



IPTOP News

November 2015

Issue #26

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Contact Us at IPTOP

website@iptop.wcpt.org

Message from the President – Jennifer Bottomley

Moving: Keeping Things Whole

It seems the more IPTOP keeps moving and growing and evolving, the more “whole” we become. Conventional wisdom might suggest that by *holding still* we would be more likely to keep ourselves whole, keep things from falling apart. However, the unconventional wisdom is that movement keeps things whole... and IPTOP is proof of this and has been moving a great deal since our last gathering in Singapore.

With a change in leadership, we are experiencing a re-energized effort towards growth and navigation in the unknown, making discovery after discovery, and through this growth and movement – building an international integrity and respect by organizations beyond the membership of IPTOP and WCPT.

As I look at all the activity at the start of this new phase (between Singapore and South Africa), I note how many of us are in motion. You’ll see that IPTOP has developed Facebook, LinkedIn and Twitter accounts all of which provide a more immediate means of communication and information sharing than our tri-annual Newsletter. Make sure to explore the links provided in this newsletter. *Like* IPTOP on Facebook and follow the conversations on a variety of topics on *Linked In* and *Twitter*. There has been quite a bit of activity and movement on Facebook and Twitter, and though Linked-In hasn’t been as robust, it is still growing incrementally. Share your stories and resources with the rest of IPTOP’s members. Join the Social Media links.

Our website is under constant revision and you’ll see that the links to our social media accounts are provided on the front page of the Website. <http://www.iptop.wcpt.org>. Follow us on Twitter and Facebook by hitting the links to “Find IPTOP on Facebook”, “Follow IPTOP on Twitter” and “Join IPTOP discussions on Linked In.”

IPTOP was instrumental in the development of strategies for the *World Health Organization Strategies on Ageing and Health Promotion* and many hours were invested by our executive board and country representatives in providing our perspective for international meetings in Switzerland at the end of October. I extend my gratitude to all of you who responded to my queries and informational gathering. A full accounting of this strategy development is provided in this newsletter. We were delighted that Stephen Lungaro, IPTOP’s member country representative from Malta, was able to



"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, vision cleared, ambition inspired, and success achieved."

Helen Keller



attend this very important meeting in Geneva, Switzerland.

The 4th European Congress of the European Region of WCPT is one year away, and IPTOP is hoping to have abstract submissions accepted for presentation and for IPTOP to have a booth in the exhibit hall for this Liverpool gathering November 11-12, 2016. For more details on this congress check out <http://www.liverpool2016.com>. We will keep you posted about the possible presentations by IPTOP members.

The WCPT conference in Cape Town South Africa in 2017 is a constant item on our meeting agenda as we hope to be prepared with prospective submissions for pre and or post conference courses as well as symposia and panel presentation requests for proposal submission by WCPT. We are pleased that Hans Hobbelen, IPTOP Vice President, has been appointed to the Scientific Review Committee for this conference. Keep an eye on information coming out from WCPT news updates as to deadline dates and surveys about areas of interest.

Many queries regarding membership in IPTOP have occurred since our last newsletter including questions about membership from: Taiwan, Chile, Hong Kong, Malaysia, Denmark, Sri Lanka, Austria, Japan, Slovenia and Germany. Materials for membership have been sent out and we are hoping for favorable submission for membership. Special thanks go to Janet Thompson, our UK country representative, who has been instrumental in making many of these connections, and to Nancy Prickett, our Treasurer, who has been so diligently keeping track of the many countries that have sought information. If any of you know Physiotherapists in these countries, please contact them to gather support towards their membership

It is important that you be a part of the conversation. Write an article or provide a news item to IPTOP's Newsletter editor, Helen Johnson. Submit material for the IPTOP website to Helen Johnson as well. Knowing that each member country has a different perspective of health care and how the physical therapist functions in geriatric settings, we are fashioning a self-understanding that depends on integrating the various parts of ourselves into a coherent whole – and refreshing that wholeness as we change. So... as we continue to evolve, we need to really work together to meet the varying needs of each of our member countries. The best way to accomplish this is by making the connections and working together to make powerful and meaningful gains in our strategies for aging and health promotion. It's about moving to keep things whole. "A body in motion stays in motion..." *Isaac Newton*

Let's keep moving to keep things whole!

Respectfully Submitted,

Jennifer M. Bottomley, PhD, MS, PT

President, International Physical Therapists working with Older People (IPTOP)



Message from the Newsletter Editor – Helen Johnson

Welcome to the fall 2015 edition of IPTOP News! This issue contains some great information about Older Adult interest groups in our IPTOP member countries, and an update of IPTOP Executive activity from our President, Jennifer Bottomley.

Please look out for our growing IPTOP social media presence! Participating in the venue of your interest, whether Facebook, Twitter or LinkedIn, will allow us to expand our interactions and member engagement with more real time communications.

Our next newsletter will be published in winter-spring 2016. If you have any news or other items of interest to members, please send them to me at:

website@iptop.wcpt.org

“It’s paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn’t appeal to anyone”

Andy Rooney

IPTOP on Social Media



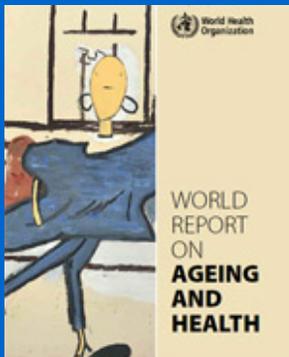
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<https://twitter.com/iptopwcpt>



<https://www.linkedin.com/grp/home?gid=8357958>



World Health Organization releases report on Ageing and Health

October 1, 2015 marked the International Day of Older Persons. The World Health Organization (WHO) observed the day with the release of the World Report on Ageing and Health, which outlines a framework for action to foster Healthy Ageing built around the new concept of functional ability. The investments discussed will have valuable social and economic returns around the world, both in terms of health and wellbeing of older people and in enabling their on-going participation in society.

You can access this report

at: <http://www.who.int/ageing/publications/world-report-2015/en/>



**World Health
Organization**



“Aging is not lost youth,
but a new stage of opportunity and strength.”

Betty Friedan

A Global Strategy and Action Plan on Ageing and Health

On 29th and 30th October 2015 a meeting was held by the WHO Secretariat in Geneva, Switzerland, to discuss a draft of Global Strategy and Action Plan on Ageing and Health. The vision of the Plan was a world in which everyone experiences healthy ageing. The meeting's objective was to gather inputs from member states and other stakeholders on key aspects of the Plan. The WCPT was one of the stakeholders invited to the consultation meeting.

The representatives for WCPT at the consultation meeting were Emma Stokes and I.

The WHO had opened the consultation world wide with a web based questionnaire. The WCPT responded to this via its own consultation with International Association of Physical Therapists working with Older People. (IPTOP). IPTOP promptly provided a comprehensive response, which was studied before the event in preparation for relevant interventions. However, the WHO meeting quickly took the form of a validation marathon, particularly on the first day. This did not detract from the atmosphere or the importance of the assembly. Indeed, it was interesting to hear stakeholders, particularly member states, voice their support or their reservations for the presented action plan. The smaller Central and Western African states showed concern about reaching some of the milestones WHO proposed, such as the adoption of the finalised Global Strategy and Action Plan by 2016, particularly in the launching of "decade of healthy ageing in 2020", mainly citing lack of resources.

Another interesting debate erupted during the meeting. Eastern European members put forward the argument that the word "ageing" should be removed from the document and replaced with "longevity". They argued that the latter represents better the aims of WHO, while "ageing" has too many negative or derogative connotations in their home culture. The feeling in the room was one of surprise, but ultimately the presiding panel remained with "ageing" as it emphasised the reality that ageing is a process rather than a time target. My point is that it is good to be reminded that, although ageing is an accepted world issue, different cultures look at it, enrich it, from different perspectives; something that should be kept at forefront in policy making and implementation within any global organisation.

A demanding notion that was submitted midway into the second day was the recommendation to remodel rigid health systems into broader social systems which, it was suggested, were more able to deal with ageing issues. The challenge was finding out the best path for transformation.

One clever and pragmatic recommendation aired towards the end of the meeting was that of constructing a clearinghouse of sorts for evidence that supports the accurate measurement of healthy ageing. This would help ameliorate the difficulty analysts have when reviewing research publications when there is little consensus on research design, informant type, sampling etc. The panel responded that while it was cautious in its



“There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.”

Sophia Loren

approach to the endorsement of research studies, it would consider the idea.

Focusing on physiotherapy, the meeting was rewarding. Emma Stokes approached the presiding panel with a recommendation to lead the participants into regular two minute exercise programmes to help avoid joint stiffness from long periods of sitting, and to stimulate circulation and brain activity. Effectively the whole assembly was asked to practice what they(we) preached. It was a hit! Session breaks included exercise and laughter! Physiotherapy was in everybody's mind and mentioned several times in member interventions thereon. Talk about raising the profile of Physiotherapy!

I had the opportunity to submit two interventions, the first one being an introduction with a short explanation of the mission of WCPT. Later in the proceedings, the second intervention voiced support for the Global Strategy and Action Plan, reinforced the value of exercise and how the WCPT can help contribute to and implement the Action Plan, particularly through its subgroup networks, such as IPTOP.

The outcome of the consultation meeting was to collate verbal web-based inputs from the identified stakeholders and revise the Global strategy and Action Plan for Healthy Ageing for consideration by the WHO executive board in January 2016. Closer to home, the outcome of the meeting was a raised profile for WCPT and its potential contribution to facilitating Health Ageing.

Respectfully submitted,

Stephen Lungaro-Mifsud

IPTOP Member Country Representative, Malta

Axxon Congress, October 2, 2015 The Future of Physical Therapy with Older People in Belgium

Axxon, the Belgian Physiotherapy Association, held a successful Congress on geriatric physiotherapy, with over 300 Physical Therapists (PTs) in attendance. The day was kicked off with a series of keynote presentations, including:

- Prof. Emma Stokes, President of the WCPT, who presented a lecture on the immense challenge and great opportunity for PTs in geriatrics with the oncoming demographic changes. Our profession should embrace and showcase the knowledge and role that PTs have in helping older people to keep a healthy and independent lifestyle.
- Prof. Hans Hobbelen, Vice-President of IPTOP from Hanze University of Applied Sciences in Groningen (Netherlands), spoke about the current state of research on movement disorders in people with dementia.



- Dr. Stéphane Baudry (Free University of Brussels, Belgium) provided a lecture about sensorimotor decline with ageing, consequences for motor control and design of interventions.
- Prof. Alice Nieuwboer (Catholic University of Leuven, Belgium) discussed “Is it worth the effort? Rehabilitation effects in Parkinson's disease.”

Following the keynote sessions, eight different workshops were presented where scientific theory from the morning were linked to practical application. These included two presentations on fall prevention, strategies for motivating older people to exercise, challenges of respiratory rehabilitation, cueing of movement in Parkinson’s Disease, balance and vestibular disorders, dual tasking and “Snoezelen”, a sensorimotor approach of people with cognitive disorders.

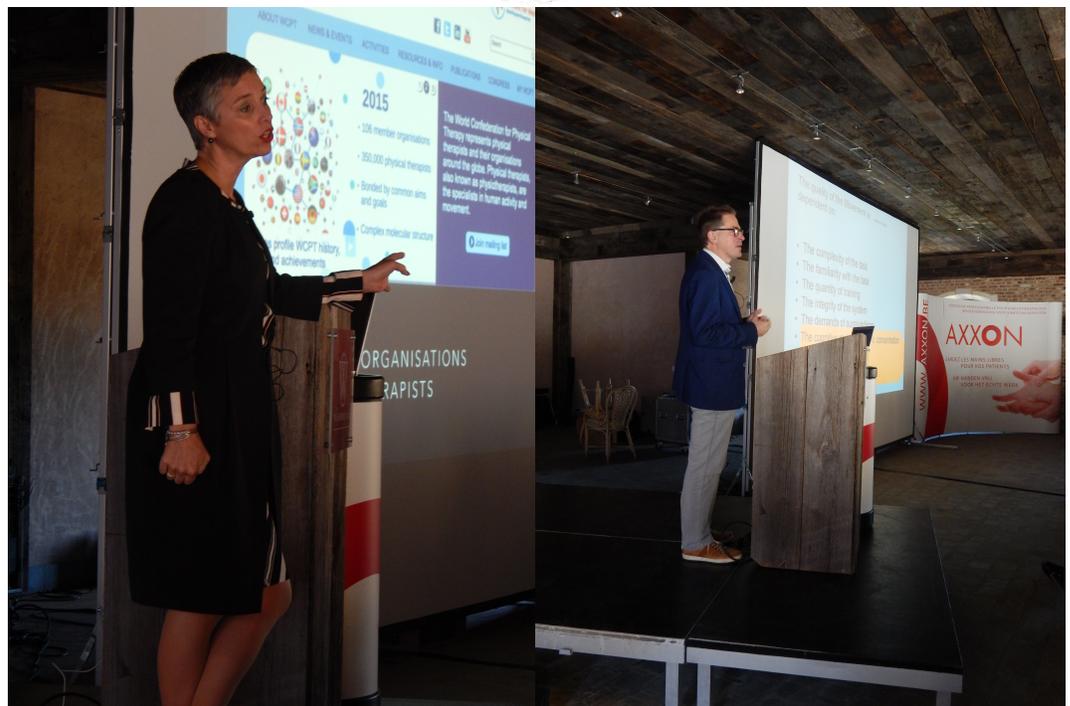
The closing session delivered by Maggie De Block, Minister for Social Affairs and Health of the Belgian Federal Government, provided a vision for health care and the future of physiotherapy in Belgium within the coming demographic changes.

Respectfully submitted,
Jan Tessier, Secretary IPTOP



“Those who think they have no time for bodily exercise, will sooner or later have to find time for illness.”

Edward Stanley



Prof. Emma Stokes and Prof. Hans Hobbelen speaking at Axxon Congress



News from the Netherlands – Dutch Association for Geriatric PT celebrates 40 years



The Dutch Association for Geriatric Physical Therapy (NVFG) was founded in 1975 so this year we celebrate 40 years of operation. The NVFG organizes an annual Congress, and last September a Jubilee Congress was held to mark to this special occasion.

The theme of the congress was 'Technology: new for old', because besides our founding, the launch of the personal computer was also about 40 years ago. We found it to be a suitable combination! Our new presidents, Lotte Kunst and Louis Nijhuis, held a special presentation about the history of the NVFG. There was a diverse program with several speakers and topics like quantified self and e-exercise.

The NVFG will develop a Jubilee edition of our journal for our members and stakeholders. It will be a 'NVFG glossy' with information about our association, interviews with the NVFG board member, students, professors and much more.

We are of course very proud to have an association with such a long history!

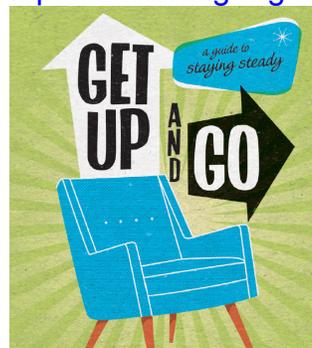
Respectfully submitted,
Laura den Boeft, IPTOP Member Country Representative, Netherlands

"You cannot swim for new horizons until you have courage to lose sight of the shore." *William Faulkner*

News from AGILE, UK Chartered Physiotherapists working with older people

October 1, 2015 marked the United Nations Day for Older People and the Chartered Society of Physiotherapy together with AGILE had a major focus on this day, launching a new booklet entitled 'Get up and Go, a guide to staying steady' together with a video on the use of the Timed Up and Go test. AGILE members were heavily involved in developing these resources, and indeed it is the new AGILE chair, Louise McGregor who you can see featured in the video:

<http://www.csp.org.uk/publications/get-go-guide-staying-steady>





Over 400 physiotherapists organised events around the UK from walking aid checks to balance classes to promote healthy active ageing. News from these events are posted at <http://www.csp.org.uk/news-events/events/older-peoples-day-2015> or follow the #olderpeoplesday tweets on Twitter.

The series of regular education events around the UK continue with the 'Functional MOT' courses and a joint conference with the Association of Chartered Physiotherapists in Oncology and Palliative care <http://agile.csp.org.uk/network-events/oncology-palliative-care-older-age-acpopc-annual-autumn-conference>

Respectfully submitted,
Janet Thomas, IPTOP Member Country Representative, UK

Website: <http://agile.csp.org.uk>

News from Physiotherapy New Zealand – Older Adults

New Zealand Older Adult Group Chair Chrissie Russell reports that a study day on Dementia was held in August 2015, which was positively received by members that attended. This day provided useful information for practical use in clinical practice and stimulated much discussion between attendees on the day.

The Older Adult group is undertaking ongoing work with Physiotherapy New Zealand (PNZ) to provide opportunities for physiotherapy input into development of the NZ Ministry of Health's Health of the Older Person Strategy.

Links and useful information are being provided about the interRAI assessment process, which was keenly discussed at the study day.

Finally, the group is providing ongoing input as a Special Interest Group in the planning of the 2016 PNZ conference to be held September 16-18, 2016 in Auckland.

Respectfully submitted,
Liz Binns, IPTOP Member Country Representative, New Zealand

News from Canada

In Ontario, Canada, much work is underway to build an "Assess and Restore" framework for improved access to rehabilitative care for frail older adults living in the community. This includes strategies for education and capacity building in geriatric care for health service providers. These e-learning modules are now available, free to access.

<http://www.regionalhealthprogramsw.com/frailtymodules/>

More detailed information on the overall strategy will be in the spring newsletter.

Helen Johnson, IPTOP Member Country Representative, Canada

Mark your Calendars – Upcoming Conferences / Events

A list of upcoming important WCPT events is available at www.wcpt.org/ under the banner “News & Events”. Here are a few notable events:

November 11-12, 2016:

4th European Congress of the European Region of the World Confederation for Physical Therapy (ER-WCPT), Liverpool, UK

Web: www.liverpool2016.com



The ER-WCPT Scientific Committee is now recruiting potential reviewers of platform and poster abstract submissions for the 2016 ER-WCPT congress in Liverpool (11 – 12 November 2016).

So if you have experience in reviewing abstracts and a track record of publications and/or presentations and would be available as a reviewer, **please respond to the below survey, by 1st January 2016**. Please note that you must be available to review abstracts between 7 and 23 March. The number of abstracts sent to reviewers will depend on their area of expertise and the number of submissions received; however, it is anticipated that no reviewer will receive more than 20 abstracts. <https://www.surveymonkey.com/r/P3BYK2X>

The survey can also be accessed at: <http://www.liverpool2016.com/abstracts>

The “call for abstracts” is also open, further details can be found at: <http://www.liverpool2016.com/abstracts>

More information on the congress can be found on the dedicated website www.liverpool2016.com

IPTOP is planning a presence in Liverpool, with a display booth and other opportunities including submission of abstracts for presentation.

April 14 – 16, 2016

Environments for Aging: From Health Promotion to End of Life
36th Annual Scientific Meeting of the Canadian Geriatrics Society
Vancouver, British Columbia, Canada
<http://www.canadiangeriatrics.ca>

June 28 – July 1, 2016

World Congress on Active Ageing (WCAA)

Melbourne, Australia

Call for abstracts open – deadline 15 December 2015

Registration is open – early bird registration closes 15 March 2016

<http://wcaa2016.com.au/>

American Physical Therapy Association, Academy of Geriatric Physical Therapy – find a comprehensive listing of upcoming events and courses at: <http://www.geriaticsppt.org/events>

WCPT Congress 2017 – Cape Town, South Africa

Planning is already well underway for WCPT 2017, which will be held July 2-4, 2017 in Cape Town. Please note these upcoming timelines:



The call for focused symposia is open! We encourage you to think about joint proposals on topics of wide interest.

The call for abstracts will open in June 2016 and close in October 2016.

Registration will open in September 2016.

Stay up to date by following updates on the website at:

<http://www.wcpt.org/congress>

WCPT Congress 2015 Proceedings available online

Abstracts of all presentations made at the WCPT Congress in Singapore, poster presentations, and many of the PowerPoint presentations that accompanied symposia and platform sessions are posted on the WCPT abstract archive. In addition, you can watch and listen to many of the focused symposia, panels and debates held during the Congress. This is a rare opportunity to learn from experts in their field on the profession's hottest topics.

Find them at <http://www.wcpt.org/congress/wcpt2015/proceedings>

 Follow ongoing conversations @WCPT1951

IPTOP Executive Committee 2015

President Jennifer Bottomley	Secretary Jan Tessier
Vice President Hans Hobbelen	Treasurer Nancy Prickett
Newsletter Editor Helen Johnson	Web manager Helen Johnson website@iptop.wcpt.org

Patron: Jill McClintock, FCSP
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Finland Paulina Iiskala	Iceland Nanna Gudny Sigurdardottir
Ireland Grainne Forde	Malta Stephen Lungaro-Mifsud
Netherlands Laura den Boeft	New Zealand Liz Binns
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