, and mobility services
- Therapy education, quality, and service-improvement teams

Learning Objectives

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

- Translate person-centred priorities into rehabilitation goals and review criteria
- Structure geriatric functional assessment across mobility, daily activity, participation, and environment
- Plan older adult mobility training for gait, transfers, strength, balance, and endurance
- Coordinate falls rehabilitation and fear-of-falling support within multidisciplinary pathways
- Account for frailty, pain, fatigue, cognition, communication, and sensory needs
- Integrate assistive devices, home adaptation, caregiver education, and community participation
- Use outcome measures and progression reviews to improve multidisciplinary geriatric rehabilitation
- Design transitions, governance, and programme-improvement plans

Course Agenda

Day 1: Person-Centred Geriatric Rehabilitation Foundations

- Healthy Ageing, Functional Ability, and Rehabilitation Scope
- Goals, Preferences, Consent, and Shared Priorities
- Frailty, Multimorbidity, and Rehabilitation Complexity
- Professional Roles and Multidisciplinary Accountability
- Rehabilitation Pathway and Review Calendar

Day 2: Functional, Mobility, and Environmental Assessment

- Activity, Participation, and Environmental Profile
- Gait, Transfer, Balance, Strength, and Endurance Review
- Pain, Fatigue, Fear, and Confidence Considerations
- Cognition, Communication, Vision, and Hearing Adaptation
- Geriatric Functional Assessment Summary and Escalation

Day 3: Tailored Physical Therapy and Mobility Progression

- Goal-to-Intervention Planning Matrix
- Progressive Strength, Balance, Coordination, and Power Framework
- Gait, Transfer, and Functional Task Practice
- Dosage, Progression, Monitoring, and Review Principles
- Motivation, Adherence, and Self-Management Support

Day 4: Falls, Assistive Devices, and Participation

- Falls Rehabilitation and Recurrence-Prevention Pathway
- Fear-of-Falling and Activity-Confidence Support
- Assistive Device Assessment and Coordination
- Home Hazard, Access, and Environment Collaboration
- Community Mobility and Meaningful Participation Plan

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Day 5: Transitions, Outcomes, and Programme Improvement

- Hospital, Community, Home, and Long-Term-Care Transition Map
- Caregiver Education and Safe-Support Plan
- Outcome Measure and Goal-Attainment Dashboard
- Case Review, Feedback, and Service-Improvement Cycle
- Capstone: Geriatric Rehabilitation Service Portfolio

Practical Exercises

The course uses service-level and fictional clinical scenarios from hospitals, community rehabilitation, home care, long-term care, and multidisciplinary older-adult pathways.

- Suggested activity: convert an older adult's priorities into functional goals and review criteria.
- Suggested activity: synthesize mobility, environment, cognition, and participation findings into a coordinated plan.
- Suggested activity: design a progressive falls and mobility pathway with clear role boundaries.
- Suggested activity: build an outcome dashboard and improvement plan for a geriatric rehabilitation service.

FAQs

Who should attend a geriatric rehabilitation course?

It suits physiotherapists, occupational therapists, rehabilitation professionals, nurses, geriatric teams, pathway coordinators, managers, educators, and quality leads with relevant professional experience.

What does physical therapy for older adults cover?

The course covers service planning for person-centred goals, mobility, transfers, gait, strength, balance, endurance, functional tasks, progression, monitoring, assistive devices, participation, outcomes, and multidisciplinary coordination.

How does frailty affect rehabilitation planning?

Teams consider current function, goals, reserves, fatigue, pain, cognition, sensory needs, comorbidities, environment, support, and response to activity. Authorized professionals tailor progression and review to the individual.

What is included in falls rehabilitation?

Participants coordinate assessment findings, balance and strength components, functional practice, confidence, environment, assistive devices, education, follow-up, and recurrence-prevention actions within professional and local-policy boundaries.

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What practical outputs will participants complete?

Outputs include a pathway map, goal record, functional summary, progression framework, falls pathway, device-coordination record, participation plan, transition checklist, caregiver guide, outcome dashboard, and service portfolio.