

Building an Age-Friendly Workplace: Addressing Challenges & Promoting Work Ability Across the Workforce

About this course

Faculty: Cederlind

[Faculty Bios](#)

Intended Audience: Licensed professionals including Physical Therapist, Occupational Therapist, Physical Therapist Assistant, Occupational Therapist Assistant, Athletic Trainer, Certified/Registered Kinesiologist. Consideration of other state registered, or licensed health/safety personnel based on background.

[Additional course information and disclosures](#)

Program Level (AOTA): Introductory

Delivery: Distance learning online on-demand administered through the WorkWell Provider Learning Center.

General Teaching Method Overview: Video Lecture, Case Examples, Quiz

Duration: Course is self-paced and is expected to take approximately 1 hour to complete

Completion Requirements: Complete the eLearning track, obtain passing score of 80% or higher on quiz and completion of course evaluation.

CEU Credit: Approved by APTA Michigan for 1 contact hour – CEU Locker #172640

An age-friendly workplace is an environment designed and managed to support and protect the health and safety of workers as they age. It acknowledges that aging is a process experienced by all workers and that an age-friendly approach benefits everyone, not just older workers.

Essentially, it's a workplace where the demands of the job are balanced with the individual capacities of workers across different ages, considering health, functional abilities, competence, and values.

By understanding common challenges faced by a diverse workforce, clinicians can explore and offer solutions to help maximize work ability throughout the employment cycle – from new hire to retire.

Learning Objectives:

At the end of the training, participants will be able to –

1. Define the concepts of “work ability” and “age friendly” as they relate to the workforce and workplace.
2. Understand 3 common physical and cognitive changes associated with age
3. Describe 2 health facilitators and injury risks related to job demands and workplace conditions.
4. Recognize 3 ways to assess health risks related to age/generation, general work experience, and job switching (work experience with more than 1 employer).
5. Identify 3 strategies to help create an age-friendly workplace, enhance work ability, and promote the health and safety of all workers.



Course Outline & Agenda

Time	Agenda Item
15 min	1. Introduction, Background & Definitions <ul style="list-style-type: none"> a. Work Ability b. Age-Friendly Workplace
15 min	2. Challenges & Considerations for an Aging Workforce 3. Overview of Age-Related Physical, Physiological, Vision, Hearing & Cognitive Changes 4. New Hire Risks & The "New" Worker 5. Work Organization & Psychosocial Factors
20 min	6. Building the Age-Friendly Workplace <ul style="list-style-type: none"> a. Foster an Inclusive & Supportive Culture b. Prioritize Workplace Health & Safety c. Knowledge Transfer & Training d. Addressing Work Environment Risks & Hazards 7. Supporting Function <ul style="list-style-type: none"> a. Addressing Physical/Physiological Function b. Supporting Visual & Hearing Function c. Supporting Cognitive Function 8. Case Example(s)
10 min	Post Course Quiz and Course Evaluation

Equipment Needed for Implementation: No required equipment for training. Information can generally be applied with existing clinical equipment.

This course is "free" with your facility's WorkWell Easy Train Membership. If your facility does not have an Easy Train Membership, [learn about Easy Train](#) on our website.

Alternately, you may purchase enrollment in this course through the WorkWell Provider Learning Center at www.workwellprovidertraining.com . Email provider@workwellpc.com with any questions about the WorkWell Provider Learning Center.