

## **Highlights of Annual State Advocate Reports on 2017 Activities:**

### **Alabama: Laura White:**

1. Promoted ideas for geriatric PT conference programming to state chapter education committee
2. Organized AGPT booth at exhibit hall of Alabama state chapter fall conference in Birmingham, AL (August 2017)
3. Disseminated FPAD resources to AGPT members in Alabama via email
4. Coordinated two FPAD screening/education events in Mobile, AL
5. Hosted a 0.6 CEU dementia management course for PTs/PTAs, OTs/OTAs at University of South Alabama in Mobile, AL
6. Welcomed new AGPT members to Academy via email
7. Promoted geriatric PTs/need for continued funding of dementia education resources at "Coffee with Congress" event sponsored by South AL/West FL chapter of Alzheimers Association

### **Arkansas: Jennifer Vincenzo**

1. Served as consultant for outpatient Falls Clinic at University of Arkansas for Medical Sciences
2. Served as consultant for assessment/algorithm to determine etiology and intervention after a fall in veterans receiving home based primary care
3. Conducted fall risk assessments in assisted living facility with students
4. Guest speaker at Kansas annual PT meeting on balance and falls
5. Assisting PACE program of the Ozarks with therapy gym, equipment recommendations, and incorporating STEADI and other assessments into the new EMR.
6. Provided a fall prevention info session at an assisted living facility
7. Published article on use of balancewear in older adults to decrease fall risk.
8. Received small grant for collaborative study on investigation biomarkers to predict sarcopenia.

### **Arizona: Stefany Shaibi**

1. Organized and participated in the Connect2STEM Fair in January 2017 that was held at the Phoenix Biomedical Campus. The goal was to educate the public regarding physical therapy, specifically balance assessments and interventions. There were approximately 10 volunteer DPT students that assisted. There were approximately 6,000 attendees.
2. Held preliminary discussions with the AZPTA regarding the possibility of a geriatric SIG. Surveyed current GCS therapists to determine level of interest and possible activities/support.
3. Organized and participated in a health fair for a local free clinic. This clinic sees primarily homeless patients. A large number of their patients are also geriatric. We provided balance assessments, diabetic footcare, and a shoe drive.

### **Delaware: outgoing State Advocate Megan Sions:**

- I. Promoting enhanced prosthetic care for our seniors with lower-limb loss
  1. Gave an educational session entitled: evaluation of an Amputee: Ensuring a Leg to Stand On! At APTA NEXT Conference and Exposition, Boston, MA

2. Worked with DPT students, local PTs, local prosthetic companies, and physiatrists to provide multi-disciplinary evaluations that meets Medicare criteria for patients with lower limb loss requesting a new or replacement prosthesis in Delaware and Maryland (continuation and expansion of last year's activity including training of more prosthetists and PTs in the region); promotes hands-on DPT student learning and continued learning by community PTs.

3. Promoted low-cost prosthetic courses to local healthcare providers, including PTs to enhance post-amputation rehabilitation in the region

4. Provided in-services/trainings regionally for local prosthetists, patients, physicians, and physical therapists on self-report & performance-based measures of function for individuals with lower-limb loss

II. Promoting Awareness of Treatment for Low Back Pain in Seniors, i.e. Low Back Pain is NOT Part of the Aging Process!

1. With assistance of *Delaware Spine Studies* participated in older adult educational booths at local senior centers on low back pain treatment, increasing the number of senior seeking care for LBP to promote continued independence of our community seniors

III. Fall Risk Identification

1. Participated in UD STAR Cook-off and other balance screening opportunities, including Balance Screens for assessment of fall risk with documentation provided to participants to share with their physicians.

#### **Florida: Heidi Piccione**

1. Falls Task Force for FPTA with distribution of task force materials for Falls Education to provider practice groups at USF Health.

2. Spoke for the Geriatric Workforce Enhancement Program research for lunch and learn on falls.

3. Spoke to Orthopedic Grand Rounds on falls and risk factors. Distributed informational binders and resources on falls screening.

#### **Georgia: David Taylor**

1. Increase statewide participation in 2017 Fall Prevention Awareness Day.

a. Promoted Physical Therapy Association of Georgia (PTAG) participation the in the Georgia Falls Prevention Awareness Day on September 22, 2017 across the state.

b. Provided falls prevention resources to Georgia Academy members in preparation for Falls Prevention Awareness Day.

c. No data to support increased participation of PT's however, a second State event was held in Gainesville, GA by Brenau University OT & PT programs 9/22/17.

2. Support members preparing for GCS examination.

a. One new GCS from 2017 study group

3. Communicate educational opportunities to members.

a. Collaborated with PTAG programming committee for geriatric focused sessions at annual meeting.

#### **Hawaii: Mary Grace Gayatinea**

In-service for a nursing facility (St. Francis Clarence T.C.Ching The Villas) about the following topics:

- a. Falls (attendees: all staff)
- b. Proper Body Mechanics (attendees: all staff)
- c. Transfer and Positioning Training (attendees: nursing)

**Indiana: Swarnalatha Tumukuntla**

1. Held educational regarding fall prevention and promoted senior fitness in assisted living facilities and SNF's in Indianapolis area.
2. Provided staff education on proper body mechanics and transfers while caring for the resident's in several assisted living facilities and nursing homes.
3. Welcomed new members of AGPT every month
4. Promoted education on safety and fall prevention strategies in local skilled nursing facilities of Indianapolis on Fall prevention awareness day.

**Iowa: Catherine Stevermer**

1. Communicate quarterly with Iowa chapter members regarding geriatric activities at the state and national level.
  - a. Hosted information booth at IPTA Spring meeting (March)
  - b. Newsletter for Iowa AGPT members prepared in February, containing AGPT News; EBP resources; conference/seminar listings; regulatory updates. Reduced newsletter frequency due to increased frequency of electronic updates from AGPT & IPTA (~2-4 per month) and added social media activity (Facebook).
2. Increase interaction/communication from chapter members in regards to geriatric-related activities.
  - A. Request specific updates from academic programs, clinicians, IPTA committee members, etc. - Requested submissions in person and via newsletter from other members to contribute on topics of interest.
  - B. Survey state membership on CEU topics and AGPT interest – deferred to coordinate with IPTA Executive team.
  - C. Begin 2018 AGPT State Advocate succession planning. – Identified individual interested in increased involvement, anticipate co-advocate for 2018.
3. Review state meeting plans to ensure course offerings pertinent to geriatric practice. Courses at Fall 2017 – McMillan Lecture Revisited: Turn Down Aging Clock (Rich Shields); Therapy for Parkinson's Disease (Gail McGaughy); Motor Control for Walking in Older Adults (Kristin Lowry); Vestibular Treatment (Tracy Porter & Jenna Wexter)
4. Provide community education on minimum of 1 geriatric- based topic.
  - A. Balance & Beyond classes (June, October, December) – community offering which provides education and activity components
  - B. Bones, Bottoms & Balance (March 2017) – co-taught community education on osteoporosis, incontinence, and balance.
5. Other Activities:
  - A. Supervised PT students performing fitness/gait assessments during a Senior Health Fair (November).
  - B. Supervised PT students with research project at Iowa State Parkinson's Association Conference
  - C. Attended IPTA Lobby Day (March) to receive updates on advocacy efforts and network with students. Facilitated student attendance at the Federal

- Advocacy Forum with locum tenens as a key issue.
- D. Assisted with IPTA website revision for enhanced communication & event access.

**Idaho: Cindy Seiger**

1. 6<sup>th</sup> Annual Humpty Dumpty Had a Great Fall: A Falls Prevention Event
  - a. "Stand Tall & Fight Falls"
  - b. October 20, 2017
  - c. Audience: Community-dwelling older adults
  - d. Community vendors
  - e. Information booth staffed by students in physical therapy, dietetics, pharmacy, and occupational therapy
2. Fit and Fall Proof™ (FFP)
  - a. Statewide falls prevention program that provides community exercise classes
  - b. DPT students
    - i. Conducted classes in Pocatello, ID
    - ii. Recorded four 30-minute FFP exercise programs for the Pocatello Local Access Television Station

**Illinois:**

**From Jaime Fortier-Jones, IL co-chair**

1. Presented at multiple IPTA district meetings on geriatric topics.
2. Hosted a AGPT booth at IPTA annual meeting
3. Began discussions with IPTA regarding formation of geriatric special interest group

**From Heidi Moyer, IL co-chair**

4. Held SAFE Screening with students and staff from Bradley University at the IL Senior Olympics
5. Maintained Facebook group
6. Attempted to maintain GCS student groups, but communication unsuccessful amongst members at this time
7. Began mentoring new members
8. Mentored current advocates in beginning and maintaining a social media presence within their state

**Kentucky: Beth Norris**

1. Coordinated DPT students to perform peer teaching to undergraduate students in components of the STEADI Fall Risk Assessment.
2. Consulted with investigators of a CMS grant in regards to modifications of exercises for older adults with disabilities involved in BINGOCize® program.
3. Submitted small grant for research attentional focus and motor learning research in balance training with older adults.
4. Disseminated research findings from MELT method foot exercises performed by older adults.
5. Facilitated DPT student outreach involvement in BINGOCize® program in area assisted living centers.

**Louisiana: Danny P. Landry**

1. Booth set up with Academy Material at both Spring and Fall State Association Conferences
2. AGPT Consumer Material shared with Home Health Marketing Director to share with elderly population at health fairs

**Maryland: Linda Horn**

1. Balance Screenings
  - a. Balance screenings provided at 4 senior apartments/condos: 61 total screened (July/August, 2016) with 2<sup>nd</sup> students from University of Maryland School of Medicine, Physical Therapy and Rehabilitation Science Department.
  - b. Balance screenings at the Baltimore County Department of Aging Get Ready! Get Set! Get Fit! 5K Run/Walk: Second year students from University of Maryland School of Medicine, Physical Therapy and Rehabilitation Science Department screened 37 participants. Some of the students were monitors on the race course and did other tasks to support the event.
2. Display AGPT booth materials
  - a. AGPT section booth materials and promotional items displayed at the APTA of Maryland and DC Fall Chapter Meeting. I had the opportunity to talk to many students during the student conclave about the benefits of membership in APTA, AGPT, and the reduced cost for students. The students were very interested in this information and enjoyed all of the promotional items, especially the hand grippers.
3. Provide geriatric education to entry-level DPT students
  - a. Second year students (56) from University of Maryland School of Medicine, Physical Therapy and Rehabilitation Science Department completed the Otago exercise continuing education module which was made available from a grant (Center for Aging and Health, Carolina Geriatric Education Center).
  - b. Education to 1<sup>st</sup> and 2<sup>nd</sup> year students about fall risk and balance screening tools.
  - c. Second year DPT students conducted 10 weeks of exercise to adults (most were older adults) in our Silver Fitness series as part of continuing community involvement. We partnered with Hollins House which is apartments for seniors and disabled adults.

**Maine: Bill Anderson & Bernadette Kroon**

- 1) Attendance at Maine APTA Spring and Fall conference with AGPT booth
- 2) Contacted the 4 new AGPT members in the state of Maine to inform about the benefits of their membership.
- 3) Operationalizing a gift from the Boyd Fund to support:
  - 10 PTs to sit for the GCS exam
  - 1 PT to recertify their GCS certification
  - 1 PTA to work towards Advanced Proficiency Pathway in Geriatrics
  - 6 OTs to pursue AOTA Board Certification in Gerontology
  - 2 SLPs to become certified in LSVT Loud

- 4) Currently conducting two state-wide study groups (One for PTs and one for OTs and SLPs) to support their certification processes through the EMHS (Eastern Maine Health System) and attendance is open to the therapy community.
- 5) Attended hearing on limiting Dry Needling by PTs and testified in favor of PTs being able to perform fingersticks to assess INR in patients who are homebound and receiving home health services. Dry Needling was protected and the fingerstick bill was passed.
- 6) EMHS (VNA Home Health) partnering with local universities to take students in 2017 in the Home Health/Geriatrics setting:
  - 4 PT students
  - 2 Level 2, and 4 Level 1 OT students
- 7) Partnership between local university students (MOT) and community health care agencies. Clinicians working for the community partners (VNA Home Health, the Cedars, the Landing and others) present their clinical questions related to the aging population to the students. The students search for the clinical research evidence and presents the outcomes of their search and answers to the clinical question to the community partner.
- 8) Participate as member of the Ad Hoc Senior Advisory Committee of South Portland ME.

The committee goal is to be a more age friendly city. Focus of the group is on:

- Physical environment; transportation, housing, and outdoor spaces and buildings
- Social environment; respect and social inclusion, social participation and civic participation and employment
- Communication and information and community support and health services.

### **Michigan: Melanie Wells**

1. Began newsletter to MI members
2. Reached out to MI members for conference submissions: two were selected and presented at our Spring and Fall Conferences

### **Minnesota: outgoing SAs Susan Priem & Amanda LaLonde**

- 1) Engage and recruit members at the State of MN, MNPTA Annual Spring Conference.
  - a. With materials obtained from the AGPT office, Susan and Amanda worked to talk up existing and potential members at the conference. The booth was one of the most visited at the conference and the President of the MNPTA spent time discussing ways to increase member engagement when visiting the booth. Giveaways and information provided:
    - i. AGPT luggage tags
    - ii. AGPT Pens
    - iii. Handout (with permission) on the weight of commonly used household products- for use by therapists
    - iv. GeriNotes and Journal copies for review
    - v. Information on the GCS exam
  - b. The \$50 advocate funds were used to have a drawing for 2, \$25 gift cards. Members were able to enter the drawing twice, non-members once.

- 2) Continue newsletter on a quarterly basis, including adding and welcoming all new members.
  - a. With assistance from Karen Curran on new membership in MN we were able to reach new members and welcome them.
  - b. Newsletter continues on a quarterly basis, including links for geriatric resources in the community.
- 3) Continue the discussion and interaction with AARP with hopes to have support from AARP for a falls prevention event.
  - a. Have reached out to local AARP office and identified AGPT and MN Advocate role. Have had various email exchanges with AARP, however, the office is focused on the current administration and political landscape.
- 4) Work with students from local PT Programs to have a falls screens day and connect with community members at risk of falling. (not met)
  - a. Unable to find time and resources to meet this goal, timing of FPAD (early in academic semester) makes goal particularly challenging.
- 5) Increase interaction with MNPTA to promote AGPT and the important causes related to geriatrics among therapists in MN.
  - a. Had a GCS member feature story in the State Newsletter Email
  - b. Increase connection with the PTAs in MN by working with two already identified PTAs with an interest in Geriatrics. Goal that PTAs will work toward Geriatric Proficiency Certification. (ongoing)
    - i. Did provide members with information about the PTA proficiency process in one of the quarterly newsletters.

#### **Mississippi: Joy Kuebler & Sherry Colson**

1. Recruited a PT to assist with advocate work.
2. Contacted each new member.
3. Promoted fall prevention at health fair.

#### **North Dakota: Beverly Johnson**

1. Therapists around the state are involved with “Stepping ON” fall prevention program through the CDC and coordinated in the state of ND by North Dakota Department of Health. A number of therapists are also offering pre and post testing and testing at 3 months and one year after completion of the program. Therapists have been encouraged to include local Physical Therapy students to introduce the upcoming professionals to fall prevention programs and activities.
2. Faculty at the University of North Dakota have established a relationship with a local organization that offers a continuum of care for the older adults from independent living to basic care to long term care and dementia care. This organization offers a “virtual dementia tour”. Faculty & local therapists work with this organization to provide an active learning experience for health care workers, family members and students. This past year three years of data collected on the impact of this activity for Physical Therapy students was presented at 2107 CSM in San Antonio:
  - Virtual Dementia Experience: Active Learning Experience to Improve Student Understanding of Working with Older Adults with Alzheimer’s Dementia.
3. Ongoing relationship between therapists in the North Eastern part of the state, faculty and students at the University of North Dakota and the local YMCA have resulted in creative programs for individuals with Parkinson’s Disease in the region. Offering

exercise programs such as PWR Moves and Rock Steady Boxing program. Faculty driven and student supported data collection have resulted in poster presentations at CSM in 2017 and one accepted for CSM 2018. This relationship has promoted Physical Therapy in the area and provided students with an opportunity to document the effects of the program.

- Community Group Exercise Program Incorporating Cognitive and Mobility Exercises for Individuals with Parkinson's Disease Following Physical Therapy Intervention: A Case Series. (CSM 2017)
- Impact of a Community-based Rock Steady Boxing Program for People with Parkinson's Disease: A Pilot Study. (CSM 2018)

4. The NDPTA 2017 research grant was awarded to a faculty member and students researching the effect of walking poles on gait, balance and posture. Preliminary results were presented at the 2017 Fall NDPTA meeting.

5. The Fall NDPTA continuing education course had a geriatric component.

### **Oklahoma: co-chair Michael Hyland**

Community events in 2017:

- Once again led a balance and fall screen at local church annual health fair. Using the STEADI toolkit, parishioners and local neighbors attended a health fair at St. Anne Catholic Church in Broken Arrow, OK. Numerous screens and services were offered, including but not limited to, blood pressure checks, spirometry, and the balance and fall screen conducted by OK Advocate Michael Hyland. The crowd was not large, but many were screened and found to have minor fall risk.
- As part of Health Ministry at St. Ann Parish Advocate coordinated with INCOG AAA director Clark Miller to invite them to be a vendor/provider at the upcoming 2018 health fair at the church.

At each of these events handouts were provided for community resources through the Area Agency on Aging.

Previous plans for 2017 and status as of CSM 2018:

1. An OK chapter academy of geriatric PT Facebook page was established and able to reach a good number of registered members. The outreach will continue into the coming year.
2. Cindi Cathey, PTA was asked to be co-advocate and is serving her first term as of 2017.
3. Improve the process and materials and conduct another fall and balance screen at the church health fair again this year. –GOAL MET/work in progress. Plan to meet with co-advocate to perhaps plan a future event together.
4. Provide a booth with table display for at least one of the OPTA conferences this year and perhaps add giveaways in a door prize with AGPT budget. –Was not able to accomplish this year, but will plan in the future, perhaps this year.

### **Pennsylvania: Jennifer Sidelinker & outgoing Rebecca Tarbert**

- Monthly welcome email to new members, sharing AGPT and PA specific resources, welcoming communication, and offering support
- Quarterly newsletter to entire PA AGPT membership including: state-specific legislative activity, events & education pertinent to the practice of geriatric physical therapy.
- Falls Prevention Awareness Day:
  - partnered with PA PT state chapter to engage members in all PA districts



- PA State Advocate developed resource toolkit for PPTA website, and facilitated participation and reporting to support state and national efforts
- Strategic connections established:
  - PA State Advocate now a member of the PA Falls Coalition
  - PA State Advocate now the state chapter Aging Liaison
  - PA AGPT State Advocates more connected to the state chapter Geri SIG and exploring opportunities for alignment and support
- Attended the annual PPTA conference and hosted an AGPT booth
- Published an article for Geri-Notes January 2017 edition summarizing our PA activity

**Texas: Crystalyn Richard**

- 1) Attendance at Southwest District TPTA meetings x 4.
- 2) 2017 GCS Study Groups; 3 separate groups for Houston Area.
- 3) 20 signatures obtained to initiate process for Special interest group in geriatrics for Southwest region.
- 4) TX Advocate obtained personal certifications in GCS and CEEAA
- 5) Attended annual conference in aging through UT Health Consortium on Aging. This was a wonderful meeting of various healthcare professionals to begin to solve pressing issues that affect our aging population.

**Barriers:**

1. TX is a large state and we need more geriatric SIG's and advocates for various regions of the state
2. Limited interest in geriatric healthcare from TPTA members.
3. Minimal student engagement in geriatric physical therapy.
4. Limited technology resources to connect GCS candidates across the state for virtual or remote study groups.

**Virginia: Cathleen Renkiewicz:**

1. The Virginian Geri SIG had 2 meetings, one in March at our annual VPTA leadership retreat, and another at state conference in October. The communications chair established a Facebook page for the group (aligned with Geri SIG, not with AGPT directly).
2. Successfully obtained the Academy booth and exhibited at annual conference in October.

**Washington: Kele Murdin, co-chair**

1. Founded Geriatric Special Interest group for the state chapter of APTA.
2. Fall Prevention Awareness community event: screening at an Assisted Living Facility and Community Senior Living Fair
3. Chaired monthly calls for pre-GSIG
4. Attended DOH fall coalition meeting, created relationship with DOH and became active member of Continuum of Care workgroup for WA older adult fall prevention.
5. Solicited and shared feedback from GSIG to Legislative committee on proposed changes to Assistive Personnel in our Practice Act (requested carve out for SNF, and HH due to fragility/acuity of pt.)
6. Hosted two state legislators in a SNF to educate them on scope of PT in SNF setting, and what we do and barriers we face.

**Ryan Murphy, co-chair:**

1. Developed a Facebook page (aligned with Geri SIG, not with AGPT directly) and flyers to support the newly formed PTWA GSIG.
2. Completed a National Falls Prevention Day in-service at a local ALF for all staff members regarding reducing their residents risk for falls. This in-service was well received and seemed to be very informative for the staff.

**West Virginia: outgoing Corrie Mancinelli**

The following is a list of activities that were coordinated by the 3 academic programs in West Virginia: West Virginia University, Marshall University or Wheeling Jesuit University.

1. IPE Healthy Aging Fairs (between 20-30 participants at each fair) - WVU
  - a. 9/28 Senior Center in Fairmont, WV
  - b. 10/5 at Craig Civic Center in Kingwood, WV
  - c. 11/2 at Bridgeport Conference Center, Bridgeport, WV
2. IPE Activity Through Music - WVU
  - a. Spring 2017 Weekly visits to Suncrest United Methodist Church Adult Daycare program, Morgantown, WV. Coordinated effort between the WVU School of Music, Music Therapy program and PT faculty and students. Music therapist faculty and student led music sessions while PT faculty and students led group exercises along with the music.
  - b. Fall 2017 Weekly visits to an independent living facility, the Village at Heritage Point, Morgantown, WV. Balance screening and exercises.
3. Walk to End Alzheimer's in Huntington, WV – Marshall U
4. Geri-O, nursing home residents come together to compete in modified games – Marshall U.
5. Fire Safety Education with the Wheeling Fire Department, focused mainly on home modifications in low income high rises with older adults – WJU
6. Pro bono services to older adults with chronic neurological diagnoses. Service learning for students, twice per week for 1 semester – WJU
7. Group exercises and fall screens weekly at the Sisters of St. Joseph, an older population of nuns, once per week - WJU

**Wyoming: Nola Peacock**

- 1) Education event at senior center: provided consults & education for older adults at senior center regarding independent exercise programs with the exercise equipment at the senior center; arranged for volunteer help on weekends at the senior center to expand the days/hours that the facility is open to allow participants to use exercise equipment.
- 2) Relationship building with older adult agency: participated in regular Age Friendly Jackson Hole meetings to increase senior access in community; consulted on disabled parking, accessible park benches.

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***Current States needing  
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or co-chair State Advocates:***

Alabama co-chair, Alaska, California, Colorado, DC, Hawaii co-chair,  
Michigan co-chair, Minnesota, Montana, Nebraska, Nevada, New Hampshire,  
New Jersey, New Mexico, New York, North Carolina, North Dakota co-chair, Ohio, Oregon, Rhode Island,  
South Carolina, South Dakota,  
Texas co-chair, Utah, Vermont, West Virginia, Wisconsin