



IPTOP News

June 2019

Issue #34



Message from the Newsletter Editor – Helen Johnson

This is the summer 2019 edition of IPTOP News. We celebrate a successful series of events at WCPT 2019 in Geneva, where we celebrated [IPTOP's 20th Anniversary](#), and met many new colleagues. We also introduce our new IPTOP Executive Committee and look forward to an active year to come.

Our IPTOP social media presence is strong! Participating in the platform of your interest: Facebook, Twitter or LinkedIn, will expand our interactions and member engagement with more real time communications. See page 4 for information.

Our next newsletter will be published in autumn 2019. Please send news and articles to me at: communications@iptop.wcpt.org

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Contact Us at IPTOP

website@iptop.wcpt.org

Message from the President – Hans Hobbelen

Future Plans

I'm proud that we present in this newsletter our new IPTOP Executive Board; Hans Hobbelen, President (The Netherlands), Susan Hunter, Vice-President (Canada), Janet Thomas, Secretary (United Kingdom), Lucy Jones, Treasurer (US of America), Helen Johnson, Communication (Canada) and Jill McClintock, Patron (United Kingdom).

As I stated at the general meeting in Geneva after my election I'm really honored to be your next IPTOP President. I thank you all for your support.

I'm humbled as I'm stepping on the shoulders of giants who established and developed IPTOP in the past twenty years. I thank and acknowledge Specifically all past presidents Olwen Finlay (Northern Ireland), Filiz Can (Turkey) and Jennifer Bottomley (USA). I also thank the Executive Committee who I've been working with in the last 4 years: Jennifer Bottomley, Jill McClintock, Nancy Prickett, Jan Tessier and Helen Johnson. They all encouraged me and guided me towards my next role within IPTOP. Thank you so much. Furthermore I thank the Dutch association for Geriatric Physical Therapy (The NVFG) who supported me fully in my application for this position.

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 representatives of the member organizations but preferably with everyone who they represent. For this reason we have a new post at the new



"Only by owning who and what you are can you start to step into the fullness of life Every year should be teaching us something valuable Whether you get the lesson is really up to you."

--Oprah Winfrey

IPTOP Board, the communication officer and I'm 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 web manager and the newsletter editor and someone for social media. Furthermore there will be a new appointed post as liaison between all Country Reps, Regional Reps and Associated members. All to improve communication and commitment of our members within and beyond IPTOP.

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 we will develop a new educational committee with an appointed chair. I'm very pleased to announce that our former President Jennifer Bottomley has accepted my invitation to be the first chair of this committee.

The research committee has been active in the past years in investigating research in geriatric physical therapy, writing proposals for congresses and organizing surveys / questionnaires. The new education committee under the guidance of Jennifer Bottomley will focus on possibilities for congresses in the future. This also means that we have to realign and re-formulate the aims and goals for the research committee in the next year.

Facing forward was the title of Jennifer's last Presidential message in the IPTOP newsletter. It was an important message; facing forward like 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 organizations in the formation and development of recognized groups working with older people.

Finally I'm looking forward to work with this fantastic new team and with all of you around the world.

Thank you.

Dr. Hans Hobbelen

President, IPTOP

Treasurer's Report:

All IPTOP members please note the following regarding IPTOP dues:

As per the motion passed at the IPTOP General Meeting held in Singapore 2015, "dues will be increased to \$1.00 per member in 2019" of each country's special interest group for the elderly. IPTOP member country representatives (MCRs) are in process of being contacted for 2019 dues.

Submitted by Lucy Jones, IPTOP Treasurer

Meet the IPTOP Executive Committee from WCPT 2019

President – Hans Hobbelen (Netherlands)

Dr. Hans Hobbelen, started his career as a physiotherapist in a nursing home in the city of Eindhoven the Netherlands and stayed in this role for 22 years. In 2001, he received his Masters degree in human movement sciences. He received his PhD in 2010 on the topic of paratonia, a distinctive form of hypertonia in dementia, making him a leading scientist in the field of paratonia and movement disorders in dementia. He is currently professor in Healthy Lifestyle, Ageing and Health Care at the Hanze University of Applied Sciences in Groningen, The Netherlands. Besides movement disorders in dementia his main field of interest is frailty, specifically the multi-dimensionality of frailty. Hans has been involved in the development of the master geriatric physical therapy program in Utrecht (University of Applied Sciences, Utrecht, Netherlands) and the master Healthy Ageing program at UAS Groningen. He is author/co-author of over 30 scientific articles, five book chapters and co-editor of the Dutch standard work on Physiotherapy in older people.

Vice-President – Susan Hunter (Canada)

Dr. Susan Hunter is Assistant Professor at the School of Physical Therapy, University of Western Ontario in London, Ontario, Canada. Dr. Hunter's teaching and research interests include balance, gait, postural stability, falls and fall-related injuries in older adults, and rehabilitation of cognitively impaired older adults. Susan has research affiliations with the Gait & Brain Lab: Parkwood Hospital, London, Ontario; the Schulich School of Medicine & Dentistry, Western University in the Division of Geriatric Medicine (Assistant Professor) and the Department of Physical Medicine & Rehabilitation (Adjunct Professor) She is also a Senior Research Fellow with the School of Physical Therapy and Exercise Science, Curtin University, Perth, Australia. She has authored numerous scientific papers and presented at national and international conferences. Susan is also recipient of the Ontario Research Coalition (ORC) Early Researcher Award (2011), the Edmund V. Cowdry Prize, Canadian Geriatrics Society (2010), and AgePlus Prize, Canadian Institutes of Health Research (CIHR), Institute of Aging (2009).

Secretary – Janet Thomas (Scotland)

Janet has served as the IPTOP representative from AGILE Chartered Physiotherapists working with older people in the UK. Janet is a former AGILE Secretary and Chair, holding national posts in AGILE from 2006 to 2013 and positions on the AGILE Scotland committee from 2005 to 2019. Janet has been a practicing physiotherapist for over 30 years holding a variety of posts, in England initially but for the past 30 years in Scotland. Janet is a Team Lead Physiotherapist in the NHS in Fife working as a job share in that role within an older persons assessment and rehabilitation service. Janet is a part time lecturer in Queen Margaret University where she has a particular interest in practice based learning. Janet also teaches for Later Life Training on their Postural Stability Instructors courses. Janet is the co-founder of Physiotalk, a tweetchat community run by physiotherapists for physiotherapists, and is passionate about the role social media can play in continuing professional development. Janet's research and subsequent publications have been diverse, going from falls risk through to Twitter based research in recent years.

"Aging is not 'lost youth' but a new stage of opportunity and strength."

--Betty Friedan



Treasurer – Lucy Jones (USA)

Lucy is a Geriatric Certified Physiotherapist at FIT Rehab and owner of Rehabilitative Therapy Services, working in New Jersey, USA. Lucy completed a Doctoral Program on Physical Therapy at the University of Indianapolis in 2010. Lucy has been an active member of the American Physical Therapy Association (APTA) Geriatric Section, and serves as a course instructor for the Academy of Geriatric Physical Therapy Certified Exercise Experts for Aging Adults (CEEAA) program.

Patron – Jill McClintock (Ireland)

Jill worked for many years as a physiotherapy clinician in the National Health Service (NHS) Ireland, specializing in older people. Jill has developed and published guidance on assessment of risk and management of older adults with falls, and support for physicians in advice and management of physical activity in patients through all stages of osteoporosis. Jill has served with IPTOP as the first UK rep (2003), IPTOP Secretary (2007) and Vice President (2011). She has served as IPTOP Patron since 2015 and was invited to continue in this role at WCPT 2019 in Geneva.

Communication Officer – Helen Johnson (Canada)

Helen is a registered Physiotherapist from Windsor, Ontario, Canada, with over 30 years of experience, across all sectors of the health care system. She has worked in intensive care, cardiac and neuro-surgery, inpatient and outpatient rehabilitation, and community care, Working in specialized geriatric outreach services, she gained management experience, as well as knowledge of emergency room, long term care, mental health care services and comprehensive geriatric assessment for older adults. Helen completed a Masters' degree in Health and Rehabilitation Science, Health and Aging at Western University (2011), and the Canadian Physiotherapy Association Clinical Specialty Program in Seniors Health (2012). Most recently, Helen has worked as a Strategy and Health System Planner at the Erie St. Clair Local Health Integration Network in Ontario.

In the next newsletter we will have information on additional positions to support the work of the Executive Committee. Volunteers for these posts were sought at the AGM in Geneva and will be confirmed in near future.

Education Committee Chair – Dr. Jennifer Bottomley

Newsletter Editor -

Website Manager -

Representatives Coordinator -

Grants Review Committee -

IPTOP Research and Education Grants now available

The IPTOP Executive Committee has established Research and Education Grants. Award details and applications can be requested through our Treasurer, Lucy Jones.

Please contact treasurer@iptop.wcpt.org

"If there is one thing I've learned in my years on this planet, it's that the happiest and most fulfilled people are those who devoted themselves to something bigger and more profound than merely their own self-interest."

--John Glenn



IPTOP events at WCPT 2019

WCPT Congress 2019 in Switzerland, Geneva, May 10-13, 2019

Dr. Jennifer Bottomley (President) and Dr. Hans Hobbelen (Vice-President) attended the WCPT Annual General Meeting, representing IPTOP.

IPTOP Annual General Meeting, May 11, 2019, 17:45 – 19:45 hrs

There were 35 people (from 16 different countries) present, including 14 voting members. Four new member countries were ratified: Japan, Greece, Denmark and Italy. Executive Committee nominations were presented, and new executive members were ratified.

IPTOP Networking Session held on May 12, 2019 11:30 – 12:45 was also well attended. Robust discussion occurred on a number of topics. We especially learned that there continues to be lack of knowledge in many countries about IPTOP, and opportunities for improved communication need to be explored.

IPTOP President Jennifer Bottomley honoured with award

Dr. Jennifer Bottomley, outgoing President of IPTOP was honoured at the WCPT Awards Dinner, receiving the International Service Award. Jennifer was nominated in recognition of her service to IPTOP, spanning 2007-2019. IPTOP has grown in membership, business planning and activity during her tenure. *Congratulations Jennifer!*



“Aging is not ‘lost youth’ but a new stage of opportunity and strength.”
--Betty Friedan



A message from inaugural IPTOP Patron, Olwen Finlay

I would like to send Greetings and Congratulations in celebration of the 20th anniversary of IPTOP! It seems a long time ago since the WCPT congress in Yokohama in 1999, when I set up an informal meeting to try and establish a sub group of Physical Therapists working with Older People.

At that first meeting, 27 people attended from 17 countries, and a steering committee was established. I was appointed the Chair of the first committee and two volunteers agreed to help to take the idea forward, Neva Greenwauld (United States) and Amanda Squires (United Kingdom).

Having established a working group, we moved forward although advice from colleagues was not positive, lacking funding and costs of communication. Many of the Member Associations in WCPT did not have computers at that time and there was no official record of countries with recognized subgroups, thus all WCPT members had to be contacted.

We undertook to fulfil the demands required by WCPT for official recognition. While slow at first, steady progress was made. In 2001 Nancy Prickett became the new United States representative and agreed to act as the group Treasurer. I would like to put on record the sterling work Nancy achieved and thank her for her input and her friendship.

In 2002 all interested members were invited to Birmingham, England to finalize the Constitution. After a full day's discussion, consensus was achieved. A procedure book was created, ensuring IPTOP information was available for all member organizations.

Amanda Squires and I put together the Mission Statements and I wrote the annual reports as requested by WCPT. In 2003, documentation was ready for the general meeting of WCPT in Barcelona when I made official application for recognition for membership, which was accepted by WCPT.

I would like to thank all those who helped to get IPTOP to this stage. The initial priority was to establish working capital and I suggested to my colleagues in the Republic of Ireland we should hold a joint IPTOP conference in 2004. To those therapists who lived outside Ireland there was little realization as to the implication of a joint conference. This was a giant step forward and the first ever to be held by any physiotherapy association involving the two countries. A record number of delegates attended, and we were supported by the Vice President of WCPT from Denmark. This conference provided a sound financial base to move our group forward.

The second President of IPTOP, Professor Filiz Can from Turkey then took up the leadership reigns. This was a challenging time as there were only a small number of physical therapists in Turkey involved in care of older people. I would like to pay tribute to Filiz' leadership in Turkey and how she affected change both locally and internationally.

During her term of office two international congresses were held: one in Istanbul and the second in Ankara. The President of WCPT Sandra Mercer Moore attended the first congress and it attracted delegates from surrounding countries while at the second conference a past President of Turkey gave a very memorable keynote address. I would wish to thank Filiz for all her help and support for promoting IPTOP and for her friendship to me personally.

Professor Jennifer Bottomley took over the reigns as President of IPTOP in Amsterdam in 2011 when again new challenges appeared, as technology in the form of SKYPE was just emerging. Jennifer grasped the need for change and IPTOP responded. I would like to thank Jennifer for her work in taking IPTOP forward; she organised the first joint congress with another WCPT sub group at Harvard University (2013) and this was another memorable occasion.

I look forward to the leadership the Association will have as Dr Hans Hobbelen takes up the reins. I wish Hans every success during his term of office and I just regret that I was unable to join you in Geneva. I now find travelling more difficult.

One of the biggest challenges that an emerging association faces is ensuring a sound financial base to move forward and it was for this reason that I requested a sum to be ring fenced against a rainy day, I am no longer privy to the financial side of IPTOP however I hope this has been achieved, ensuring the Association moves forward for the next twenty years and also you have found a bank that provides some interest.

My last thanks must go to your Patron, I have now known Jill for almost 40 years and I again extend my thanks for everything she has done for the Association and me personally.

Best Wishes to all the membership! Sincerely, Olwen Finlay MBE,FCSP, HT, DMS

"If there is one thing I've learned in my years on this planet, it's that the happiest and most fulfilled people are those who devoted themselves to something bigger and more profound than merely their own self-interest."

--John Glenn

IPTOP creates new partnership with HUR

In April 2019, IPTOP and HUR signed a two year partnership agreement. HUR provided sponsorship funding toward some of our WCPT 2019 conference costs.

At our May 11, 2019 AGM in Geneva, Dr. Arto Hautala, HUR Director of Research and Education provided a short presentation on research concepts for preventative exercise, disease management and rehabilitation being undertaken with the help of HUR products and partners.

HUR is involved in a variety of research in medical concepts including Fall Prevention, Hypertension, Type II Diabetes, Cardiac Rehabilitation and Hip & Knee Rehabilitation. More information available here:

<https://www.hur.fi/en/concepts>

HUR AUTOMATED ECOSYSTEM FOR ACTIVE AGING AND SENIOR WELLNESS

The features in HUR products and concepts developed are based upon scientific work and are in accordance with recommendation from the world's leading exercise as medicine authorities.



For Lifelong Strength
Learn more at www.hur.fi

Copenhagen Consensus statement 2019: physical activity and ageing

In November 2018 26 researchers representing nine countries and a variety of disciplines, met in Denmark and developed an evidence-based consensus on physical activity and older adults. Through an iterative process including presentations and discussions, participants reached agreement on 30-item consensus statements, available in an open access article here:

<https://bjsm.bmj.com/content/53/14/856>

Upcoming Conferences

IPA 2019 International Congress

31 August – 3 September, Santiago de Compostela, Spain

The 2019 International Psychogeriatric Association International Congress is being held at the Faculty of Medicine of the University of Santiago de Compostela. Professionals from the entire healthcare team – psychiatrists, neurologists, geriatricians, primary care physicians, psychologists, social workers, physical and occupational therapists and more are encouraged to attend!

Dr. Susan Hunter, new IPTOP Vice President has been supporting the Scientific Advisory Committee. For information and registration visit:

<https://www.ipa-congress.org/>

5th European Congress ER WCPT 2020 to be held in Belgium



ER-WCPT has opened the call for focused symposia - - Diversity and Inclusion in Learning & Science in Physiotherapy – Deadline is 1st November 2019

More information is available at: bit.ly/2XOGU5T

IPTOP on Social Media



<https://www.facebook.com/iptop.wcpt>



<https://twitter.com/iptopwcpt>

Join our IPTOP LinkedIn Group:

In order to invite MCRs to our LinkedIn group, you need to be a member on Linked In. Once you have join Linked In please let Helen Johnson know by email so that you can then be invited to join the group. You can also search for the group and request to join via the Linked In site.



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

IPTOP Associate Members

Associate membership is available to individual PTs in countries where there is no organized special interest group for physiotherapy for older people. Sixty-two individuals have joined IPTOP representing thirty countries.

Contact Lucy Jones, Treasurer if you are interested in joining for a one-time fee.

IPTOP Executive Committee 2018

President Hans Hobbelen	Secretary Janet Thomas
Vice President Susan Hunter	Treasurer Lucy Jones
Communications Coordinator Helen Johnson	Web manager website@iptop.wcpt.org

Patron: Jill McClintock FCSP, United Kingdom

IPTOP Member Country Representatives Contacts

Australia Stephanie Fu	Austria Gerti Wewerka
Belgium Margreet van Dijk	Canada Sonya Vani
Denmark Hanne Anderson	Finland Paulina Iiskala
Germany Susanne Schulz	Greece Dimitrios Vasmaris
Iceland Nanna Guðný Sigurðardóttir	Ireland Grace Coakley
Italy (new member) Marco Da Roit	Japan Yukio Urabe
Malta Stephen Lungaro-Mifsud	Netherlands Laura den Boeft
New Zealand Liz Binns	
Slovenia Danielle Jagodic	Sweden Lena Ziden
Switzerland Christine Frey	Turkey Filiz Can
USA Lisa Dehner	United Kingdom Janet Thomas