

# Palliative Care Lunch & Learn

**Tips on Managing Functional Decline in Palliative Care**  
February 16, 2022 | 12 - 1 pm (EDT)

**Sarah Brown, Physiotherapist, St. Joseph's Hospital**  
**Michael Manzini, Occupational Therapist, St. Joseph's Hospital**

## Description:

This session will focus on identifying strategies and tools to maintain an individual's independence or participation in their functional goals throughout a palliative care continuum through therapeutic exercise, safe mobility practices, equipment and adaptive aids, and management of skin integrity and pain.

## Learning Objectives:

- Identify the factors that can contribute to functional decline in palliative care
- Describe the benefits of therapeutic exercise within palliative care to improve quality of life
- Explain how to compensate for functional decline and maintain safety during functional care activities with a client who could benefit from a palliative approach to care

**[Click here to register for this free event.](#)**

**For more information:**  
**<https://cerah.lakeheadu.ca/events>**  
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