President’s Message

SPRING 2015— The Truth About “Big Rocks”

It amazes me how a dedicated group of volunteers can accomplish so much. Much has been done towards our preparation for the Singapore WCPT conference. We’ve changed our “communication” efforts through the exploration of Facebook and Twitter and are working on revisions in the IPTOP website to provide ease of access and more links.

It has been a very productive time for IPTOP. We’ve maintained a steady pace and have kept moving forward towards our goals. I want to start this President’s message by thanking all of the “Big Rocks” in the IPTOP volunteer force. What do I mean by the “Big Rocks?”

One day a few weeks ago, I attended a lecture at my College’s School of Management. The lecture was by an expert in time management.

(Continued on page 2)
She was speaking to a group of business students and interested faculty and – to drive a point home – she used an illustration that I will never forget.

As she stood in front of the group of high-powered overachievers, she said – “Okay, time for a quiz!” She then took a wide-mouthed gallon sized jar out and set it on the table in front of herself. Next, she produced about a dozen fist-sized rocks and carefully placed them, one at a time, into the jar. When the jar was filled to the top and no more rocks would fit inside, she asked, “Is the jar full?” Everyone in the class nodded their heads in the positive or replied, “Yes.”

The speaker said, “Really?” She reached under the table and pulled out a bucket of gravel (crushed rocks). She dumped some gravel in and shook the jar causing the smaller rocks of gravel to work themselves down into the space between the big rocks. Again she asked, “Is the jar full?”. We’d caught on by this time and responded, “Probably not.” “Good!” she replied.

She reached under the table and brought out a bucket of sand, which she poured into the jar. The sand went into all of the spaces left between the rocks and the gravel. Once more she asked the question, “Is this jar full?” “No!” the entire group responded. Once again she said, “Good.”

Then she took a pitcher of water and began to pour it in until the jar was filled to the top. She looked at the class and asked, “What is the point of this illustration?”

One eager student raised his hand and said, “The point is, no matter how full your schedule is, if you try really hard you can always fit some more things into it!”

“No,” the speaker replied, “that’s not the point. The truth this illustration teaches us is: If you don’t put the big rocks in first, you’ll never get them in at all.”

So what are the “Big Rocks” in your personal life? Your loved ones… a worthy cause… doing things you love… your health… Are you making time for them?

What are the “Big Rocks” in your professional life?” IPTOP is certainly one of my Big Rocks along with clinical work, teaching, research. Since assuming the Presidency of IPTOP, I’ve been more active in the life of IPTOP with frequent SKYPE meetings with our Executive Board and Country Representative’s as well as individuals and in keeping up with the news coming from WCPT through the WCPT website and newsletter. The scope of my interests professionally have expanded to see a broader world view rather than only dealing with the local gravel and sand and water… My awareness of the complex issues facing Physical Therapy and the difficulties encountered by the world’s environment for our aging population has expanded. My knowledge about the role of volunteering in solving the problems of global aging has become a “big rock.” IPTOP members play a big role in improving the quality of Physical Therapy in the most remote areas of the world. There is a desire to lead and to serve at the same time… That may sound contradictory, but the truth is, successful and meaningful volunteer service requires our innate leadership abilities. It is so refreshing to see how willingly so many of you step up to the plate to meet the needs of our IPTOP member countries.

There is some of the great work that’s happening with our members around the world. The more of you I meet and the more of you who have gotten more involved in IPTOP the more I learn about the important work that you are doing and the unique issues each country faces in the provision of health care for older adults. I believe it is important to bring to light the teaching, research and professional involvement of IPTOP members and provide you with links to their work and resources on IPTOP’s website. I’m looking forward to hearing about your work and engagements as geriatric physical therapists and delighted to see the number of IPTOP members presenting platforms, posters, networking and educational sessions at the upcoming WCPT conference May 1-4, 2015 in Singapore. Look for the conference highlights and IPTOP activities in this Newsletter and on the IPTOP website.

Jennifer M. Bottomley, PhD, MS, PT
President, International Physical Therapists working with Older People (IPTOP)
IPTOP Executives and Country representatives are preparing for the WCPT conference in Singapore May 1-4, 2015 at the Suntec Singapore Convention & Exhibition Centre.

Mark your calendars as the Singapore Conference will be here before you know it... now is the time to register, book your hotel and make your travel arrangements.

Here is a summary of some of the IPTOP events and activities that you’ll want to include in your calendar at WCPT Congress Singapore 2015

- **IPTOP have a stand - F13 in the Exhibit Hall** thanks to the generosity of WCPT in providing booth space for WCPT subgroups during the Singapore conference. We hope that when the call goes out for volunteers to “man” the stand that many of you will volunteer to spend an hour or two at the IPTOP booth.

- **Subgroup Networking Session: Saturday 2nd May from 8.30 am -10.00 am Room 309**

  Led by Nancy Prickett (IPTOP’s Treasurer) and Hans Hobbelen (Netherlands Country rep and Regional Representative for Europe). IPTOP officers and country representatives will be present to chair a table of networking therapists and students. Prior to the close of the session, each table can share their ideas with the whole group and these ideas will be documented.

  **Networking Session Topics:**
  a. The inclusion of geriatric training in physical therapy programmes to promote careers working with the elderly
  b. Developing national subgroups for physical therapists working with older people with the inclusion of students.
  c. Best practices in physical therapy when working with the elderly.
  d. Community projects promoting healthy aging and prevention of age related problems.

- **IPTOP Members General meeting: Sunday 3rd May from 10:00 am to 12:00 noon in Room CC 103.**

**Social Events** - WCPT is advertising their social events on their website.

- **Saturday 2nd May the IPTOP Social Evening.** Join IPTOP for an Evening At The Singapore Zoo - Dinner & Night Safari – 18:00 (6:00 pm) to 23:00 (11:00 pm).

  Details on the following page with information how to register for the event.

We extend many thanks to Sin Yi Lee (Singapore representative) and Olwen Finlay (IPTOP Patron) for organizing this gathering and attending to the many details involved in orchestrating this gala!

**Booking hotel rooms** – WCPT website has an extensive, descriptive list of hotels in all price ranges within walking or travelling distance to the Suntec Conference Center. The conference hotel is the Pan Pacific.

**Awards** – will be given at the WCPT General Meeting dinner. IPTOP has sent in two nominees for International Service Awards to the WCPT Awards Committee. More on page 5
Join IPTOP for An Evening At The Singapore Zoo, Dinner & Night Safari
Saturday 2nd May 18:00 (6:00 pm) to 23:00 (11:00 pm)

An IPTOP Social Evening Ulu Ulu Safari Restaurant at the Singapore Zoo to
give IPTOP members and family/ friends an opportunity to meet for
dinner, get to know each other, network and enjoy each other’s company
followed by a visit to the Night Safari (includes a tram ride).

The cost for all the Transportation to & from the zoo, dinner and the
Safari is: $ 90.00SGD.

Use this link to register: http://goo.gl/forms/1CpdeIX3Zq

If you have problems with the registration link?  E-mail Nancy Prickett – treasurer@iptop.wcpt.org

Travel provided from the SunTec Conference Center to and from the Zoo will leave promptly from the
Conference Center main entrance. Please gather starting at 18:00 (6:00 pm) to assure you are there when the
bus loads at 18.15. Look for the IPTOP Bus Sign and gather there.

18:30          Bus leaves Promptly
19:15 – 20:15   Arrive at the zoo for Buffet Dinner
20:15 – 22:15   Night Time Safari
22:15          Re board bus to return to the Conference Center
23:00          Arrive back to Conference Center

About Dinner

The Ulu Ulu Safari Restaurant offers an Asian Buffet Dinner that provides an exciting variety of dishes to
accommodate most people. If you have a specific allergy or dietary restriction - please indicate this on the
registration form. Note: No alcoholic beverages are served at the zoo.

About the Zoo and Safari

Located at the Singapore Zoo, the world’s first zoo for nocturnal animals, the Night Safari, is a home-grown
attraction that has gained a reputation on the world’s stage for the immersive wildlife experience provided to
visitors. A highlight of Singaporean experiences, so you really don’t want to miss this wonderful event.

This safari experience by tram provides insight into the mystery of the tropical jungle at night by displaying a wide
range of animals in natural settings. You’ll never experience this anywhere else in the world. There is quite an
array of tropical mammals (excluding primates), which reveal true jungle life, coupled with the beautiful
sunsets. Singapore is an ideal geographical location for a night zoo.

Tickets are limited so if you’d like to come, PLEASE REGISTER EARLY.

Registration Form: IPTOP’s Social Dinner & Night Safari at the Singapore Zoo
IPTOP Registrant Name: _____________________________ Number Additional Guests: ________ Total
Price ($90.00 SGD and $90.00/guest): _______________

Please pay in CASH (exact amount) PRIOR to the Trip to the ZOO to obtain your bus ticket. You will NEED this
ticket for yourself and a ticket for each of your guests in order to board the bus [NO Exceptions]

Indicate any special dietary needs (allergies): 

IPTOP Abstract judges at WCPT 2015
The following 4 IPTOP representatives are prepared to be judges:

- Filiz Can (Turkey)
- Constance Schlegl (Austria)
- Gráinne Forde (Ireland)
- Stephanie Fu (Australia)

**WCPT International Service Award 2015**

**IPTOP submitted two nominees for WCPT’s Service Awards and are happy to announce that BOTH of our nominees have been granted an award.**

We are pleased to inform the members of IPTOP that our Vice President AND Secretary, Jill McClintock, a founding member of IPTOP, and one who takes on more tasks than the rest of us could imagine, received the International Leadership Service Award and Dr Alan M Jette, who has given so freely of his time and expertise to IPTOP through his presentations and research was granted the International Service Award in Research.

Awards for international service are given to honor individuals who have made a significant contribution to physical therapy internationally or within their region. Criteria used to judge the nominations included evidence of a sustained contribution of service to important professional activities, evidence of regional and/or international impact of services and contributions such as regional/international consultative or collaborative work; advancement of subgroup development and growth; leading/initiating multisite research and educational programs, professional and/or public visibility of contributions (clinical services, publications, presentations, invited lectures, appointed and elected positions held), and research and services resulting in the advancement of the profession of physical therapy.

**Congratulations to both Jill and Alan. The WCPT Awards dinner,** is part of the WCPT General meeting which is held prior to the WCPT Congress, it will be attended by at least 12 IPTOP country representative and executive board members. We will delight in seeing Jill receive her award. While Dr Jette will be unable to attend the Singapore conference, IPTOP President, Dr Bottomley – will accept the award on his behalf. We look forward to honoring Jill and Alan at the Awards Dinner – Thursday April 30, 2015 at the Pan Pacific Hotel.

**Jill McClintock**
IPTOP Vice President and Secretary; Founding Member IPTOP

**Dr Alan M Jette**
Keynote speaker–IPTOP’s Boston Conference; Director, Health & Disability Research Institute, Boston University School of Public Health
Think globally, act locally. As physical therapists, we see our impact on quality of life patient by patient. But there is also a call for us to think beyond our day-to-day to learn from other physical therapists and to move the profession forward, everywhere. I went to my first WCPT Congress in 2011, in Amsterdam, Netherlands and very much like the feeling I got after going to my first CSM, I was changed forever. That first CSM (I will decline to mention the year, lest I age myself) was amazing. Of course I knew intellectually how many physical therapists there were in the US but being in a huge convention center with all the thousands of people around me being MY people was overwhelming in the most wonderful way. Everyone was speaking my language, and it was inspiring. You mean all this programming is just for me?! That’s also how I felt after WCPT 2011 Amsterdam but the feeling was even more profound because everyone was speaking a different language and yet they were all still MY people. Like that first CSM, I sort of wandered around with a deer-in-the-headlights look trying to take it all in as I attended seminars and talked to so many different physical therapists.

The programming at WCPT is incredibly exciting and diverse. Optional pre- and post-congress courses give attendees a deeper (usually day-long) education on a particular topic. The primary reason I attended my first WCPT was that I was presenting a post-congress course (which also could explain some but not all of the overwhelmed feeling). There are Focused Symposia (like our educational sessions) presented by international teams of experts; the folks that keep coming up in your Medline and PTNow searches. Networking Sessions are a great way to immediately connect with therapists with similar interests and lead to great friendships and collaborations after the Congress. Similar to our conferences, there are plenty of Poster Sessions to explore and Platform Presentations of varying length to attend to get the latest information. An interesting addition to the concept of the poster presentation is the Poster Walk, where individuals are led by an expert facilitator to a small number of related posters for discussion. There are also schedule Discussion Panels, made up of experts in a particular topic. Finally, because treating patients is what we all have in common, the Congress offers local Clinical Visits. Attendees are shuttled to facilities (varied settings and patient populations) to learn about physical therapy in Singapore. In addition to all the typical social programming (Opening/Closing Ceremonies), the Congress also offers sight-seeing tours of the local area which is great for those on a short stay. Who doesn’t have fun on a bus full of physical therapists? The Congress is presented in English, so don’t worry about ordering Rosetta Stone®. However it should be noted that WCPT is based in England, so get used to the Queen’s spelling of things like ‘programmes,’ and terms like ‘focused symposia.’ Just think of it as charming. So, all-in-all, it is an awesome spectacle and worth every minute. I left WCPT 2011 in Amsterdam drained, as is typical after a conference, but also motivated. I also happened to pick up a little brochure at the exhibit hall describing an organization called IPTOP or the International association of Physical Therapists working with Older People. And that brochure led me here, writing to you about attending WCPT as the IPTOP liaison to AGPT.

Attending conferences is difficult for many of us, the costs and the time from work and home as barriers. So to ask you to attend a conference in a very far away place is a challenge. The WCPT understands this and only puts on this Congress every four years (quadrennial – I Googled it). I like to think of it as the ‘Olympics’ of Physical Therapy. It’s PT on a world stage, and I encourage each of you to save your pennies and go to Asia in search of that amazing overwhelmed and inspired feeling. I’ll see you there, I’ll be the one
on the bench to your right, looking up, all deer-in-the-headlights. Links for more information:

http://www.wcpt.org/congress
http://www.wcpt.org/iptop
http://www.wcpt.org/news/
http://www.geriatricspt.org/about-section-on-geriatrics/iptop/

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Lisa R. Dehner PT, PhD is the IPTOP liaison to AGPT, and an Associate Professor Of Physical Therapy at Mount St. Joseph University in Cincinnati, Ohio. She teaches Neuroscience, Pathology and Pharmacology, and Geriatric Evaluation and Treatment. She practices clinically in long-term-care for Athena Therapy.

LISA.DEHNER@MSJ.EDU  USA@iptop.wcpt.org

Networking is Key in WCPT Congress Program


Networking is a key element of the WCPT Congress program, with a series of sessions designed to promote international collaboration between colleagues who share a common professional interest.

Many networking sessions cover clinical subjects such as amputee rehabilitation, cardiorespiratory physical therapy, paediatrics, stroke recovery and health promotion.

Others revolve around professional issues such as international work and study, working with support personnel and private practice.

Some are aimed at particular roles for physical therapists: early career researchers, managers, or educators.

“The value of networking at congresses is frequently reported as one of the top reasons for attending,” said Tracy Bury, WCPT’s Director of Professional Policy. “These sessions offer an informal opportunity to meet and talk with colleagues, and complement all the other opportunities for networking during the course of the congress.”

Past delegates consistently report that contacts made and information exchanged with international colleagues at WCPT congresses has changed their outlook and practice for the better.

Shane Patman of the International Confederation of Cardiorespiratory Physical Therapists (ICCrPT) will be chairing the networking session on cardiorespiratory physical therapy. He would like to see physical therapists involved in this field of work be more confident to use the full extent of their skills so that they can help patients achieve better outcomes. This is a subject he will be exploring as a speaker during a congress focused symposium session on “Exercise: special health needs”.

He also hopes that a sense of professional direction will grow during the networking session. “We want to build on the last meeting at the congress in Amsterdam, where the ICCrPT became a formal group. We know there’s great diversity across the world, and we want to show people that there are different ways of doing things – giving them confidence to extend their scope, and give better value to clients. I hope it will be an inspiring session.”
This year, WCPT wants to provide opportunities for those who are just beginning to embark on a career in research to discuss issues and support each other. The networking session for early career researchers will be chaired by Nicholas Henschke from Germany.

“As an early career researcher myself, there are a number of interesting issues which I hope to discuss with participants,” he says. “These include how to build a successful research career, how to create research collaborations, and how to improve research skills. I hope that by the end of the session we will be able to produce an ongoing network of physical therapy early career researchers who can support each other and develop the profession through high quality research.”

The preliminary programme for next year’s congress has been published, including details of focused symposia, discussion panels and debates, seminars, networking sessions and courses.

**Dot.Physio: A Wonderful Resource**

Since its launch in November 2014 news.physio - the website dedicated specifically to providing physiotherapy & physical therapy news - has been a wealth of informative news articles related to the world of physical therapy and the content is added to frequently by all WCPT member countries. It is an outstanding resource. Clearly the world’s physio & physical therapy community are embracing this single location to provide the professional news they are seeking:

- Google, Twitter and Youtube news feeds show the latest physio & physical therapy news stories, tweets and videos - demonstrating how the world sees us today;
- PubMed and PhysioSpot feeds show the most up to date research and clinical information; and
- News feeds from the World Confederation for Physical Therapists and eight of the world’s leading Physiotherapy Associations share the professional issues affecting us all.

Updated as it happens, new opportunities, new ideas and new knowledge are discovered every time you visit. Take the opportunity to experience this amazing free resource and check-in on news.physio everyday to find out what's happening in the world of physiotherapy and physical therapy today.

**Other IPTOP news:**

**IPTOP Country Reps & Members attended the Rotterdam Conference:** Jan Tessier (Belgium); Bernadette (IPTOP member; originally from the Netherlands and currently residing in the US); Jill McClintock (UK and IPTOP VP & Secretary); Glauca Gonçalves Mantellini (Switzerland).
Thank You Olwen Finlay
For A Lifetime of Achievement – A World of Gratitude to IPTOP’s Inspirational Cofounder, Mentor & Leader in Geriatric Physical Therapy

As Olwen Finlay MBE, FCSP, HT DMS prepares to leave her post as IPTOP’s first Patron – the members of IPTOP wish to extend our praise for a Lifetime of contributions to the field of Geriatric Physical Therapy and our heartfelt gratitude for the many years of dedication and commitment on behalf of IPTOP and the whole world of Physical Therapy. Olwen has continued to mentor new leaders to take on many IPTOP roles, encouraging the organization of IPTOP’s participation in conferences in association with international and national events, and has monitored IPTOP activities – stepping in to assist with actions when direction and guidance is required.

It would be easy to fill up this entire newsletter with Olwen’s many achievements, but a few IPTOP related highlights include some of the following:

In 1993 Olwen was a participant on the WCPT/ UN/ International Institute of Aging (INIA) international course for physiotherapists in elderly care in Malta. Each was required to develop an action plan following the course, and Olwen’s vision was for an international association of physiotherapists in elderly care.

She persisted with her vision and engaged the support of colleagues from her contacts around the world. The idea was discussed at WCPT Washington in 1995 and at WCPT Yokohama in 1999 where a shadow committee and steering group were formed with Olwen as Chair. The Foundation Meeting was held in Birmingham, UK, 2002 with Olwen nominated as Chairman. At WCPT Barcelona 2003, IPTOP was accepted as a WCPT subgroup. General meetings have been held in Barcelona 2003; Dublin 2004; Melbourne 2005; Istanbul 2006; WCPT Vancouver 2007; and Ankara 2009, Amsterdam 2011 and Boston 2013. Membership has grown to include many countries since 2003, representing around 10,000 physical therapists in geriatric physical therapy care.

As instituted by Olwen during her first term as IPTOP’s Chair, the efforts of the association – IPTOP - are directed towards member associations and their individual members working with older people through excellence, research, practice and clinical specialization. Olwen has visited many of these member associations at her own expense, focusing on the smaller ones who need the extra help to develop. Recently, she visited Singapore, where WCPT 2015 will be held in May of this year and where she was instrumental in establishing the contact person for Singapore, Sin Yi Lee, who has guided the current efforts for IPTOP’s social gathering at the Singapore Zoo during this conference. She never stops...

As members of the committee have changed over the years, Olwen has steadfastly remained a driving force, ensuring administrative deadlines and constitutional requirements are met.

Olwen accepting the 2011 WCPT International Service Award in Leadership – from WCPT’s President Marilyn Moffat in Amsterdam

In 2011 - IPTOP Co-founder and past chairman, Olwen Finlay, was awarded the WCPT’s International Service Award for promoting physiotherapy care of older people around the world. It was her vision and leadership that led to the establishment of the International Association of Physical Therapists working with Older People (IPTOP). She served as the first President of IPTOP and brought the organisation to recognition as a WCPT subgroup in 2003.
Since stepping down as Chair of IPTOP, she has continued to support our international efforts as the association of IPTOP evolves. Not only has Olwen given her time and expertise generously, she has also raised funds to support the development of physical therapy around the world.

**IPTOP conference in Istanbul, Turkey – 2006 – Olwen received recognition of her contributions to IPTOP as founder and first president (chair) of IPTOP**

As the inspiring force behind the origination of IPTOP, we now acknowledge her lifetime of achievement. IPTOP appointed Olwen to the newly created position of *Patron* during our meeting in Boston. She was the most obvious choice for holding this position. It was Olwen’s vision and leadership that established IPTOP and supported and nurtured IPTOP through its infancy. We have continued to seek her wisdom as IPTOP has matured.

Olwen has offered the highest quality of work in an enthusiastic, committed, and timely manner. On each of the projects we’ve worked on she has given more than 100% of her attention to detail and accuracy of information. She is highly respected by her peers for her leadership and advocacy in the area of geriatric physical therapy. The scope of her physical therapy practice is vast.

Olwen has helped to organize many subsequent IPTOP activities. She was involved in a programme WCPT organized with the National Institute on Aging (NIA – UN Malta) in the mid 1990’s. She has raised funds to support the development of PT around the world.

**Olwen on the Boston Commons with past IPTOP President Filiz Can during 2013 IPTOP Conference in Boston, Massachusetts – USA (left).**

An invitation (right) to a reception with Her Majesty, Queen Elizabeth II to celebrate 50 years of the Winston Churchill Memorial Trust of which the Queen is a Patron, and for which Olwen was awarded a travel scholarship in 1973.

IPTOP would like to congratulate Olwen on her many achievements within Physiotherapy for Older People, to thank her for her hard work and guidance and to extend to her all good wishes for the future.
World Roundup - contributions to IPTOP Newsletter – March 2015

Country: UK

Name of group: AGILE, a professional network of the Chartered Society of Physiotherapy (CSP)

http://agile.csp.org.uk/

Name of representative: BhanuRamaswamy, FCSP at United.Kingdom@iptop.wcpt.org

Number of members in group: AGILE ended 2014 with 596 members.

Description of group: The group aims to assist members in delivering the highest possible practice with older people by:
- Promoting high standards through education, research and efficient service delivery
- Providing a supportive environment, facilitating the exchange of ideas and information
- Encouraging and co-coordinating relevant activities regionally and nationally

Activities since last report:

1. AGILE continues to contribute to varied projects including (see http://agile.csp.org.uk/projects), and is involved in the publication of Ageing Well information for groups such as the CSP, Age UK and is currently in discussion to write information for Saga. Many members have been attending the CSP ‘Physiotherapy Works’ project at http://www.csp.org.uk/your-health/ageing-well-physiotherapy

2. AGILE now has three Twitter accounts. The Chair is @AGILEChair, the Public relations Officer@AGILE_tweet, and the Research Officer@AGILEResearch.

3. Our facebook page is: https://www.facebook.com/pages/AGILE/500546586643746

Followers, and friends especially other IPTOP members, would be welcomed.

Other relevant national events: This year’s is seeing the completion of the Regional study days held across the UK facilitated by Ed Wilson on Soft-touch trigger point treatment with the older person, and the start of the MOT Assessment days with Bob Laventure leading; details can be found on the AGILE website Events page at http://agile.csp.org.uk/network-events

Event highlight: We had a successful attendance and provided speakers for the CSP’s Physiotherapy UK event in October 2014, and in 2015 are looking forward to collaborating with the British Geriatric Society at their annual Conference in October on ortho-geriatrics.

Update from Irish Representative

The CPNG (Chartered Physiotherapists in Neurology and Gerontology) continues to organise continuous professional development opportunities for it’s 200 members. Our evening lectures run 4 times a year and we are in the final stages of organising weekend courses and our AGM over the next 4 months. We are always looking for interesting speakers for our courses and would be open to developing links with international groups to deliver the highest quality of evidence-based practice to our members. The committee is currently reviewing applications for research and CPD bursaries that are awarded annually.

The CPNG has had a busy year reviewing many draft documents including Neurology National Clinical Programme Model of Care and Rehab Medicine National Clinical Programme Model of Care and we are delighted to have physiotherapy input at this stage. Within the last two years, our membership has been active in the planning stages of the National Dementia Strategy, and. Following on from this, the ISCP and CPNG are hosting a Dementia Study Day.

Grainne Forde, Ireland@iptop.wcpt.org
News from CANADA:

New exercise guidelines were released for patients with osteoporosis in Canada in June 2014. **Too Fit to Fracture: exercise recommendations** for individuals with osteoporosis or osteoporotic vertebral fracture were unveiled at the CPA Congress. The recommendations developed by Professor Lora Giangregorio (University of Waterloo, Ontario) and an international group of experts, focus on multicomponent exercises which combine muscle strengthening, and balance training in addition to aerobic conditioning. Information is also available for patients, titled "After the Fracture: Information about Pain and Practical Tips for Movement". More information is available at [www.osteoporosis.ca](http://www.osteoporosis.ca)

**Arthritis Research Centre of Canada receives CIHR Partnership Award for arthritis screening program:** An innovative screening program has been developed in Canada between the Arthritis Research Centre, Arthritis Consumer Experts and Shoppers Drug Mart/Pharmaprix to help Canadians better prevent and manage arthritis through early screening and detection of symptoms. Pharmacists work with patients through a self-administered joint exam and questionnaire to monitor symptoms and medication over time. [http://news.gc.ca/web/article-en.do?mthd=tp&crtr.page=1&nid=921109](http://news.gc.ca/web/article-en.do?mthd=tp&crtr.page=1&nid=921109)

**Ontario Senior Friendly Hospitals** initiative, provides a framework to guide improvements in care to prevent and minimize common complications of delirium and functional decline that threaten the ability of older adults to return home following hospitalization for acute illness. A Senior Friendly Hospital toolkit and other informative materials can be found at [http://seniorfriendlyhospitals.ca/about-sfh](http://seniorfriendlyhospitals.ca/about-sfh)

The **Seniors Health Division of CPA** has a very active Facebook page, with regular posts coordinated by student members on our executive.

Take a look and "like" us at [https://www.facebook.com/SeniorsHealthDivisionCPA](https://www.facebook.com/SeniorsHealthDivisionCPA)

Respectfully submitted,

Helen Johnson, Seniors Health Division, CPA, [Canada@iptop.wcpt.org](mailto:Canada@iptop.wcpt.org)

In the last newsletter, we welcomed Austria as a member of our WCPT subgroup. We are delighted to tell you that Malta is in the process of re-joining IPTOP (Malta was one of the original member countries of IPTOP) and we look forward to introducing you to the new Member Country Representative once she or he has been identified.

Singapore has also submitted their application for membership and we will finalize their membership during the conference in Singapore. It is exciting to see the increased interest in the treatment of older people by more and more therapists around the world. We continue to encourage “individual” membership for the countries that do not have a specific geriatric association or professional interest group.
2015 IPTOP Communication Sheet
(please contact secretary@iptop.wcpt.org regarding any changes/problems)

Executive Board Members and Committee Members

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<th>Role</th>
<th>Name</th>
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<td>Jennifer Bottomley</td>
<td><a href="mailto:president@iptop.wcpt.org">president@iptop.wcpt.org</a></td>
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