
Apologies noted were: Olwen Finlay (Founder IPTOP), Sin Yi Lee (Singapore), Lena Ziden (Sweden), Jean Van Hoornweder (Belgium), Sonya Vani (Canada), Laura den Boeft (The Netherlands), Stephanie Fu (Australia), Marco Daroit (Italy), Gerti Wewerka (Austria).

There were 35 people (from 16 different countries) present at this meeting, 14 of which were Voting members.

1. Welcome:
Jennifer Bottomley, President of the International Association of Physical Therapists working with Older People (IPTOP) welcomed everyone to the meeting.

2. Executive Committee members introductions. Present were Jill McClintock (Patron), Jennifer Bottomley (President), Hans Hobbelen (Vice-President), Nancy Prickett (Treasurer), Helen Johnson (Website Manager and Newsletter Editor), Jan Tessier (Secretary).

3. Letter from Olwen Finlay (Founder of IPTOP), presented by Jill McClintock (Patron). The letter will be published in the next Newsletter.

4. Presentation from HUR
Arto Hautala, Adjunct Professor of Physiotherapy, PhD (Physiology), MSc (Biomechanics), PT. He is Director, Research & Education in HUR. After a brief presentation of the company, HUR, were Arto works, he explained that HUR’s mission is to solve the big socio-economic challenges arising from an ageing society by providing exercise equipment, software and solutions which reverse the physical decline of an individual. This means improved quality of life for the users, increased revenues for the customers and lower costs for the society. The features in HUR products and concepts developed are based upon scientific work and are in accordance with recommendations from world’s leading exercise as medicine authorities. Research guidelines aim to certify that HUR is involved in the High-quality research in the fields of exercise science and exercise as medicine.
The academic associates published studies with HUR on a wide variety of topics including Fall prevention, Cardiovascular rehabilitation, Geriatric strength training, ...
His presentation is attached with the email of the Notes of the GM 2019.

5. **Verification of notes from IPTOP GM in Cape Town, 2017** was made.
Proposal to agree these as a true record was made by Lisa Dehner (US), seconded by Constance Schlegl (Austria). Motion to agree was carried unanimously. The notes were signed by Jennifer Bottomley.

6. **Summary Reports** were presented and copies given to the Secretary for the IPTOP GM business record. A summary of these reports is provided below.
   - **Patron Jill McClintock**: In her overview she thanked the Executive Committee and especially Jennifer Bottomley for exploring new ways of communication which will improve very much the relationship between the Exec Committee and the Member Countries. Also she thanked Jennifer for initiating collaboration with other subgroups and having two successful conferences one in Boston and the other in Montreal. She also talked about the Raymond Finlay bursary and this will be published in the Newsletter.
   - **President Jennifer Bottomley**: The President's and Vice-President's reports have been merged and will be published in the next newsletter.
   - **Vice-President Hans Hobbelen** reported on the Research Committee. The scientific committee has been active in investigating research in geriatric physical therapy, writing proposals for congresses and organizing questionnaires. The last three years under the guidance of Stephen Mifsud-Lungaro from Malta. Stephen recently stepped down from the position of chair of the Research Committee. Hans thanked Stephen very much for all his efforts and energy and mentioned that we are developing a new education committee under the guidance of Jennifer Bottomley. This also means that we have to realign and re-formulate the aims and goals for the research committee. To assist us in this we are looking for a new chair of this committee.

To enhance scientific research the IPTOP Executive Board provided two years ago a research grant valued at 1000 US$. To assess applications for this grant we are looking for members for the Grants Review Committee.
Jan added that he has received an application form from Prof. David Beckwée (Belgium), who wants to join the Grant Review Committee.

Jennifer added that Steven also was the IPTOP representative at the WHO Conference with the position paper on Geriatric Physical Therapy and Active Ageing. This position paper was worked on by Jennifer, Hans and Steven.

- **Treasurer Nancy Prickett**: The Treasurer report was given to the audience in order to follow this report. Nancy spoke about the agreement regarding the dues for 2019. It will be 1 US $ and the dues notices will go out in June. With the new incomes, IPTOP has organised Research Grants and Educational Grants. The application forms can be obtained at the Treasurer’s email address. In conclusion, Nancy said that there are also 3 openings for volunteers to serve on the IPTOP Finance Committee.

- **Newsletter Editor and Web Manager Helen Johnson**: Since the last WCPT Congress in 2017, a total of 5 newsletters were published and disseminated to the Member Country Representatives (MCRs). We have been moving from two newsletters to three per year, and hope to increase to a quarterly production. We rely on our MCRs to disseminate the newsletter to the geriatric / older adult interest group members in their country. Helen thanked all MCRs who have provided submissions about recent or upcoming activity in older adult physiotherapy in their country. IPTOP is always looking for additional support through these submissions.

  We are trying to update the information about each Member Country Representative on our IPTOP website. Some information remains outstanding for MCRs from Denmark and Germany. The IPTOP Executive Committee has recognized the need to increase our resources in the area of communications in order to expand our activity and realize our goals/outcomes. As a result we are moving toward a model of having a Communications Officer, and opening up opportunities for people to serve in the roles of Newsletter Editor, Website Manager and to support Social Media (i.e. Facebook, Twitter and possibly other platforms like Linked In).

- **Secretary Jan Tessier**: Jan thanked the EC and the MCRs, allowing him to be the IPTOP Secretary for 4 wonderful years. In this time, IPTOP
started to work with a Business Plan and a ‘To-do’ list, with goals and with a named person, responsible for each item. Jan said that he has full confidence in the new Exec Committee continuing this work.

- **Jennifer**: Motion to accept the Treasures report was supported by Constance Schlegl (Austria) and seconded by Liz Binns (New Zealand). Motion to agree was carried unanimously.

### 7. Subcommittees report

- **Communication Committee: Helen**
  
  A Communications Plan has been drafted, which will support our activities, and assist in determining the most appropriate communication platforms to meet our goals. Helen said that she was looking forward to working with any interested volunteers to advance our IPTOP goals and objectives through communications.
  
  We are active with IPTOP Twitter accounts @IPTOPWCPT, with special thanks to Janet Thomas, where we have 1209 followers. Janet is also live streaming some of our activity from Congress through our Twitter feed. As well, we have an IPTOP Facebook page, where we have 839 followers.

### 8. Identify the IPTOP Member Country Representatives names and introductions:

The Member Country Representatives were listed up by name and country and there are 14 Member countries present.

### 9. Ratification of New Member Countries:

There are 4 new membership countries and Nancy has done the paperwork to ratify these new Member Countries. There are Japan, Greece, Denmark and Italy. Prof. Yukio Urabe, MCR, for Japan and Dimitrios Vasmatis, MCR for Greece came forward to receive the membership ratification document from our IPTOP President, Jennifer Bottomley. For Denmark and Italy the ratification document will be sent out to the MCRs of both countries.

### 10. Executive Committee vacancies:

Jennifer thanked everyone for those 8 wonderful years working together with the board and the Member Country Representatives in the Skype calls and Zoom conferences.
Nominations: All posts in the Executive Committee are vacant and have 1 nomination for each post.

Verification of nomination and agreement: Jennifer asked the audience to agree with the nominations all in one movement.

For president: Hans Hobbel (The Netherlands)
For Vice-President: Susan Hunter (Canada)
For Treasurer: Lucy Jones (US)
For Secretary: Janet Thomas (UK)
For Communication Officer: Helen Johnson (Canada)

The motion to accept was supported by Christine Frey (Switzerland) and seconded by Margreet van Dijk (Belgium). The motion to agree was carried unanimously.

11. Future plans for IPTOP: Hans Hobbel

Hans said that he is really honored to be the next IPTOP President. He thanked everyone for their support. He is humbled as he is stepping on the shoulders of giants who established and developed IPTOP in the past twenty years. Hans thanked and acknowledged specifically all past presidents Olwen Finlay (Northern Ireland), Filiz Can (Turkey) and Jennifer Bottomley (USA). He also thanked the Executive Committee who he has been working with in the last 4 years, Jennifer Bottomley, Jill McClintock, Nancy Prickett, Jan Tessier and Helen Johnson. They all encouraged him and guided him towards his next role within IPTOP. Furthermore Hans thanked the Dutch Association for Geriatric Physiotherapy (The NVFG) for their support and encouragement of his application for President of IPTOP.

12. New Job opportunities: Hans Hobbel

Communication Officer - Website Manager & Newsletter Editor

In Human measures IPTOP has grown in the last 20 years to be a respectable young adult who is eager to learn and explore the world. To keep track of all its activities we need to improve our communication with our members, not only with the Member Country Representatives, but preferably with everyone who they represent. For this reason we have a new post in the new IPTOP Executive Committee, the Communication Officer and Hans is very pleased that Helen Johnson stepped forward for this post. The Communication Officer will be assisted by at least two and preferably three appointed posts: the Website Manager and the Newsletter Editor and someone for social media.
- **Representatives Coordinator:**
  Furthermore there will be a new appointed post as liaison between all Member Country Reps, Regional Reps and Associate Members. For this post Hans has invited the Member Country Representative and alternative MCR from Sweden, Lena Ziden and Gillian Asplin to jointly fill in this position. He was very pleased that they accepted his invitation. All to improve communication and commitment to our members within and beyond IPTOP.

- **Chair of Education Committee**
  The successful contribution of IPTOP in congresses and in pre-conference courses in the past years is also one of the avenues we want to explore further. Not only it enhances IPTOP’s visibility and recognition but it can be financially profitable. For this reason IPTOP will develop a new Educational Committee with an appointed chair. Hans was very pleased to announce that IPTOP’s former President, Jennifer Bottomley has accepted his invitation to be the first Chair of this committee.

- **IPTOP Patron:**
  Last but not least Hans has invited Jill McClintock, our Patron in the past 4 years, to stay Patron for at least the next two years and she kindly accepted my invitation. Thank you Jill.

- **Facing forward was the title of Jennifer’s last Presidential message in the IPTOP Newsletter. An important message: facing forward as a young adult eager to explore the world and learn from other cultures, knowledge, and skills always with IPTOP’s mission statement in mind:**
  - To foster collaboration between physical therapists working with older people throughout the world
  - To encourage high standards of physical therapy practice with older people,
  - To advance practice by communication and exchange of information,
  - To encourage scientific research and promote opportunities for the spread of knowledge of new developments in the field,
  - To assist WCPT member organisations in the formation and development of recognised groups working with older people.
Hans invited everyone present, to consider any position that IPTOP is offering. We have forms you can fill in and give them to one of us (the new or the Executive Committee members).

Finally Hans was looking forward to work with this fantastic new team and with all of you around the world.

13. **Globes**: Hans Hobbelen gave Globes to the Executive Committee members that stepped down from the EC, to make room for new enthusiastic members: Former President Jennifer Bottomley, former Treasurer, Nancy Prickett and former Secretary, Jan Tessier and thanked them for their time in the EC.

14. **ER-WCPT Conference 2020**: This conference will be in Leuven, Belgium and IPTOP will be present at this conference, but in what way, we don’t know yet. Hans said that he is encouraging everyone to send in abstracts, or a proposal for a focused symposium, a pre- or post-conference course and IPTOP will endorse these proposals. Hans said that it is important for IPTOP to be present at other WCPT regional meetings, like we did in Liverpool because in South America and in Asia, people don’t know IPTOP and with a regional conference, there will be more different countries present and learn about IPTOP as a possibility to manage the ageing population. IPTOP has been invited to the Conference in Hiroshima (Japan) by Yukio Urabe and Hans will go there.

15. **Any other business**

   Liz Binns (New Zealand): Liz said that it is a good idea from the Executive Committee to have a strategic plan to visit the regional subgroup meetings. Globally the population is growing older and IPTOP has to visit countries that are not yet a member to promote the possibilities that IPTOP can offer to Physical Therapists, that work with older people.

   Hans replied that this is an excellent idea and that Jennifer, as Chair of the Education Committee, the first task is to make up a plan to act like this. There is also a big opportunity for the Regional Rep and the new Representatives Coordinator, to encourage MCRs to be more aware of their role as a representative for IPTOP.

   Jennifer thanked HUR for their support and for the food and drinks.
16. Closing the GM and thanking the participants

Hans thanked everyone for their attendance and invited everyone for the Networking Session on Sunday, May 12\textsuperscript{th} from 11:30 – 12:45 hrs. in Room R+S.

Next IPTOP General Meeting will be in DUBAI, 8-10 April 2021

Jan Tessier, IPTOP Secretary.
<table>
<thead>
<tr>
<th>Name</th>
<th>First name</th>
<th>Country</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soh</td>
<td>Shawn</td>
<td>Singapore</td>
<td>Rep</td>
</tr>
<tr>
<td>Frey-Widmar</td>
<td>Christine</td>
<td>Switzerland</td>
<td>MCR</td>
</tr>
<tr>
<td>Möslì</td>
<td>Flavia</td>
<td>Switzerland</td>
<td></td>
</tr>
<tr>
<td>Can</td>
<td>Filiz</td>
<td>Turkey</td>
<td>MCR</td>
</tr>
<tr>
<td>Prickett</td>
<td>Nancy</td>
<td>USA</td>
<td>EC</td>
</tr>
<tr>
<td>Johnson</td>
<td>Helen</td>
<td>Canada</td>
<td>EC</td>
</tr>
<tr>
<td>Asplin</td>
<td>Gillian</td>
<td>Sweden</td>
<td>MCR</td>
</tr>
<tr>
<td>Hellström</td>
<td>Karin</td>
<td>Sweden</td>
<td></td>
</tr>
<tr>
<td>Lampropoulou</td>
<td>Sofia</td>
<td>Greece</td>
<td></td>
</tr>
<tr>
<td>Vasmaris</td>
<td>Dimitrios</td>
<td>Greece</td>
<td>MCR</td>
</tr>
<tr>
<td>Binns</td>
<td>Liz</td>
<td>New Zealand</td>
<td>MCR</td>
</tr>
<tr>
<td>Hunter</td>
<td>Susan</td>
<td>Canada</td>
<td>Rep</td>
</tr>
<tr>
<td>Schlegl</td>
<td>Constance</td>
<td>Austria</td>
<td>Rep</td>
</tr>
<tr>
<td>Karunaratne</td>
<td>Ayodhya</td>
<td>Sri Lanka</td>
<td></td>
</tr>
<tr>
<td>Kroon</td>
<td>Bernadette</td>
<td>USA</td>
<td></td>
</tr>
<tr>
<td>Kahn</td>
<td>Michel</td>
<td>Canada</td>
<td>?</td>
</tr>
<tr>
<td>Olsi Perpetia</td>
<td>Chieye</td>
<td>Nigeria</td>
<td>?</td>
</tr>
<tr>
<td>Chigbo</td>
<td>Nina</td>
<td>Nigeria</td>
<td></td>
</tr>
<tr>
<td>Moris</td>
<td>Anekwu Emelie</td>
<td>Nigeria</td>
<td></td>
</tr>
<tr>
<td>Siu</td>
<td>Joseph (Kachun)</td>
<td>USA</td>
<td></td>
</tr>
<tr>
<td>Urabe</td>
<td>Yukio</td>
<td>Japan</td>
<td>MCR</td>
</tr>
<tr>
<td>Nishikawa</td>
<td>Shoichiro</td>
<td>Japan</td>
<td></td>
</tr>
<tr>
<td>van Dijk</td>
<td>Margaretha</td>
<td>Belgium</td>
<td>MCR</td>
</tr>
<tr>
<td>Allegaert</td>
<td>Patsy</td>
<td>Belgium</td>
<td></td>
</tr>
<tr>
<td>Van Tilborgh</td>
<td>Lien</td>
<td>Belgium</td>
<td></td>
</tr>
<tr>
<td>Nijhuis</td>
<td>Louis</td>
<td>The Netherlands</td>
<td>Rep</td>
</tr>
<tr>
<td>Jones</td>
<td>Lucy</td>
<td>USA</td>
<td></td>
</tr>
<tr>
<td>Dehner</td>
<td>Lisa</td>
<td>USA</td>
<td>MCR</td>
</tr>
<tr>
<td>Thomas</td>
<td>Janet</td>
<td>UK</td>
<td>MCR</td>
</tr>
<tr>
<td>Tessier</td>
<td>Jan</td>
<td>Belgium</td>
<td>EC</td>
</tr>
<tr>
<td>Hobbeelen</td>
<td>Hans</td>
<td>The Netherlands</td>
<td>EC</td>
</tr>
<tr>
<td>Bottomley</td>
<td>Jennifer</td>
<td>USA</td>
<td>EC</td>
</tr>
<tr>
<td>McClintock</td>
<td>Jill</td>
<td>UK</td>
<td>EC</td>
</tr>
<tr>
<td>Lungaro-Mifsud</td>
<td>Stephen</td>
<td>Malta</td>
<td>MCR</td>
</tr>
</tbody>
</table>