

Statement of Work: Older Adult Training - PM&R Outpatient Physical Therapy DRAFT

1. Background

The VA Southern Nevada Healthcare System (VASNHS), located at 6900 North Pecos Road, North Las Vegas, Nevada 89086, has a need to train their Physical Therapy Staff on the management of older adults in rehabilitation. This training will further develop their skill set in working with the growing population of geriatric Veterans. It is vital for providers to expand their credentials and maintain up to date training.

2. SCOPE:

Training will be administered to 30 interested and eligible therapists. The training will be conducted face to face and with all participants present at the same time in order to promote the team culture.

Period of Performance: 7/15/2026-09/30/2026, training dates and time will be blocked dependent on Government and contractor availability.

Location: 6900 North Pecos Road, Education Center, Quad 1H122 – 1H125 , North Las Vegas, Nevada 89086

3. REQUIREMENTS:

- a. Contractor to provide no less than 16 hours of geriatric focused training to Physical Therapists. Training should cover the following:
 - i. Describing physiological processes that happen during healthy aging as well as with the development of clinical geriatric syndromes such as frailty and sarcopenia.
 - ii. Developing a thorough examination process with functional measures that are tailored for your patients.
 - iii. Prescribing, modifying and scale functional, multi-joint exercises for older persons who are healthy community-dwelling older adults or complex clients with multi-morbidities.
 - iv. Designing appropriately-dosed exercise programs including progressions and regressions to obtain the intended outcome for your client who is older whether you're in the home health setting or working with the Masters athlete.
 - v. Designing evidence-based fall prevention programs to obtain the intended outcome for your clients.

- vi. Designing and execute effective falls landing training with clients across the continuum of care.
 - vii. Developing strategies to manage, minimize, or reduce fear in the older adult population.
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- b. The course, course materials and instructors will meet or exceed the Nevada Board of Physical Therapy (NVBOPT) Nevada Physical Therapy Board Continuing Competency Model, Course Approval and Denial Codes, Clinical Physical Therapy Practice (A) (see attached).
 - c. This training will be conducted face to face during providers' tour of duty hours, on site at VA Southern Nevada Healthcare System.
 - d. The contractor will provide the class participants with electronic copies of course materials prior to the beginning of the course.
 - e. Upon course completion, the contractor will submit the participants for CEU credits through the NVBOPT.
 - f. Upon completion of the course the Physical Therapists will receive CEU credits through the NVBOPT.
 - g. Upon the completion of the course the Physical Therapists will be able to apply updated research and skills/treatment options in Physical Therapy for older adults.