

NORMAL AGING AND COGNITIVE-COMMUNICATION

PRESENTED BY JANET SIMON SCHRECK, M.S. CCC-SLP

SPONSORED BY
HUNTER COLLEGE, CUNY
COMMUNICATION SCIENCES PROGRAM

DATE:

FRIDAY OCTOBER 14, 2011
8:30 AM – 4:30 PM

LOCATION:

HUNTER COLLEGE AUDITORIUM
425 EAST 25TH STREET
NEW YORK, NY 10010

COURSE DESCRIPTION:

Given the rapid growth of the aging population, speech-language pathologists (SLP's) are experiencing an increased number of consults for assessment and treatment of cognitive-communication disorders in the elderly. In order to develop appropriate plan of treatment, it is frequently important for the SLP to determine whether or not cognitive-communication deficits exhibited are related to "normal" aging or some other pathological influence. Yet, most SLP's are not well-educated in the neurophysiological and cognitive-communication changes that are associated with "normal" aging.

As it has become increasingly evident that cognitive vitality is critical to the survival and quality of life in older persons, the identification of modifiable factors and interventions associated with preservation of cognitive health and cognitive vitality in older adults has become a priority in the U.S. public health research agenda (*The Healthy Brain Initiative: A National Public Health Road Map to Maintaining Cognitive Health*, 2007). Given their scope of practice, SLP's should begin to discuss their role in identifying and implementing evidence-based approaches for cognitive preservation. This presentation will review the current literature in this area, including the body of literature that has focused on the effects of cognitive stimulation on preservation of cognitive vitality in the elderly as well as studies exploring the relationship between exercise, nutrition, social support and cognitive preservation.

LEARNING OUTCOMES:

At the conclusion of this course, participants will be able to:

- Describe the neurological and cognitive-changes associated with "normal" aging.
- Identify standardized assessment methods and evidence-based methods for the treatment of cognitive-communication disorders associated with aging and/or age-related pathologies
- Discuss the emerging role of the speech-language pathologist in screening and prevention of cognitive decline associated with aging.
- Discuss evidence-based methods for prevention of cognitive-communication declines associated with aging.
- Identify and discuss other factors associated with prevention of cognitive-communication loss with age (e.g.: physical exercise, nutrition, social support, etc.)

PRESENTER:

Janet Simon Schreck earned her B.A and M.S. in Speech-Language Pathology from Loyola College in 1991 and 1993, respectively. She has worked as a clinical speech-language pathologist in a number of hospital and skilled nursing facilities, including Good Samaritan Hospital, & Mariner Health Systems, where she developed clinical expertise in the assessment and treatment of adult and geriatric populations with neurologically-based disorders of communication and cognition. Janet has worked as a full-time clinical faculty member and instructor in the department of Speech-Language Pathology/Audiology at Loyola University Maryland since 1999, where she teaches a number of undergraduate and graduate courses, including a graduate course on Cognitive-Communication Disorders. In 2006, she accepted an appointment as the Executive Director for the Loyola Clinical Centers, an interdisciplinary graduate training clinic for aspiring speech-language pathologists, psychologists, pastoral counselors and reading specialists at Loyola University Maryland. She is a Ph.D. candidate in the Gerontology Doctoral program at the University of Maryland, Baltimore where her research interests include tertiary prevention and rehabilitation of cognitive-communication changes and disorders in older adults. Her dissertation will use mixed methods to explore the marital satisfaction of spouses of persons with chronic aphasia. Janet is a fellow of the Maryland Speech-Language-Hearing Association.

AGENDA

8:30-9:00	Registration and breakfast
9:00-9:15	Introduction; overview; review of learner objectives
9:15-10:00	Brief review of neuroanatomy and neurophysiology; defining cognition and its component functions
10:00-11:00	Impact of normal aging on neurophysiology and cognitive communication correlates
11:00-11:15	Break
11:15-11:45	Defining and measuring mild cognitive impairment
11:45-12:15	Other factors that preserve cognitive-communication functions
12:15-1:15	Lunch
1:15-2:15	Standardized Assessment of cognitive-communication in older populations
2:15-3:15	Evidence-based approaches to preservation of cognitive function
3:15-3:30	Break
3:30-4:00	Discussion of SLP role in prevention; insurance issues
4:00-4:30	Conclusion; questions and answers

Fee:

\$95.00 for ASHA CEUs*

\$35.00 for students (include a photocopy of current student ID to verify student status)

FREE for Hunter College, Communication Sciences graduate students

Registration deadline: October 7, 2011. Your cancelled check will serve as registration confirmation for this event.

Please make checks payable to **COMSC Continuing Education**. Complete the following form and mail to:


Michelle MacRoy-Higgins, CE administrator
Hunter College
Communication Sciences Program
425 E 25th St.
New York, NY 10010

Name: _____

Employment Affiliation: _____

Address: _____

Phone: _____ email _____

 <p>APPROVED PROVIDER ASHA CONTINUING EDUCATION AMERICAN SPEECH-LANGUAGE-HEARING ASSOCIATION</p>	<p>CUNY Hunter College is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.</p>
---	--

This course is offered at .6 ASHA CEUs, (Intermediate level, Professional area)

* Be sure to bring your ASHA card/account number with you to this event. Social security numbers are no longer used for ASHA CEUs