



IPTOP News

June 2018

Issue #32



Message from the Newsletter Editor – Helen Johnson

Welcome to the summer 2018 edition of IPTOP News! This issue brings highlights of our upcoming IPTOP sponsored conference in Montreal, Canada, on November 1, 2018.

An IPTOP update from our President, Jennifer Bottomley and information from some of the national Older Adult Physical Therapy interest groups in our IPTOP member countries are also included. Lastly, we share information on the recent loss of our founder of IPTOP, Mr. Raymond Finlay, and a memorial fund which has been launched in his name.

Please join us in our growing IPTOP social media presence! Participating in the platform of your interest: Facebook, Twitter or LinkedIn, will expand our interactions and member engagement with more real time communications. More information is found on page 4.

Our next newsletter will be published in autumn 2018. Please send news and articles to me at: website@iptop.wcpt.org

Message from the President – Jennifer Bottomley An IPTOP Update

It has been a year since we gathered in Cape Town, South Africa for the biannual WCPT Conference and the annual International Physiotherapy Organization working with Older People (IPTOP) member meetings, networking sessions, platform and poster presentations and symposia. Much has happened since last July.

The Networking session from Cape Town resulted in several new action items on our strategic business plan. The Networking session is summarized and available from your country representatives or on the IPTOP website. Our member countries have grown prior to, during and following our gathering in South Africa and we welcome Greece, Italy, Japan and Denmark to our IPTOP community. We have developed an Education Committee, which will be responsible for submitting and managing programming at conferences and other IPTOP events. We will formally introduce this Committee at our conference in Geneva, Switzerland and will be looking for members to join that committee (as well as the Research, Communication and Finance Committees).

In This Issue

- Newsletter Editor message
- News from IPTOP Chair Jennifer Bottomley
- Treasurer's Report
- **IPTOP Founder Mr. Raymond Finlay Memorial Fund**
- IPTOP Survey
- **Update from UK Agile**
- **Update from Italy**
- **Update from Netherlands**
- News from Canadian Fall Prevention Conference
- IPTOP Social Media links

Contact Us at IPTOP

website@iptop.wcpt.org



"You don't stop
laughing when you
grow old, you grow
old when you stop
laughing."
--George Bernard
Shaw

You'll see in the Newsletter and on the IPTOP Website, a call for nominees to all positions in IPTOP. These positions include: President, Vice President, Treasurer, and Secretary. Each of these positions comes up for reelection every 4 years. So, if you are interested, please follow the website instructions for submitting your nominee (including yourself) for positions if you are interested. The elected positions and all of the committee positions provide a wonderful opportunity for becoming more engaged with the ongoing activities of IPTOP.

A very important accomplishment for IPTOP has been the establishment of Scholarships and Research Grants. We now have funds available for members interested in applying. See the newsletter or website for details. You can also contact Nancy Prickett (Treasurer) to discuss your options. We are looking for members for the *Grant Review Committee*. These members have the responsibility to review the applications for each grant. IPTOP already has some possible members who would like to serve on this committee. If the you or someone you know has the experience to review these requests for funding, please send an email to Nancy Prickett (Treasurer).

Communication is central in any organization. It becomes even more important when we in many distant places around the globe. You'll see, not only an enhanced IPTOP newsletter and website, but a FaceBook and Twitter presence as well. These modes of communiqué provide direct and optimal ways to interact with other members. They provide means to share information regarding Physiotherapy activities in your region, research that facilitates clinical practice in geriatric physiotherapy and other things of interest. Member Country Representative's meetings occur every two months. We were using SKYPE and experienced many connectivity issues. Recently we initiated meetings using ZOOM Pro and had a very successful, clear and technically problem-free meeting with 17 member countries present.

There are some upcoming events you'll want to put on your calendar. It would be wonderful to see you in Montreal, Canada this November and Geneva, Switzerland in May 2019.

IPTOP will gather in Montreal, Quebec Canada **November 1-3, 2018**, during **Montreal18**, the Canadian Physiotherapy Association's Annual Congress. The Executive Board will meet, IPTOP will be presenting a preconference 1 day course, IPTOP will be represented in plenary presentation and have a booth in the exhibit hall. This Congress will be the biggest pan-Canadian physiotherapy conference ever experienced - merging the Canadian Physiotherapy Association, the International Physiotherapy Organization working with Older People (IPTOP), and the International Psychogeriatric Association (IPA) in an exciting and innovative pre-conference program. Go to <http://www.montreal18.ca> for details, registration and housing.

In keeping with IPTOP's vision and mission, we are collaborating with other organizations and healthcare professions from other countries. A highlight in **Montreal18** will be the IPTOP/IPA sponsored **Pre-conference** course. Full details are listed in the next section.

"Those who love deeply never grow old: they may die of old age, but they die young."
Ben Franklin



IPTOP is also represented in an unopposed **Plenary Session** entitled: ***Physiotherapy Approaches in Medically-Complex and Frail Elderly: Resetting Our Perspective.*** The presenters are myself – Dr. Jennifer Bottomley, President for IPTOP and Dr. Hans Hobbelen, Vice President of IPTOP. We are pleased to have been invited to speak on this important topic.

Course Description: The Canadian population is ageing rapidly and with age an increase in co-morbidities and a decline in abilities is seen. Frailty is an often-used term to indicate a higher risk to adverse health outcomes. This seems to be a simple concept however in daily practice it is awkward for physiotherapists to work with the term frailty. Frailty is complex and dynamic and is often not recognized by the patient themselves. In this lecture the multiple dimensions of frailty will be addressed and the usefulness in daily practice for physical therapists.

Frailty is a complex phenomenon which is a result of a decline in reserve capacity. Although it is generally known that movement has a positive influence on a diversity of health outcomes in relatively healthy elderly, the effect on frail elderly is less known. Looking at the multi-dimensionality of frailty physiotherapists must be aware that next to physical frailty there can be also a decline in psycho-cognitive reserve capacity as well as decline in social resources.

Key elements in the clinical manifestation in frail elderly are muscle weakness, atrophy and fatigue. A decrease of muscle mass and muscle strength often seen in frail elderly is called sarcopenia. Scientific research indicates that an increase of physical activities appears to be the most promising treatment strategies in the rehabilitation of frail elderly. Specifically, the muscles show spectacular results of training. To adequately train frail elderly knowledge of the specific biological changes in muscles due to training is essential. This advanced session will address the latest scientific knowledge on the topic of frailty.

Montreal18 will also be privileged by the presence of WCPT President Dr. Emma Stokes, who will be a Keynote speaker for the Closing Ceremony. I hope you will be able to join us in Montreal. Let Jan Tessier, IPTOP Secretary, know if you are planning on coming to Montreal. If you are a member of IPTOP, we'd love to get together so we can get to know each other better.

Put this on your calendar. The next **WCPT Conference** is **May 10-13, 2019** in **Geneva, Switzerland**. When we gather at the next WCPT conference we have several activities planned for IPTOP members. Hans Hobbelen, Vice President of IPTOP and me, as your President will be attending the WCPT Congress May 8th and 9th. This is the gathering of all the delegates from each WCPT Member country to provide the governance of WCPT. It is the Physiotherapy profession's leading global meeting, which occurs once every four years.

IPTOP members submitted two separate proposals for symposia courses. We were fortunate to have one of our proposals accepted. This focused symposium will be on Dual Tasking, Gait and Fall Prevention. We'll provide more details as the time approaches.

IPTOP's Country Representative from Switzerland, Christine Frey, is coordinating a social event for IPTOP and we'll provide the specifics soon.

We will also have a networking session, which is always a stimulating round-table discussion about pertinent topics in geriatrics. This year we will look towards our future as IPTOP we look back at our last twenty years as a recognized subgroup of WCPT.

In 2019 in Geneva, we will celebrate [IPTOP's 20th Anniversary](#). It was 1999 when IPTOP was conceptualized, named, and submitted to the WCPT Delegate Board for approval as the International Physiotherapists working with Older People. We have much to commemorate. Many visionaries have laid the foundation for IPTOP. Many visionaries have continued to nurture our organization and continue to facilitate it's growth. I hope you'll be able to join us in Geneva, Switzerland.

Respectfully Submitted:
Dr. Jennifer M. Bottomley, PT, MS, PhD
President, IPTOP



Pre-Congress Course: Addressing the Impact of Cognitive Frailty and Dementia on the Rehabilitation of Older Adults

Instructor Names: Dr. Hans Hobbelen, PT, PhD (IPTOP), Dr. Susan Hunter, PT, PhD (IPTOP & CPA), Dr. Kiran Rabheru (IPA), Dr. David Conn (IPA)

Date: November 1, 2018 at 8 am – 4:15 pm (7 Contact Hours)

Program Host: International Physical Therapists for Older Adults (IPTOP)

Program Collaborators: International Psychogeriatric Association (IPA) and Seniors' Health Division/Canadian Physiotherapy Association (CPA)

Focus of conference: Older adults are the fastest growing segment of Canada's population and world-wide. The prevalence of chronic conditions increase with age, and are often interpreted as a normal part of aging. Frailty is an often-used term to indicate physiological loss of reserve, poor response to health stresses, and increased risk for adverse health outcomes. In daily practice it can be awkward for physiotherapists to work practically with the term frailty. Frailty is complex and dynamic and often not recognized by patients themselves. This course will focus on a critical and increasingly important aspect of frailty that significantly impacts the rehabilitation potential of older adults—age-associated mental/cognitive disorders and dementia. As of 2015, 47.5 million people



"The secret of genius is to carry the spirit of the child into old age, which means never losing your enthusiasm."
Aldous Huxley

worldwide are living with dementia, more than the total population of Canada. The global number will increase to an estimated 75.6 million in 2030, and almost triple by 2050 to 135.5 million, with commensurate growth in health-care costs. Increasingly, how to best address the rehabilitation needs of older adults is complicated by the growing prevalence of dementia and other age-associated changes in cognitive ability such as Mild Cognitive Impairment (MCI). This session will review available evidence on how physiotherapists can best adapt their rehabilitation approaches in the setting of cognitive and behavioral changes in older adults.

Along with didactic presentations by experts in the field, an interactive, case-based format will provide participants with opportunities to share their own experiences, expertise and recommendations on how to best address the needs of older adults living with cognitive frailty.

Register at: <http://www.montreal18.ca>

Treasurer's Report:

IPTOP is OFFERING SCHOLARSHIPS AND GRANTS IN 2018

Beginning in 2018 IPTOP will award **Educational Scholarships** to IPTOP members who are presenting an accepted poster or platform presentation that covers a geriatric topic at a health care conference. Applications for the grant and criteria for application may be requested by emailing IPTOP Treasurer - Nancy Prickett at aspennp@verizon.net. Completed applications must be received three months prior to the conference where the applicant is presenting. A committee representing three IPTOP member countries will review the applications and all decisions by the committee will be final. The number of scholarships available is limited.

A **Research Grant** valued at \$1000 (US Dollars) will provide seed funding for pilot projects which address clinical research with immediate relevance for issues pertaining to the function and quality of life of older adults. Applicants are encouraged to focus on areas that will affect the immediate practice of physical therapists with clients over the age of 65. The successful applicant must be a member in good standing of their country's geriatric special interest group or an associate member of IPTOP.

Research grants may be used to employ assistants (technical and professional) or student trainees, to remunerate professional advisors, to purchase materials and supplies, to buy and maintain equipment and supplies and to support field travel costs related to the research. Applications for a research grant must be received by February 1, 2019 via email. Research grants are made for one year - July 1 to June 30. For a complete set of Regulations and Procedures for the IPTOP Research Grant and the Application please email IPTOP Treasurer, Nancy Prickett at aspennp@verizon.net.

Each application will be assessed by the IPTOP Research Committee. IPTOP welcomes contributions to Educational Scholarships and Research Grants. Be part of the progress in advancing geriatric physical therapy!

IPTOP Member Country dues continue to be collected. If your country has dues outstanding please contact our Treasurer.

Submitted by Nancy Prickett, IPTOP Treasurer



"The more candles
on my cake, the more
exercise I get blowing
them out."
Donna Lynn Hope

A Tribute to IPTOP Contributing Founder, Dr. Raymond Finlay

The IPTOP family received sad news of the loss of Dr. Raymond Finlay on 8th April 2018, husband of Olwen Finlay, IPTOP's inaugural President and Chair. Dr. Finlay was instrumental in supporting Olwen in the founding of IPTOP in 1999 with financial support from himself and professional friends and colleagues. In honour of Raymond's contribution, the **Dr. Raymond Finlay Award** has been formed, to support physiotherapists from developing countries in older adult care.

Raymond's daughter Karen Allen has set up a site on **Just Giving** where contributions may be made at the following link:
<https://www.justgiving.com/crowdfunding/iptop>

Raymond met Olwen not long after starting his student medical placement in hospital in 1951, and they were happy together for 67 years. He was a very quiet caring family man and took a great pride in his family and their activities. One of the reasons they moved from Northern Ireland to England after he retired was to see his grandchildren grow up. Raymond was an only child, raised in a sheltered environment, by a Mother, Father, Aunt and Grandmother. He developed strong family values, and regularly organised his own family around the table on Sion Road in Bath. Raymond encouraged his children in their interests and stimulated them to give of their best. Four out of his five grandchildren have followed in his career footsteps in medicine.

Raymond ran a very personal medical practice, first in a small Ulster village, and later in Belfast. His Belfast practice had the highest number of elderly people on any list in the whole of Northern Ireland. His practice was not a nine to five job - he provided twenty-four hour care. On his half day off, he tended to his garden but remained available for an emergency. At the same time, he always had time for Olwen's interests and activities.

Having a medical practice during the "Troubles" in Northern Ireland was not easy. His house and practice premises were damaged by bombs on three occasions, which did not encourage his children to return and join his practice in Belfast.

When Olwen first suggested trying to form a world organisation, colleagues advised that without seed funding the likelihood of success was remote. Raymond encouraged her to follow her idea. Raymond played a large part behind the scenes in organising the first ever IPTOP conference in Dublin, between North and South of Ireland. This came about with a large amount of help from one of his patients. The conference was supported by the President of Ireland, and once this happened the conference registration took off. The organising committee was then able to invite speakers from Australia, the United States and the United Kingdom giving local therapists the opportunity to hear international speakers. Raymond worked tirelessly, encouraging local financial support for the event. He got support through his medical contacts and also from his patients and friends.

The Dublin conference helped produce a stable financial footing for IPTOP. An important legacy of that event was other Physiotherapy clinical groups in Northern Ireland followed the lead of IPTOP and also started sharing study days and conferences.

On another occasion he organised a party (Olwen doing the cooking) and through WCPT he was able to give support for an African delegate to attend the Amsterdam WCPT conference in 2011. On another occasion, he funded a



research programme through a Southern African University, a project that sought to identify rural disability with the results of the survey being submitted to Government. That project took place in the International year of Older People. The study identified disability not only in older people but also revealed gross disability in some individuals still in childbearing age groups.

Raymond helped establish other various causes in his own quiet way. He did this quietly and without fuss. Olwen and Raymond worked together as a team – they enjoyed organising functions and inspiring others to follow suit. One example combined his gardening with charity. When a flower reached perfection in the garden, he encouraged his daughter to photograph and enlarge the print, and Olwen would frame a large picture. As a family they donated more than 1000 framed pictures to sheltered housing schemes for older people in Northern Ireland.

Raymond was an “idea Man” – he enjoyed starting and encouraging new ideas, getting involved or getting the family involved and motivating others to follow.

If I had to sum Raymond up I would say six words: Family, Friends, Medicine, Church, Hospitality, and Gardening, and these interests were reflected by those who gathered to say Goodbye.

Submitted by Olwen Finlay, IPTOP Patron

IPTOP Executive Survey of Geriatric Special Interest Groups (SIGs)

This spring IPTOP’s Executive surveyed our member country representatives about physiotherapy special interest groups in geriatric care.

Sixteen members completed the survey:

The Netherlands – Canada – Belgium – Greece – Australia – Malta – Japan – Switzerland – Slovenia – USA – Sweden – Ireland – Denmark – Austria – New Zealand – UK.

Q1: Do you have a SIG for Older People as part of your national Physiotherapy association?

- Yes 15
- No 1

Q2: Is the SIG an independent organisation or is it managed by the national organisation?

- Independent Organisation: 1
- Managed by the National PT Organisation: 12
- Other: (Independent Subgroup of Nat. Organisation) 3

Q3: How formally organised is your SIG?

- Constitution 8
- Executive committee / board 15
- Membership fees 11
- Annual meetings 14

- A chairperson 14
- A secretary 13
- A financial manager 9
- More explanation? (1):
 - Switzerland: all on voluntary basis / expenses reimbursed

Q4: How does the board meet?

- E-mail 12
- Physical meeting 14
- Skype meeting 8
- Comments (2):
 - Australia: teleconference
 - Japan: Web-meeting every month

Q5: How do you connect with your members?

- E-mail 16
- Physical meeting 14
- Comments (5):
 - Facebook (Malta)
 - If problems: telephone (Japan)
 - Member letters and via home-page (Sweden)
 - Annual General Meeting (Ireland)
 - Annual Symposium (New Zealand)

Q6: Are there local subgroups?

- Yes 6
- No 10
- Comments: If Yes, how? (6)
 - State committee sends state chair to be rep on national committee (Australia)
 - Almost 47 prefectures have each small similar SIG (Japan)
 - Each SIG has it's own mission/objectives and chair, secretary, treasure and nominating officer; we have balance and falls, bone health, global health for aging adults, cognitive and mental health, health promotion/wellness, residency/fellowship (USA)
 - We have 10 local contact persons spread over the country (Sweden)
 - Overtime they have lost the formal attachment but still operate to send out local event information to members (New Zealand)
 - Regions of National Group (UK)

Q7: Do you have a SIG website?

- Yes 13
- No 3
- Comments (if Yes: website) (11):

- The Netherlands: <https://nvfg.kngf.nl>
- Japan: <https://nvfg.kngf.nl> (only Japanese)
- Switzerland: www.sgg-ssg.ch -> Fachgruppe-> FPG Fachgruppe Physiotherapie in der Geriatrie
- USA: www.geriatricspt.org
- Sweden: Linked to our professional association and we have a Facebook group for the section
- Ireland: <https://www.iscp.ie/members-area/professional-networks/neurology-and-gerontology>
- Greece: <http://psf.org.gr/geriatric>
- Denmark: Mail@gerontofys.dk
- Austria: <https://www.physioaustria.at/og/geriatrie>
- New Zealand: Member only link from National Organisation site
- UK: Agile.csp.org.uk
- Canada: website is linked to national Association webpage

Q8: Does your SIG organise:

- Meetings 15
- Education day(s) 15
- Symposia 7
- Congress 4
- Comments (6):
 - Japan: We make many new challenge
 - Switzerland: symposia: joint venture with ZHAW Zurich University of Applied Sciences Department Physiotherapy
 - USA: education can be separate or as a part of national organization congress (combined subgroup meeting)
 - Ireland: evening lectures
 - New Zealand: Stream at National Conference
 - UK: Annual conference /learning event

Q9: Is there a specific or special competence in geriatrics in the (Bachelor / Master) programme in your country?

- Yes, in the Bachelor programme 2
- Yes, in the Master programme 5
- No 10
- Comments (3):
 - Switzerland: postgraduate training: CAS Expertise in geriatrischer PT
 - USA: all therapists are doctorally trained as generalists; specialization can occur in residency/fellowship after graduation; specialists examinations are required for clinical speciality designation (abpts.org)
 - Sweden: In the Bachelor we only have certain academic points covering the geriatric/gerontologic field, for Master programme there

are one or two universities which have specific courses in health of the elderly, but you do not get a specific geriatric exam

Q10: Does your SIG have:

- A Newsletter 11
- A FB page 10
- A Twitter account 4
- A LinkedIn Account 0
- An info@... Email address 9
- Comments (6):
 - Greece: geriatric@psf.org.gr , <https://www.facebook.com/groups/1599320653684985/>
 - Japan: preventionjpta@gmail.com This address is used by board members. International representative e-mail: yurabe@hiroshima-u.ac.jp
 - Switzerland: info@sgg-ssg.ch
 - USA: newsletters are via email; FB <https://www.facebook.com/geriatricspt.org/> Twitter @AGPTtweets
 - Ireland: https://twitter.com/cpng_iscp
 - New Zealand: a closed FB page
 - Canada: <https://www.facebook.com/SeniorsHealthDivisionCPA/>

Thank you to all who responded to our survey!
Submitted by Jan Tessier, IPTOP Secretary

Member Country Update: Japan



5th Prevention JPTA annual congress in Fukuoka
Oct. 20-21, 2018 at Kitakyusyu International Conference Center,
Fukuoka, Japan
Abstract deadline is closed.

6th Prevention JPTA annual congress in Hiroshima
Oct.19-20, 2019 at International Conference Center Hiroshima,
Hiroshima, Japan
A guest speaker from IPTOP is invited to speak at our Hiroshima Congress

Contact: Yukio Urabe PT, PhD Hiroshima University

email: yurabe@hiroshima-u.ac.jp

Member Country Update: Italy



Country	Italy
Name of group	Gruppo di Interesse Specialistico in Fisioterapia Geriatrica di Aifi (GIS GFG)
Website	https://aifi.net/associazione/gis-aifi/fisioterapia-geriatrica/
Facebook page	Gis Fisioterapia Geriatrica – A.I.FI. (@GISFisioGer)
Twitter account	N/A
Name of representative (MCR)	Marco Da Roit
Number of members in group	170
Description of group	<p>The Special interest group in gerontological physiotherapy works to spread good practice and research in gerontological physiotherapy around Italy, with particular focus on the frail and institutionalized elderly.</p> <p>Mission of the group is the definition of effective pathways in term of prevention, care and rehabilitation, through the organization of events, conferences and courses and the promotion of research in the field of gerontological Physiotherapy.</p>
Activities since last report	<p>The GFG has organized conferences and participated with lectures in other cultural initiatives, principally on topics such as the role of physiotherapy in the treatment of the frail elderly, the use and abuse of physical constraints, definition of protocols for the care of persons with dementia, and handling of the elderly.</p> <p>The GFG is committed to publishing articles regarding gerontological rehabilitation in the AIFI newsletter and other journals.</p>
Other relevant national events	<p>In 2015 the Group joined a National campaign for the abolition of physical restraints, aimed at overcoming this undesirable practice for care of seniors in healthcare institutions.</p> <p>In AIFI's National Congress (Rome, 13-14-15 October 2017), the GFG successfully proposed the amendment of article 28 of the Italian Physiotherapist Code of Ethics. This article now defines physical constraints as a non-sanitary act, which has no aim of prevention, care or rehabilitation and therefore physiotherapists must strive to overcome it.</p>
Forthcoming meetings <u>with contact information</u>	Our group's president was the moderator of "The chronic patient in cardiologic rehabilitation" session, during a recent congress "Chronic and frail: a new challenge in cardiologic rehabilitation", Milan 26 th May 2018

Member Country Update: Netherlands



Country	Netherlands
Name of Group	Dutch Association for Geriatric Physical Therapy / Nederlandse Vereniging voor Fysiotherapie in de Geriatrie
Website	www.nvfg.kngf.nl
Name of representative	Laura den Boeft
Number of members in group	586
Description of group	We have an active group with both geriatric physical therapists and physical therapist who work with older people (but haven't completed a Masters program). We have connections with the group in Belgium and England (exchanging articles for our magazines).
Activities since last report	Our focus is now mainly on creating awareness among other professionals, patients and informal care givers about geriatric physical therapy. We are active on FB and just started a LinkedIn page. We also renewed our patient folder and started with the development of a factsheet.
Other relevant national events	Last October, our yearly congress with a broad range of presentations about muscle function was a success
Forthcoming meetings <u>with contact information</u>	We are busy planning our next congress with the main theme 'balance' (website is not yet in action). In accordance with that theme, a meeting about fall prevention and the role of the geriatric physical therapy (screening, treatment, etc.) with several member is planned. We hope to find a way to position the geriatric physical therapist in this process. We are always open to exchanging information, tips, etc. via secretaris@nvfgnet.nl
https://www.facebook.com/nederlandseverenigingfysiotherapiegeriatrie	

Member Country Update: UK



Country	UK
Name of group	AGILE: Chartered Physiotherapists working with Older People
Website	Agile.csp.org.uk
Name of representative	Janet Thomas
Number of members in group	1018
Description of group	Professional network of the Chartered Society of Physiotherapy

Activities since last report	<p>AGILE's Autumn Conference this year is called 'Bridging the Gap between Theory and Practice' and will be held in Glasgow Caledonian University on 10th & 11th November.</p> <p>A great line up of speakers is planned including Prof Lorna Paul, Ann Murray, Seb Chastin , Meggan Lowry, Krishna Gundapundi, Melissa McConaghy and Louise Kellichan.</p> <p>Two of our speakers are joining us via a live link from Australia, so I think we can also claim it's an international line up!</p> <p>These will be associated conference events – from a run on the Sunday morning to a proper Scottish ceilidh on the Saturday night.</p> <p>For more information and to book see https://www.eventbrite.co.uk/e/agile-learning-event-2018-bridging-the-gap-between-research-and-practice-tickets-44121517647</p>
Other relevant national events	The AGILE national study days are being delivered this year by Bex Townley from Later Life Training and Kate Bennett, the current AGILE chair. These are focussed on backward chaining and as part of the AGILE 40 th anniversary celebrations they are being offered at only £5 for members of more than 2 years standing.
Forthcoming meetings with contact information	We are also planning a small event to celebrate AGILEs 40 th anniversary – details are still being worked out.
	<p>Interact and keep up to date with AGILE on Twitter</p> <p style="text-align: center;">@AGILECSP</p> <p style="text-align: center;">Follow #AGILE18 for news on conference</p>

News from the 4th Canadian Fall Prevention Conference



The 2018 Canadian Fall Prevention Conference took place in **St. John's, Newfoundland, June 11-12, 2018.**

A pre-conference workshop: *Progressing strength and balance exercise to increase adherence and prevent falls*, was presented Dr. Dawn Skelton, Professor of Ageing and Health, School of Health and Life Sciences, Institute for Applied Health Research, Centre for Living, Glasgow Caledonian University.

In conjunction with the conference, an Indigenous Fall Prevention Symposium (IFPS) was also held, sponsored by the Public Health Agency of Canada and held in partnership with Memorial University.

Abstracts of conference presentations are available on:

http://docs.wixstatic.com/ugd/2c9822_d2f2979d320f4a568700550971fe141d.pdf

IPTOP on Social Media



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



<https://twitter.com/iptopwcpt>

Join our IPTOP Linked In 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. In addition to the 18 new associate members who joined in Cape Town, IPTOP has 24 associate members from India, Suriname, Korea, Fiji, Zambia, Trinidad & Tobago, Bermuda, St. Lucia, Jamaica, Malaysia, Jordan, Sri Lanka, Saudi Arabia, Slovakia and Northern Cyprus.

Special thanks to Nancy Prickett, our Treasurer, who has been diligently keeping track of countries that have sought information about membership.

If any of you know Physiotherapists in countries that are not yet members, please contact them to gather support towards their membership.

IPTOP Executive Committee 2018

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

Patron: [Jill McClintock](#) FCSP, United Kingdom

IPTOP Member Country Representatives Contacts

Australia Stephanie Fu	Austria Constance Schlegl
Belgium Jean Van Hoornweder	Canada Sonya Vani
Denmark Hanne Anderson	Finland Paulina Iiskala
Germany (new member elect) Carola Gospodarek	Greece Dimitrios Vasmaris
Iceland Nanna Gudny Sigurdardottir	Ireland Grace Coakley
Italy (new member) Marco Da Roit	Japan Yukio Urabe
Malta Stephen Lungaro-Mifsud	Netherlands Laura den Boeft
New Zealand Liz Binns	Singapore Sin Yi Lee
Slovenia (new member elect) Danielle Jagodic	Sweden Lena Ziden
Switzerland Christine Frey	Turkey Filiz Can
USA Lisa Dehner	United Kingdom Janet Thomas