Background to IPTOP Association

The idea for a world Association arose as a post-training project following an international Course in Malta organized by WCPT and INIA (The International Institute for Aging, United Nations). During the WCPT Congress in Japan in 1999 a steering committee was established. The Association formally got off the ground when 11 Foundation members came together in 2002, the Association achieved affiliation to WCPT during the Congress in Barcelona in 2003 and represented approximately 8000 therapists world wide. During the 2007 Congress in Vancouver IPTOP present a session discussing World ageing, regional variations and physiotherapy approaches, this session involved all regions of WCPT.

Officers of the Association

Chair: Prof. Filiz Can PhD, Mac
Vice Chair: Prof. Jennifer Bottomley
Secretary: Jill McClintock MCSP
Treasurer: Prof. Neva Greenwald (Treasures 2007 -2009)
Nancy Prickett MPT, MA, NCS, GCS (Treasured 2009) Newsletter Editor: Prof. Amanda Squires PhD, MSc, FCSP
Co opted Members: Bhanu Ramaswamy MCSP, Olwen Finlay MBE, FCSP, DMS, HT

Activities

- Information about IPTOP

At the WCPT congress in Vancouver, IPTOP had a stand with the poster and executive members
have given information about IPTOP throughout the congress duration. Brochures, booklets and other publications related with IPTOP and older people have been delivered to the colleagues who had visited the IPTOP stand.

Nancy Pricket, Olwen Finlay, Filiz Can, Neva Greenwald at the IPTOP stand

- **Executive Meeting:**

Prior to leaving Vancouver in 2007 the new executive committee met and laid down their objectives for the following four years. At that meeting, objectives were established and the minutes of this meeting were recorded in IPTOP newsletter. At that meeting one did not envisage the economic down turn that was to be experienced by some countries. These economic problems have not been advantageous and some of our members have economic difficulty however IPTOP still achieves the eleven members as required by WCPT.

First general meeting of IPTOP with newly elected officers in Vancouver in 2007

- **Awards**

IPTOP were would like to congratulate Nancy Prickett (USA) and Amanda Squires (United Kingdom) on receiving International Awards. Olwen Finlay has also been presented with Leadership Award by the WCPT. All of them have worked too much for older people and geriatric rehabilitation from the beginning and have done a lot for IPTOP. They all were the founder of IPTOP and they deserved this award. As executive members of IPTOP, we are very proud and appreciated to WCPT for those awards. WCPT motivated us to work harder and to do more for our subgroup.

Nancy and Amanda received International Awards from Dr Sandra Mercer Moore- Chair of WCPT
**General Meeting and Communications with the Countries:**

In the general meeting of IPTOP in Vancouver, IPTOP has invited some representatives from new countries like Greece, Japan, Italy, Denmark, Singapore, Taiwan, Brazil, Latvia, Iran, Iraq and Israel in addition to the delegates from member countries in General Meeting of IPTOP. They were very collaborative and keen to be involved in general meeting. I had also personal communications with the delegates from Hong Kong, Korea, South Korea, Taiwan, Montenegro, France, Belgium, Portugal, Lebanon, Colombia, Uruguay, Chili, Fiji, Mexico and Zambia during the General Meeting of WCPT. I have kept in touch with Greece to make them a new member country. Then Greece has managed to organize their special interest group and became a new member country of IPTOP.

Delegate of Fiji, Usha Krishna-Gfeller has asked me to send her an informative message about IPTOP as the Chair. My message aimed to encourage them to organize their subgroup has given them on the opening ceremony of their National Congress. Dr. Shinichi Shindo from Akita University in Japan has sent me official intension letter to initiate the structure of their group and to keep in touch for becoming a member of IPTOP in the near future. Dr. Karim Karimi from Iran has also sent a letter written their willingness to be a member country. All of them are still working on establishing their special interest group.

During my four year term of office the newsletter which is distributed via the web has kept the executive in contact with our membership and further contact has been made with some countries that as yet are not involved with IPTOP and other countries which have no specific programme of care for older people at either under graduate or graduate levels. Other countries which had been contacted by IPTOP were Poland, Spain, Estonia, United Arab Emirates and Israel. Some of them, like Fiji, Estonia, Montenegro and United Arab Emirates- had not enough number of physical therapists working with older people to establish their special interest group, so they have been stimulated to have it in the near future and the others began to work on it.

Filiz Can with contacts from Africa, Montenegro, Taiwan, Fiji and Korea
As yet IPTOP has no representation from either Africa or South America. Some members of the Executive committee have also written articles as requested by colleagues who are trying to stimulate an interest within their own country. Although Brazil from South America was very keen to be a member country on behalf of IPTOP, IPTOP had to reject their application since their special interest group was a combined group included medical doctors and other professionals of geriatric care. IPTOP has recommended them to provide their special interest group as physical therapist.

- **Scientific Activities and Participations:**

IPTOP had a panel titled “World ageing, regional variations and physiotherapy approaches” in Vancouver 2007. There were 5 speakers from Canada (Dr Mike Landry: World Ageing & the South American Region), Africa (Professor Dele Amosun: African Region), USA (Nancy Prickett: North America & the Caribbean Region), Australia (Jennie Delaney: South West Pacific Region) and Turkey (Professor Filiz Can: European Region) to talk about 5 different region of the world moderated by Amanda Squares from IPTOP.

After Vancouver, I have been invited to the 22nd Annual Congress of Hellenic Scientific Society of Physiotherapy, which was held on 14-16 November 2008 in Athens in Greece. As an invited lecturer on behalf of IPTOP, I gave a speech titled “Gait and posture particularities and adaptations of the elderly: Physiotherapy assessment and intervention” I pointed out the brief mission of IPTOP and gave an announcement for the next IPTOP congress at the end of my speech. I also asked the Greek colleagues to be involved widely to the geriatric care and rehabilitation programs in their country and to take more place on this specialisation of the physiotherapy. I encouraged them to do some studies related older people and to organise next IPTOP Congress since I have already known their willingness for it. There were also some other national speakers have given very good lectures and panel speaks on “Elderly and third age” in the congress. As far as I understood after the congress, they need to have some support and motivation for having more members and more studies.
We had an official meeting after the congress with the chair and some members of their subgroups, in addition to chair of Hellenic Society. We talked about the next IPTOP Congress and collaborative activities and works for geriatric care with the other subgroups. We also refreshed the mission and future directions of IPTOP with all the members of the subgroups who had participated to the meeting. They were so keen of organising the next IPTOP congress and had showed enthusiasm to be a host country for 2009 or 2010.

I have participated the XIX th IAGG (International Association of Gerontology and Geriatrics) World Congress of Gerontology and Geriatrics with its slogan “Longevity, Health and Wealth” has been held between 5-9 July in Palais des Congrès in Paris. I have presented a poster titled “The comparison of body composition, muscular strength, balance, reaction time and activity level in community-dwelling and institutionalized older adults” as representative person of IPTOP in this congress. The congress had more than 7500 participants with 91 countries represented.

The scientific program has included 4 themes, which were biological sciences, health sciences/geriatric medicine, behavioural and psychological sciences, social research and policy. They have received 600 submitted symposia and accepted 4416 abstracts. The congress brought together researchers and clinicians from a variety of countries, and from all research disciplines and areas related to population aging and older people. Unfortunately the participation of physical therapists was rare with no special or combined sessions for the physical therapists.

The workshops, symposiums and panels have got together worldwide specialists like Bruno Vellas, Gloria Gutman, Jean- Pierre Baeyens, Keith Hill and John Campbell. Katherine Berg and Mary Tinetti were the lecturers who are very well known names among the physiotherapists since their assessment tools as “Berg Balance Test” and “Tinetti Performance-Oriented Assessment Test” have been widely using by the physiotherapists in clinical practice and in research. I have talked with them about IPTOP and some possible meetings. Both of them were very keen to be involved in the future meetings of IPTOP.
I had an opportunity to introduce myself on behalf of IPTOP to the Vice President of the IAGG, Dr. Alain Franco, and talked with them for further collaboration in the near future as the main international associations concerning with geriatrics and gerontology. I have also talked with the chairperson of the Organising Committee - Dr. Heung Bong Cha - for 20th IAGG Congress will be held on 2013 in Seoul, Korea. I have suggested him to be included in the scientific program of their congress as IPTOP that we may be charge of a joint day program or panel program for the physical therapists. I have also requested him to motivate the physical therapists in Korea for establishing their special interest group, which may take a part in the organisation of their Congress.

I have also participated to “International Symposium 2009 School of Health” has been held in 18-19th June in Enschede, Netherland. The symposium titled “New Professionalism and Health Education” has covered multidisciplinary program for health professionals. There were very informative lectures and very interesting workshops for the physiotherapists as “Innovation: global networking in health education”, “Physiotherapy: Professional trends, new roles for professionals”, “Movement: Research programmes”, “Future of the health care educational structure” and “Elderly care”. Scientific program has designed to give a very good model of seamless care in international health care.

Congress Organizations:

IPTOP has developed a policy of sharing annual conferences in different countries. Shared conferences have had numerous benefits for both IPTOP and the host nation. IPTOP has expanded their awareness of the international scene while the host country has used the international profile for marketing and at the same time has provided as opportunity for local therapists to hear international speakers, as well as increasing their awareness of WCPT. The annual programming through joint congresses has increased cross communication within the organization.

Although Greece has wanted to be host country for the next IPTOP Congress after 3rd IPTOP congress in Istanbul and initiated to work on scientific program, they had to cancel it since they have got economical crises in national level.

IPTOP in the first four years of affiliation with WCPT got involved in an international conference every year. However it was decided that possibly a conference every two years would be more realistic. During this term, next IPTOP congress as joint congress with 2nd National Congress of Geriatric Physiotherapy Association held in Ankara in 11-13th of November 2009.
IPTOP was honoured to have the conference opened by Mr. Süleyman Demirel, who was the 9th President of Turkish Republic. He has provided an inspiring opening address and represented very good role model for the older people to be very active as physically, mentally and socially in his 80’s. IPTOP congress news and his speech had great interests by the Turkish media and took place in many television channels and journals.

[Filiz Can and Mr. Süleyman Demirel, 9th President of Turkish Government in the opening ceremony of the congress.]

In addition to the oral and poster presenters, Turkey received support from 12 international speakers from UK, Norway, Netherlands, Ireland, Germany, USA and Belgium and 67 national speakers from Turkey. 6 students came from 6 physical therapy school in different region of Turkey have given a panel speech for perspective of the students to the aging world. 150 delegates attended, this was one of the most successful physiotherapy congresses ever held in Turkey.

There were parallel session during the congress. The topics in the both hall were aging and effects of aging, anti-aging, patella-femoral pain syndrome, osteoarthritis, conservative and surgical approaches, postural control and balance problems, fatigue and endurance, aging heart, pulmonary rehabilitation, physical activity and conditioning, community based rehabilitation, motor learning theories in geriatric physical therapy, and acupuncture in older people, wound care, lymphatic drainage massage, multidisciplinary approaches in clinical problem solving, determination and challenge of the aging problems, evidence based studies in geriatric rehabilitation, perspective of the students to the aging world.

Keynote speakers- Yelverton Tegner, David Beard, Michael Callaghan and Olwen Finlay- and other international and national speakers include IPTOP executives have given very informative presentations and done very good discussions.

[Prof. Filiz Can with the international keynote speakers (Dr. Micheal Callaghan, Dr. David Beard and Dr. Yelverton Tegner]

Turkish Geriatric Physiotherapy Association was grateful to all the speakers for their help and scientific support. Congress organization has given presents to the IPTOP officers and international speakers to give the appreciation. IPTOP officers, executives of Turkish Geriatric Physiotherapy Association and some international speakers during opening ceremony of the congress.
The titles of the first day panels in the congress were “Aging world: Disorders, care and policies for older people” and “Where are we in geriatric care and rehabilitation in Turkey?”. Those combined panels with participants of the delegates from responsible departments of the government in addition to the physiotherapists have given a future direction to the governmental departments.

This international approach also proved advantageous to Turkey as the national Association has been asked to provide evidence towards the national plan for caring for older people. After this congress, Turkish Geriatric Physiotherapy Association has been asked to participate to “Home Care Council, 8-9 April 2010”, “Geriatrics Platform Meeting & Workshop, 16-17 June 2010” and “Meeting for Guideline of Care Giver for Older People, Commission member of Home Care, Turkish Republic of Health Ministry, 27-29 April 2010”, although Turkish Geriatric Physiotherapy Association has already been involved in “Council of Home Care Model and Multidisciplinary Team Members Education for Geriatric Patients Projects of Turkish Ministry State Planning Organization, which had been between June 2006-2010.

Day before the congress- 10th November 2009, IPTOP had its second general meeting after Vancouver. In addition to IPTOP executives, 2 delegates from Belgium and one delegate from Turkey participated to the meeting. Executives has discussed about the WCPT congress and raised some propositions for the possible satellite programs of IPTOP. We have also discussed about if IPTOP will award the best poster in WCPT congress as we had given in Vancouver. We have worked on to develop an evaluation form for the judges. We talked about new memberships for IPTOP and possible host countries for the next IPTOP congress. IPTOP has decided to have national activity reports from all the member countries, which may be helpful to have closer collaboration with IPTOP and an inspiration for their activities for each of them.

[General meeting of IPTOP with executives in Ankara in 10th November 2009.]
Current Membership

The following are fully paid up member as at the end of April 2011. Members pay either annually, bi-annually or on a four yearly basis as agreed with the Treasurer.- Australia, Canada, Greece, Iceland, Ireland, Netherlands, Norway, Switzerland, Turkey, United Kingdom, United States of America. All members when they join are required to have the application form signed by the parent Physiotherapy Association verifying they are the officially recognized group within the country.

Continued Progress since Vancouver Conference

- The Section of Geriatrics USA has continued to act as “banker” and we would wish to acknowledge their help
- Collaboration with Hacettepe University, Ankara in the International Conf. 2009
- Participation in the WCPT tele-conferences
- Continued publication of the Newsletter via WCPT web-site
- Assisting some countries with articles to promote care of older people
- The general meeting discusses the future strategy and development of IPTOP within resources available
- IPTOP has agreed to fund again a prize for the best poster relating to Older People as submitted by a member for the 2011 Congress in Amsterdam
- IPTOP welcomes to continuation of the AWARD scheme of WCPT and supported this scheme by making submissions
- IPTOP is supporting nonmember countries that have no special interest groups and no special policies and health care systems in their country. IPTOP Finances The section on Geriatric USA has kindly acted as a management agent for IPTOP until recently, however IPTOP has now established an independent account and currently is financially secure. During the past four years the main expense has been associated with the web management and publishing of the twice-yearly newsletter. IPTOP has always struck a very low capitation fee to ensure that no country would be unable to join for financial reasons but with careful housekeeping, financial stability has been achieved though the generosity of the executive committee who have self funded their involvement when travelling internationally Newsletter and IPTOP Policy Booklet The establishment of a policy booklet has proved advantageous and helps new members to the organization get a feel for IPTOP’s aims and objectives. COURSES Guidelines have been written should a country or region wish to organize a training course for Physiotherapists working with Older People. The curriculum would be based on the that established by WCPT in conjunction with the United Nations. Guidelines are published in conjunction with the Newsletter
- Meeting of Sub-Group Presidents. This meeting was extremely useful. IPTOP appreciated that WCPT President joined the meeting sharing her ideas on the way forward. As the subgroups we have to have more collaborative meetings and working groups to support WCPT. WCPT may recommend for possible interaction between the groups and may lead for possible projects on behalf of WCPT collaborated with other organizations like WHO or UNFPA. If WCPT will do planning and lead for it, IPTOP will be very pleased to have a role (like a project or collaborative study for ICF) in older people aspect in those kinds of collaborations.

Acknowledgements: None of the above would have been achieved without the support of The Secretary General and her staff. The management of the IPTOP web site in conjunction with WCPT works very efficiently and has helped IPTOP get established. On behalf of IPTOP, I would like to extent our gratitude to WCPT and WCPT officers- especially to Brenda Myer, Tracy Burry, Rachel Moore and Mia Lockner.

The chair- Nuray Kirdi- and the other executives of Turkish Geriatric Physiotherapy Association has given me great support to IPTOP in all aspects during all my period. I am also thankful to the director- Gül Şener- and the other members of Department of Physiotherapy and Rehabilitation Faculty of Health Sciences in Hacettepe University for their support during the
Congress and general meeting.

- I should also give my gratitude to Dr. Sandra Mercer Moore-past chair of WCPT – for her support and her encouragement to me to be included in IPTOP officers. Special interest group of UK-AGİLE- was another organization which has been always helpful to IPTOP.

- Finally, my deepest appreciation will go to the all executive members of IPTOP and to co-opted members of officers-especially to Olwen Finlay who was the first and past chair of IPTOP. They have given such a big effort to make IPTOP forwarded and supplied me great help and inspiration throughout my period. I am very thankful to them for giving me their expert and friendship.

**Summary:**

During the term between 2007-2011, I have visited many nursing homes, day care centre and residential houses in Netherlands, Canada, USA, France, UK, and Greece and got big experience with the geriatric care and rehabilitation model. I have also visited many nursing homes and also health care clinics in many cities of Turkey. Since Turkish Geriatric Physiotherapy Association have been involved in many meetings and working groups in Governmental Departments, Councils, and some Foundations beginning from 2005 till now, I have had an opportunity to transfer my national and international experience to the both sides.

As officers of IPTOP, we have worked to achieve IPTOP mission and to broaden our vision about Geriatric Physiotherapy. We also aimed to point out the importance of physical therapists in geriatric health care and rehabilitation in multidisciplinary healthcare system and to increase involvement of physical therapists into geriatric care models in all over the world. We would like to show the value of physical therapists in promoting health and to preventing chronic disease in the societies in aging world.

As IPTOP, we decided to have more collaboration with the other organizations (like International Association of Gerontology and Geriatrics and European Geriatric Society) and other associations in geriatric care since we have to be represented in those organizations as physical therapists. That will be very helpful to promote our profession and to have some support from them.

We have also encouraged the colleagues to establish their special interest groups for older people and stimulated them to collaborate with their national health care system for older people. We knew that we need to do some collaboration with the national governmental health system and with the policy makers to achieve physical therapy profession for each country. This will also give us an opportunity to strengthen the WCPT that is another mission of IPTOP as a subgroup of WCPT in many aspects.

Currently IPTOP officers are keeping work on WCPT Congress in Amsterdam and looking forward to be altogether in the general meeting for the new ideas and strategies for IPTOP.

On behalf of IPTOP, I would like to thank to WCPT once again.

Prof. Filiz Can, PT, PhD Chair of IPTOP