



CATHY CIOLEK

PT, DPT, FAPTA

PROFILE

Over 30 years' experience as a physical therapist, clinician, educator, consultant, conference speaker and author. Professional experience as a leader in local and national physical therapy organizations including election as President of the Academy of Geriatric Physical Therapy (APTA Geriatrics)

AREAS OF EXPERTISE:

Geriatric Physical Therapy
Dementia and Cognitive Impairment
Person-Centered Care
Falls, Transfers and Mobility

CONTACT

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120 Churchill Lane
Wilmington, DE 19808

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EDUCATION

AT Still University, AZ School of Health Sciences

Doctor of Physical Therapy 2007

University of Delaware

Advanced Certificate in Gerontology 1994

Ithaca College

Bachelor of Science Physical Therapy 1989
Faculty Award for Outstanding Service to Department

AWARDS

Catherine Worthingham Fellow of the American Physical Therapy Association (APTA)- 2018
Marilyn Moffat Leadership Award, APTA – 2017
Joe Lucca Service Award, APTA Delaware- 2014
Lucy Blair Service Award, APTA- 2014
Joan Mills Award, APTA Geriatrics- 2008
President's Award, APTA Geriatrics – 2006
Clinical Educators Award, APTA Geriatrics- 2006
Lynn Phillippi Award: Advocacy for Older Adults, APTA Geriatrics- 2001

CERTIFICATIONS

Certified Change Management Professional (CCMP)- 2019-2021
Advanced Certified Expert for Aging Adults – 2018
Certified Alzheimer's Disease and Dementia Care Trainer- 2018-2022
Certified Dementia Practitioner- 2018-2022
Certified Exercise Expert for Aging Adults- 2014
Advanced Credentialed Clinical Instructor- 2009
Certified Emergency First Responder- 2006-2016
Certified CPR/BLS – 2004-present
Credentialed Clinical Instructor- 2003
Board Certified Geriatric Clinical Specialist- 1996-2026

WORK EXPERIENCE

Living Well With Dementia, LLC, Wilmington, DE

2017 to present

President

Provide consultation and education to long term care facilities, personal care facilities, assisted living, home health agencies and hospitals as well as individuals and organization related to improving quality of life and wellbeing for people with dementia. Examples of topics include falls prevention, medication de-prescribing, sleep and behavioral and psychological symptoms of dementia.

Adjunct Faculty, Drexel University

Fall Semester, 2020

Assist with Neurologic Examination and Intervention I and II lab courses sessions.

American Health Care Association, Washington, DC

2018-present

Consultant

Creating online and in-person educational and certificate programs and PDPM Faculty

Kendal Outreach LLC, Kennett Square, PA

2016-2017

Regional Director, Pennsylvania Restraint Reduction Initiative

Provide consultation and education to long term care facilities within the state of Pennsylvania under state grant for resident well-being including reducing falls, physical and chemical restraints and behavior and psychological symptoms of dementia. State funding for the grant ended Oct 31, 2017

AT Still University, Arizona School of Health Professions, Mesa AZ

2007-2010

Adjunct Faculty PT 830 Geriatric Physical Therapy

Developed syllabus and overall course structure, delivered online course material and grading 2-3x annually.

University of Delaware, Newark DE

2004-2016

Director of Clinical Education and Assistant Professor, Associate Director Neurologic and Older Adult Physical Therapy Clinic, Founding Director Geriatric Physical Therapy Residency

As Director of Clinical Education (DCE) developed and maintained clinical experience for Doctor of Physical Therapy students. Assessed clinical performance and provided education, intervention and remediation as needed.

As Assistant Professor developed syllabus, course content and structure for PHYT 806 Geriatrics, and PHYT 620 Education in Community Health. Provided lectures for PHYT 600 Intro to the Profession, PHT 631 PT in Acute Care, PHT 633 Applies Physiology II, PHYT 804 Neurophysiological Evaluation and Treatment, and PHYT 810 Clinical Management and Administration. Served as clinical educator for 12-14 students annually in part time integrated clinical experiences as well as clinical consultation to physical therapy clinic, and clinical residency.

As Associate Director NOA Clinic, created outpatient clinic to serve people with impairments of neurologic system and aging. Developed clinical content for part time and full-time clinical instructors and served as mentor to new faculty. Performed quality assurance chart reviews for compliance to Medicare regulations. Developed the 2nd credentialled Geriatric Physical Therapy Residency in the United States.

Kendal~Crosslands Communities, Kennett Square, PA

1998-2004

Physical Therapist

Provided direct patient care, supervised wellness gym for community residents. Participated as member of the healthcare team in patient rounds.

Rocky Mountain University of Health Professions, Provo, UT

2000-2004

Non-Appointed Faculty

Developed course structure and content for management of physical and chemical restraints for Doctor of Science in Physical Therapy Program.

Manor Care Health Services, Wilmington, DE

1994-1998

Staff Physical Therapist/Physical Therapy Manager/Director of Rehabilitation

Provided direct patient care and direction/supervision for up to 2 physical therapist assistants.

Ciolek Physical Therapy, Wilmington, DE

1992-1994

Co-owner

Provided contract based physical therapy services to home health agencies and short-term coverage for Skilled Nursing Facilities.

St. Francis Hospital, Wilmington, DE

1989-1992

Staff Physical Therapist

Provided direct patient care in acute care hospital units with rotations in acute care, inpatient rehab, outpatient, sports medicine coverage and home health.

REFEREED JOURNAL PUBLICATOINS

Wruble Hakim, E, Moffat M, Becker E, Bell KA, Manal TJ, Schmitt L, Ciolek C. Application of Educational Theory and in Support of an Integrated Model of Clinical Education. *Journal of Physical Therapy Education*, 2014:28(1) 13- Evidence 21.

BOOK CHAPTERS

Ciolek CH, Lee SY. (2019) "Cognitive Issues in the Older Adult". *Guccione's Geriatric Physical Therapy*, Elsevier, St. Louis, MO.

Ciolek CH (2016) "Restraint Assessment" and "The Older Adult With Multiple Comorbidities". *Geriatric Physical Therapy; A Case Study Approach*, McGraw Hill, New York, NY.

PLATFORMS, POSTERS, PUBLISHED PROJECTS, ARTICLES

1. Listen and Watch: The signs of pain. *Provider Magazine* Ciolek CH. March 2020
2. Sleep: A key factor for wellbeing. *Provider Magazine* Ciolek CH. January 2020
3. Caring for patients with mental health conditions, a toolkit for home health clinicians. *Home Health Section APTA*, Miller K, Ciolek C, Hagey S. September 2018.
4. Comparison of Clinical Performance Rating Tools for Integrated Clinical Experiences: A Preliminary Analysis. Poster at APTA Combined Sections Meeting. Bell KA, Arundale A, Ciolek C, Foeller C, Wruble Hakim E. Indianapolis, IN 2015.
5. EFFECTIVE COMMUNICATION ENHANCES OUTCOMES IN A 66 Y.O. FEMALE WITH CHRONIC PAIN. Poster at 2nd International Conference and Exhibition on Physical Medicine and Rehabilitation. Ciolek C. 2014.
6. Using the ICF as a Model for Improving Student Participation in Their Professional Organization. Poster at 2nd International Conference and Exhibition on Physical Medicine and Rehabilitation. Coyle P, Ciolek C, Wruble E. 2014.
7. Hospital-Based Clinical Experiences – Need to Have or Nice to Have? Poster at APTA Combined Sections Meeting. Wruble Hakim E, Schmitt LA, Ciolek CH Feb 2014.
8. Imparting the Art and Science of Teaching to the Educators of the Future. Platform at APTA Combined Sections Meeting. Bell K, Ciolek C, Wruble Hakim E, Feb 2014

9. Analysis of Critical Incident Reports (CIR) On the Physical Therapy Clinical Performance Instrument (PT CPI) In an Entry-Level Doctor of Physical Therapy Program. Poster at APTA Annual Conference and Exposition. Ciolek, C, Wruble Hakim E. June 2013
10. RECOMMENDATIONS TO ADDRESS THE GROWING PHYSICAL THERAPY WORKFORCE SHORTAGE IN GERIATRICS. Poster at 16th International World Confederation of Physical Therapy Conference Amsterdam, Netherlands, Wong R, Avers D, Barr JO, Ciolek C, Klima D, Thompson M, June 2011.
11. 10,000 Steps: Do Adults Understand Their Current Level of Physical Activity? Poster at APTA Annual Conference and Exposition. Ross C, Ciolek C. June 2011.
12. Quad Strength with Electrical Stimulation helps patient Post Stroke with Knee Osteoarthritis Return to Function. Poster at APTA Combined Sections Meeting, Haley R, Danks K, Reisman D, Ciolek C. Feb 2011.
13. Essential Competencies in the Care of Older Adults at the Completion of the Entry-level Physical Therapist Professional Program of Study. <http://www.geriatricspt.org/pdfs/Section-On-Geriatrics-Essential-Competencies-2011.pdf> Wong R, Avers D, Barr J, Ciolek C, Klima D, Thompson M. Academy of Geriatric Physical Therapy, American Physical Therapy Association. Published September 2011.
14. Physical Therapy Interventions for an Older Adult with Low Back Pain and History of Scoliosis. Platform at APTA Combined Sections Meeting Ciampa J, Sions JM, Ciolek C, Manal TJ. Feb 2009.
15. Intergenerational Physical Therapy. Poster at APTA Combined Sections Meeting, Ciolek C, Schaeffer M. Feb 2008
16. Falls in Community Dwelling Older Adults- Part II: Examination and Evaluation. PT Magazine CEU Article, Ciolek C, Delaune MF. Nov 2007.
17. Falls in Community Dwelling Older Adults: Introduction to the Problem. PT Magazine CEU Article, Brewer K, Ciolek C, Delaune MF, Newton RA, Williams A July 2007.
18. PHYSICAL THERAPY FOR A PATIENT WITH TBI- Using skilled interventions and collaborative teamwork to help a patient attain full participation in his community. Platform presentation at APTA Annual Conference. Ciolek C, June 2006
19. Physical Therapy Examination's Key Role in Establishing Medical Diagnosis in a Patient With Lower Extremity Pain Related to Walking. Platform APTA Annual Conference. Ciolek C. Feb 2006
20. Clinical Management of Physical and Chemical Restraints. Ciolek C, Ciolek DE. A home study module for the Section on Geriatrics, APTA 2005.
21. The Activities-Specific Balance Confidence (ABC) Scale: The Relationship to measures of standing balance, gait speed, and age in elderly individuals. Poster at APTA Annual Conference and Exposition Wellmon R, Gardner L, Conway J, Heinrich K, Melnick M, Rao M, Totman M, Herlihey J, Ciolek C. June 2001.
22. Guidelines for the Recognizing and Providing Care for Victims of Elder Abuse, American Physical Therapy Association. Ciolek C, Ciolek DE, Published 2000.
23. Clinical Management of Physical Restraints. Ciolek C, Ciolek DE. A home study module for the Section on Geriatrics, APTA 1998.

PROFESSIONAL PRESENTATIONS

1. Sleep: A Key Ingredient for Healthy Aging. New Jersey APTA Spring Conference. Ciolek C, Princeton NJ April 2021.
 2. Advanced Topics in Dementia. APTA Virtual Combined Sections Meeting Post-Conference. Ciolek C. Online March 2021.
 3. Age-Friendly Health Care: We Can Help Make It Happen! American Physical Therapy Association Virtual Combined Sections Meeting. Ciolek C. Taylor D, Walton-Mouw R. Feb 2021.
 4. Person-Centered Care in a PDPM World. A 7-module certificate training course via American Health Care Association. Ciolek CH. January 2021.
 5. How Person-Centered Care Offers Patients With Dementia The Best Experience. Fox Rehabilitation Ciolek C. November 2020.
 6. Dementia and The Holidays. Arden Courts Virtual Event. Ciolek C, November 2020.
- Cathy Ciolek, CV April 2021

7. What is Person-Centered Care. American Health Care Association, Virtual Conference. [Ciolek C.](#) October 2020
8. It's Called The Patient Driven Payment Model for a Reason. Webinar American Health Care Association. [Ciolek C.](#), Westphal E, Cornelison L. October 2020.
9. Ethics for Rehabilitation. Delaware Speech Hearing Association Webinar. [Ciolek C.](#), October 2020.
10. Recognizing Pain in People with Dementia. Arden Courts Virtual Events. [Ciolek C.](#), September 2020.
11. Ethics for Rehabilitation. Delaware Technical and Community College. [Ciolek C.](#), September 2020.
12. Functional Outcomes Improvement. A certificate training course via American Health Care Association. Truscott P, [Ciolek C.](#), Stevens-Lapsley J, Strunk E. June 2020.
13. Supporting Mobility of Residents During COVID-19. Institute for Healthcare Improvement National Huddle Covid-19 rapid response network for nursing homes. [Ciolek C.](#), May 2020.
14. Sleep: A Key Ingredient for Well-being with Aging. APTA CSM, [Ciolek CH](#), Siengsukon C. Feb 2020
15. The Psychology of Change- How to help your staff thrive in an ever-changing environment, Pennsylvania Health Care Association Webinar, [Ciolek C.](#), Nov 2019.
16. Help! My patient has dementia. Pennsylvania Physical Therapy Association Conference [Ciolek C.](#), Criss M, Wharton M. October 2019.
17. Sleep: An underappreciated key to wellbeing. American Health Care Association Annual Conference. [Ciolek C.](#) October 2019.
18. Managing Change While Succeeding, APTA HPA The Catalyst webinar, [Ciolek C.](#), Coco LM, Eppenstein PG, Hull B. August 2019
19. PDPM Academy- Detailed Transition Guide and Resources. AHCA PDPM Academy, [Ciolek C.](#), Greenlee K, Cheek M. July 2019
20. The 3 D's in PT Practice: Dementia, Delirium and Depression. APTANJ, [Ciolek C.](#) June 2019.
21. Business Solutions for Better Care, AHCA PDPM Academy Daylong Training Workshop- presented in 12 states January 2019-May 2019.
22. The 3 D's in Home Health, APTA Combined Sections Meeting, Miller K, [Ciolek C.](#), Hagey S, January 2019
23. The Human Movement Experience, Time for An Upgrade, APTA Combined Sections Meeting, Zwolski C, Gorman I, Appling S, Quatman-Yates K, [Ciolek C.](#), Meyer D, Schmitt L. Jan 2019
24. Communication Skills for Working with People with Dementia, Pennsylvania Health Care Association Conference, [Ciolek C.](#), November 2018
25. A Person-Centered Approach to Antipsychotic Reduction: One size does not fit all. Pennsylvania Health Care Association Conference, [Ciolek C.](#), November 2018
26. Recognizing Pain in People with Dementia, Delaware Dementia Conference. [Ciolek C.](#) November 2018
27. Raising the Bar On SNF Quality Outcomes. Falls, Restraints, Medications, And Pain. American Health Care Association Conference, [Ciolek C.](#) and Strunk E. October 2018.
28. Understanding the 3 D's: Dementia, Delirium and Depression in Older Adults. ContinuEd Virtual Home Health Conference. [Ciolek C.](#), September 2018
29. Recognizing pain in people with dementia. Pennsylvania Health Care Association. [Ciolek C.](#), June 2018
30. Falls: Reducing and Managing Risk as Partners. Alzheimer's Association Annual South Jersey Conference, [Ciolek C.](#) June 2018
31. Exercise Prescription for the Older Adult- Intensity Matters in Every Setting. Southeastern District Pennsylvania Physical Therapy Association Mini-CSM, [Ciolek C.](#) April 2018
32. Fall Prevention Risk Assessment and Mitigation for Older Adults. APTA NJ Spring Conference, [Ciolek C.](#) April 2018
33. The PT's Role in SNF Quality Measures. [Ciolek C.](#), Strunk E. CSM New Orleans, LA, February 2018.
34. Musculoskeletal Changes with Aging. [Ciolek C.](#) part of Geriatric Focus for the Physical Therapist at Exercise and Physical Activity in Aging (EXPAAC II) Conference, Indianapolis IN, July 2016.
35. Leading and Environment that Facilitates Success. [Ciolek C.](#), Fenwick D, Arundale A, Kovacek P, Smith A. NEXT Conference and Exposition, Nashville TN, June 2016.

36. Applying Exercise Prescription Principles Across the Health Care Continuum For the Older Adult with Multiple Chronic Conditions. Ciolek C, Hartley G, Heitzman J, Staples W. CSM, Anaheim CA, February 2016.
37. Age Well. Guest speaker for the Delaware Medical Society Emeritus Member Meeting. November 2015.
38. Talk the talk... walk the walk. Guest panelist for Parkinson's Council meeting, Newark DE Sept 2015
39. The Power of Partnership between Academia and Clinical Education, Part 1. Ciolek C, Johnson D, Roth W, Wruble Hakim E. NEXT Conference and Exposition, National Harbor, MD, June 2015.
40. Integrating Clinical Experiences in the Curriculum. Bell K, Ciolek C, Foeller C, Wruble Hakim E. NEXT Conference and Exposition, June 2015.
41. The DCE Toolbox: The Nuts and Bolts of Integrated Clinical Experiences. Bell K, Ciolek C, Foeller C, Wruble Hakim E. NEXT Conference and Exposition, National Harbor, MD, June 2015.
42. The Struggling Student. Sponsored by the Philadelphia Area Consortium of Clinical Education, Ciolek C, Scardillo J. Spring 2015
43. Exercise Prescription for the Older Adult with Multiple Chronic Conditions. Ciolek C, Hartley G, Heitzman J, Staples W. CSM 2015, Indianapolis, IN.
44. Ethics for Everyday Practice. Ciolek C. Christiana Care Health System Invited Speaker, Summer 2014.
45. Innovation in Clinical Education Performance: An Algorithm for Standardized Decision-Making Interventions for Optimal Student Outcomes. Education Leadership Conference, Bell K, Ciolek C, Wruble Hakim E, Oct 2013
46. Motivational Interviewing: Improving Communication to Help Patients Reach Their Goals. Philadelphia Area Consortium of Clinical Education, Scales R, Ciolek C, spring 2013.
47. Optimizing Communication within Clinical Education, Philadelphia Area Consortium of Clinical Education, Ciolek C, Spring 2012
48. Geriatric Competencies in Physical Therapy: Preparing for the Future. APTA Combined Sections Meeting. Wong R, Avers D, Barr J, Klima D, Thompson M, Ciolek C, Feb 2011.
49. Mentoring the Clinician Beyond Entry-Level: Skills, Knowledge, & Behaviors for Successfully Residency & Fellowship Mentoring. CSM Preconference Course. Ciolek C, Tichenor CJ, Jensen G, Matsui I. February 2011.
50. Mentoring the Clinician Beyond Entry-Level: Skills, Knowledge, & Behaviors for Successfully Residency & Fellowship Mentoring. CSM Preconference Course. Ciolek C, Tichenor CJ, Jensen G, Matsui I. February 2010.
51. Mentoring the Clinician Beyond Entry-Level: Skills, Knowledge, & Behaviors for Successfully Residency & Fellowship Mentoring. CSM Preconference Course. Ciolek C, Tichenor CJ, Jensen G, Matsui I. February 2009.
52. Working with Older Adult Can Be Fun, Section on Geriatrics student programming at Heitzman J, Staples W, Ciolek C. CSM 2009, 2010, 2011
53. Guest Speaker: Southeastern PA Dystonia Support Group, Dec 2008
54. Foundation for Long Term Care 2007- Albany NY. Understanding Physical and Chemical Restraints.
55. Why Vital Signs are Vital to Your Practice. APTA Combined Sections Meeting. Ciolek C, Staples. Feb 2007.
56. Guest Speaker. Delaware Brain Injury Association Meeting, January 2007.
57. Why can't I keep my balance? Peripheral Neuropathy Support Group- September 2006
58. Ethical Decision Making in Geriatric Residencies: In the clinic and academic programs. APTA Combined Sections Meeting. Ciolek C, February 2006
59. Physical Therapy Update, Delaware Parkinson Educational Program, October 2005
60. Multiple Sclerosis, A Course for Physical and Occupational Therapists. Delaware MS Society. Ciolek C, May 2005.
61. Fall Prevention for the SNF Client. PARRI Regional Conferences, May/Sept 2002
62. Gait Training Vs. Ambulation. APTA Combined Sections Meeting. Ciolek C, Feb 2002

SERVICE AND MEMBERSHIPS

American Physical Therapy Association

1987-present

Appointed to the Centennial Steering Committee 2017-2021
 Appointed to the Leadership Development Committee 2015-2017
 Appointed to Board of Directors Work Group on Governance Review 2011-2013
 Appointed Board of Directors Work Group on Sections Governance Review 2011-2013
 Appointed to APTA Awards Committee- subcommittee on practice and service June 2008-2012
 Appointed to APTA Task Force on Governance Review (and Core Group) November 2009-Dec 2011
 Appointed Chair APTA Task Force on Governance Review Subgroup on Section 2011
 Appointed to APTA Guidelines Development Initial Meeting, Dec 2008
 Invited participant- Developing Clinical Education Standards Consensus Conference, Dec 2007
 Appointed Hooked on Evidence, geriatric clinical scenarios panel, September 2006
 Appointed APTA Representative to the Technical Expert Panel for the Staff Time and Resource Intensity Project, Iowa Foundation for Medical Care/CMS 2005-2007
 Appointed member- APTA Advisory Panel on Practice 2002-2005, Chair 2004-2005

Academy of Geriatric Physical Therapy/ APTA Geriatrics

1991-present

President 2021-2024
 Vice-President 2018-2021
 CEEAA Faculty 2015-present
 Bylaws Task Force 2014
 Section Chief Delegate 2008-2013, Section Delegate 2021-2024, Section Alternate Delegate 2019-2020
 Finance Committee 2011-2013
 Appointed Task Force Member- Essential Competencies in the Care of Older Adults at the Completion of the Entry level Physical therapist Professional Program of Study 2009-2011
 Nominating Committee 2002-2005, chair 2005
 Listserv Coordinator 2000-2009
 Leadership Task Force, 2001-2006
 Member of CSM Program Committee, 1997- 2004
 Member Editorial Board GeriNotes, 2000- 2002
 Secretary, 1999-2001
 Chair Task Force on Alternative Environments, 1998-2000
 State Liaison for State Liaison Delaware, 1995 to 2002

Delaware Physical Therapy Association

1987-present

Chief Delegate 2001-2002, 2014-2017
 Key Contact- Senator Coons- 2013-present
 Ethics and Judicial Committee Chair 2011-2018
 President 2003-2006
 Delegate 2003-2006, 2018
 Continuing Education Coordinator 1998-2003, 2005
 Listserv Coordinator 2000-2011
 Membership Chair/Newsletter 1995- 1999

Harriet's Memory

Chairperson- Advisory Panel for CueTeddy®

2020-present

Delaware Technical and Community College

Member of the Physical Therapist Assistant Program Advisory Board

2014-Present

Pennsylvania Physical Therapy Association, APTA

Section on Education, APTA

Neurology Section, APTA

American Geriatrics Society

2017-present

2007-2018

2004-217

2001-2004, 2013-2018

Expert Witness Not Retained