



# ACADEMY OF GERIATRIC PHYSICAL THERAPY

Name: **Beth Black, PT, GCS and Heidi Moyer, PT, DPT, CEEAA, GCS**

Board Position: State Advocate Western and Eastern Regional Coordinators

Date: 1/13/2020

I – Status of progress towards assigned goals/objectives from strategic plan:

1. After finalizing end-of-year renewals and resignations, and ongoing recruiting of new State Advocates, we now have **39** (previously 49 at this time last year, but still up from our 29 states in 2018) States with State Advocates (including the District of Columbia). There are a total of **61** current State Advocates (previously 70, but still up from our previous number of 37 volunteers at the end of 2018) with many states sharing the position as co-chairs. Sharing the position continues to foster growth of the program by encouraging sustainability within the states, supporting larger states with larger memberships and building confidence in taking on the positions, particularly with new professionals working with another member. We had 17 state advocates step down from their position this year to pursue other opportunities, many after a multi-contract commitment.
  - a. Reasons why advocates left the position included needing to focus on other professional endeavors, not having the time to commit to the role, and feeling ready to focus on other opportunities.
2. Recruitment of additional state advocates in empty states as well as co-state advocates is ongoing through flyers at CSM, monthly postings on the APTA Geriatrics Discussion Group (Facebook), intermittent ads in GeriNotes, posting in AGPT NewsBrief, emails to contact State Advocates to work locally to recruit internally, Chapter ads/email blasts to state AGPT members, and ongoing referrals from other active AGPT SIG leadership.
  - a. *Please print and take to CSM attached files on current State Advocates and flyer on states we are actively recruiting. Any acknowledgement by AGPT leadership of current State Advocates at CSM is appreciated at CSM.*
3. The Welcome Packet mentioned in the Annual Report summarizing 2018 has been changed from a “New Member” packet to more of a general “How To” guide for the position. Information such as creating a Facebook page, sample email templates for greeting new AGPT members at the state level, and many sample ideas for events such as falls awareness prevention day, collaborating with local government health agencies, and promoting student involvement in the AGPT at the local level are included in the packet materials.
4. The Regional Coordinators facilitated two phone calls this year to promote engagement. The regional coordinators intended to have more phone conferences throughout the later half of the year, but much of this time was spent coordinating with the new management company as issues arose. The SA calls that occurred were:
  - a. March 11, 2019: New Member Call/ Reinvigoration Call

- b. June 27, 2019: Introduction to the New State Advocate Website
5. Currently, the state advocates are running Facebook groups in the following 13 states:
  - a. CA (none): <https://www.facebook.com/groups/206420329949902/>
  - b. CO (Beth Castellini): <https://www.facebook.com/groups/399522670457966/about/>
  - c. FL (Stefanie Bond and Heidi Piccione): <https://www.facebook.com/groups/FLAGPTMembers/>
  - d. MI (Mihir Trivedi and Melanie Wells): <https://www.facebook.com/groups/2408422059435907/>
  - e. MN (Marina Cheung Taylor & Christa Schutte): <https://www.facebook.com/groups/516305278888851/>
  - f. NC (Jamie Miner): <https://www.facebook.com/NCAGPT/>
  - g. NE (Tessa Wells & Maggie Schumacher): <https://www.facebook.com/groups/585067375200270/about/>
  - h. NH (none): <https://www.facebook.com/groups/NHAGPTmembers/>
  - i. NM (Beth Black): <https://www.facebook.com/groups/NMmembersofAGPT/>
  - j. OH (Aliya Decates and Angela Onyekanne): <https://www.facebook.com/groups/48252522271400/>
  - k. OK (Cindy Cathey): <https://www.facebook.com/groups/974917155941362/>
  - l. TN (Gretchen Jackson and Teresa Brennan) : <https://www.facebook.com/Tennessee-Members-of-AGPT-358944757907494/>
  - m. Utah (none): <https://www.facebook.com/groups/206215819996534/about/>
6. Facebook Groups aligned with GeriSIGs at the state level include
  - a. Illinois (Heidi Moyer): <https://www.facebook.com/groups/ILmembersofAGPT/>
  - b. Virginia (Brandon Smith): <https://www.facebook.com/vptageriatrics/>
  - c. WA (Kele Murdin): <https://www.facebook.com/groups/PTWAGSIG/>
7. New Management Company Transition:
  - a. The regional coordinators met with the new management company before the transition to lay out the needs for the state advocates which includes conference materials request process, emailing a list of new AGPT members monthly to all advocates, updating the online AGPT state advocate directory as instructed by Heidi and Beth, and the need for additional table tops for chapter conferences due to high volume in the spring and fall seasons.
8. In addition to many states being active in promoting National Falls Prevention Awareness Day, Senior Olympics, Active Aging Week, GCS study groups, there is more promotion of all SIG activities.
  - a. Letter to be sent to all SIG chairs before CSM this year, supporting online communication and awareness of each other's activities, with an updated list of State Advocates and recruiting states.
9. Coordinators regularly communicated to individuals through emails, calls and screen sharing. This was performed in addition to group communication through PBWorks (during the first half of the year), the AGPT SA Leadership Panel website (during the second half of the year), and group phone calls.
10. Regular communication of new AGPT chapter membership database is provided by our Executive Director to each State Advocate on a monthly basis, follow up as needed by Coordinator.

- a. This did not occur for the initial 3 months after the admin transition, but has now been corrected.
11. Both coordinators are facilitating annual State Advocate meeting at CSM. Meeting will be held Friday, February 14th, 2020 from 1-3pm. Meeting will include formal agenda, including training in the use of new website, as well as guided discussion on topics identified as being important to SAs through previous polls and other individual feedback. Coordinators will also be discussing budget changes and plan for use of new budget at the meeting and address any concerns with this.
12. Ongoing increased AGPT presence in local chapters with budgeted resources provided to each state advocate acting as liaisons to/from AGPT:
  - a. signage for chapter events when AGPT table top display not available
    - i. resources for giveaways, vendor expenses, hard copies of GeriNotes, JGPT, etc
  - b. AGPT was represented at the following state chapter or district conferences in 2019:
    - i. Alabama
    - ii. Connecticut
    - iii. DC/Maryland
    - iv. Florida
    - v. Illinois
    - vi. Iowa
    - vii. Massachusetts
    - viii. Minnesota
    - ix. Mississippi
    - x. Oklahoma
    - xi. New Mexico
    - xii. New York
    - xiii. Pennsylvania
    - xiv. Tennessee
    - xv. Texas
    - xvi. Virginia
    - xvii. Wisconsin
    - xviii. West Virginia
  - c. Last year, only 9 states were represented at state conferences. This year there were 18 states represented.
13. Collection of Annual Reports by all State Advocates, posted on AGPT SA Leadership Panel for all State Advocates to review. Highlights of 2019 activities of some of the exciting and diverse work being done at the state level are included at the end of this report.

II – Follow-Up on old business (not addressed in item I):

1. Ongoing recruitment of State Advocates for the following states:
  - a. Alaska
  - b. Arizona
  - c. California
  - d. Georgia

- e. Illinois
  - f. Kansas
  - g. Louisiana
  - h. Maryland
  - i. Missouri
  - j. New Hampshire
  - k. Rhode Island
  - l. Utah
2. Ongoing recruitment of Co-State Advocates for the following states:
    - a. Hawaii
    - b. New Mexico
    - c. North Dakota
    - d. South Carolina
    - e. western South Dakota
  3. Facilitating increased use of devoted State Advocate portion of AGPT SA Leadership Panel on our website as a resource for all State Advocates, transitioning from use of PBWorks wikisite.
    - a. The website at this time does not allow for the level of communication that is convenient for the state advocates. There is no notification to members of the page when new things are posted. Once on the website it's difficult to determine when new postings have been made. The coordinators are still using email as a primary mode of communication. Uploading file sharing is not user friendly. We've asked assistance from AMPED to investigate whether improvements are possible to the Panel.
    - b. The regional coordinators are discussing creating a closed Facebook group for the interested state advocates who which to connect in a closed social media setting to collaborate with one another.
  4. Ongoing promotion and coordination of State Advocate activities by two regional coordinators.
  5. Increase State Advocate participation and promotion of SIGs by State Advocates.
  6. Increase State Advocate participation and promotion of SAFE (Senior Athletes Fitness Exam) at state-level Senior Games, collaborating with Dr. Becca Jordre and AGPT task force on partnership with NSGA.
  7. Ongoing support to State Advocates to increase job satisfaction, understanding of resources, to increase the involvement of AGPT members in their states and to develop AGPT leadership.
  8. Submit annual State Advocate article from individual State Advocates and/or Regional Coordinators for Gerinotes.
  9. Submit at least monthly updates to AGPT website on contacts, transitions of new or outgoing State Advocates, and to SIG chairs and other AGPT leadership as requested.
  10. Monthly updates to AGPT website on SA Panel for Advocate resources and activities.
  11. Annual meeting with State Advocates at CSM.
  12. Provide feedback to State Advocates at end of 2-year terms and throughout their term as needed/desired.
  13. Facilitate leadership in AGPT.

III – New items for discussion:

1. State Advocate of the Year Award Proposal:
  - a. We believe that it would be nice for the Board to approve an award for an outstanding State Advocate who has demonstrated impressive contribution to the program through their work at the state level.
  - b. Method of Selection:
    - i. The two coordinators could select winner, or will select 2-3? state advocates who they believe are worthy of the award (based on their annual reports) and submit them for consideration to the executive board
    - ii. The board will then choose a winner
    - iii. The winner will be announced at CSM
  - c. We propose this take effect at CSM 2021 following approval by the board in 2020.
2. Proposed Closed Facebook group for State Advocates to communicate with each other on. Any concerns by BOD?
3. The name of each state State Advocate Facebook pages. BOD originally stated the names had to be "(specific State) members of AGPT", such as Alabama members of AGPT. These pages are now converting to (specific State) members of APTA Geriatrics with the re-branding process. Many of the Facebook pages are "open" pages, meaning it is open to non-members. Coordinators would recommend new titles to be changed to "(specific state) group of Geriatric PTs/PTAs".
4. Expanding budget request to include support of giveaways, banners, etc for community events such as fall prevention, SAFE, health fairs.
5. With re-branding, table top replacements are needed. More signage needed to be available to State Advocates due to frequent same-day chapter conferences across the country, Coordinators working with AMPED for alternatives.

IV – Board action requested:

1. Approval for State Advocate Award (see above)
2. Approval for closed Facebook group for State Advocate Use for communication between SAs.
3. Approval of name change for state Facebook pages
4. Approval of budget requests

V - Special needs or requests:

**Highlights of Annual State Advocate Reports on 2019 Activities:**

**Alabama (Laura White and Brian King):**

1. AGPT Booth at Alabama Chapter annual conference
2. Represented geriatric physical therapy on state chapter education committee
3. Coordinated geriatric/neuro educational session at Alabama Chapter annual conference.
4. FPAD community events:
5. Fall prevention seminar to cardiopulmonary rehab clients in Mobile, AL
6. Falls screening at Homewood Senior Center in Homewood, AL (did this in conjunction with Fall Wellness Fair – November 2019)

**Arkansas (Jennifer Vincenzo):**

1. Conducted falls prevention assessments on 90 older adults
2. Invited Speaker - 4th Annual Dementia Update, University of Arkansas for Medical Sciences -
3. Exercise and Balance for People with Dementia
4. Invited Speaker - Pat Walker Senior Health Center - Washington Regional Medical Center -How to Stay Mobile and Active with Aging and Health Issues
5. Invited Expert - National Council on Aging Live Q & A session with the experts for Falls Prevention Awareness Day
6. Invited Speaker - Ozarks at Large radio show, National Public Radio
7. Falls and Older Adults
8. Invited Speaker - Center for Integrative Health, Northwest AR
9. Small Changes Now, Big Results Later - How to Engage in Healthy Behaviors
10. Invited Speaker - Senior Health Awareness Day, Schmieding Center, Springdale, AR.
11. Staying up and Getting up; Falls Prevention and Management
12. Invited Speaker - Razorback Sports Medicine Symposium, Fayetteville, AR
13. Senior Athlete Fitness Exam
14. Served on Arkansas State Falls Coalition.
15. Served on the Governor's Advisory Council on Aging to guide the Governor's office for aging needs in Arkansas

**Colorado (Beth Castellini):**

1. Completed 2 Matter of Balance classes with Aging and Disabilities Resource Center of Colorado (ADRC) at the Library and a Senior housing authority complex (January and October)
2. Participated as a panel member for the Pro Bono Project of Mesa County and Colorado Legal Services Title III Senior Citizen Legal Assistance to present on Proactive and Reactive Healthy Aging (April)
3. Celebrating Older Americans Month event at an ALF/ILF in Longmont – joint event with OP and HH staff (May)
4. Coordinated with Parkinson's Association for a PT Speaker for their Western Colorado Event (June)
5. Participated as a panel member for Colorado Senior Law Day for session called, "Getting the most out of your Rehabilitation" to promote Active Aging, discuss skilled therapy vs non-skilled and home safety screening (October)
6. Connected with Colorado's Statewide representative for AAA programs for A Matter of Balance to aid to locate PT's for the guest lecturer portion

**Connecticut (Jean Miles):**

1. The CT Geri SIG is now co-chaired by 2 other members; I still have an active role.
2. The SIG sponsored “pharmacology for the older adult” lecture through our state chapter in the spring.
3. I joined with 3 other SIG members to present a session on fall prevention at our state conference on 11/9/19. Our goal was to attract outpatient therapists to a presentation with a geriatric focus and we succeeded in doing that. \*My portion of the talk was about the impact of cognitive impairment on falls.
4. Gave a lecture about the role of PT for persons with dementia at the CT annual Alzheimer’s Association conference in April.
5. The local commission on aging and disability enlisted my help with plans for a loan locker—the program will officially open on Dec 1, 2019. I will continue to be active with the aging commission for promotion of PT related activities.
6. I set up a booth at state conference to provide information about CEEAA and GCS prep, and shared copies of several recent articles from recent APTAGeriatrics publications.

**Delaware (Sarah Smith):**

1. Blood pressure, BMI, and falls risk screen including 4 SST and SLS at Community Day
2. Assisting at the Delaware Senior Olympics Basketball Tournament with University of Delaware DPT students

**District of Columbia-DC (Katie Larson):**

1. Participated in a Falls Prevention Day with PTs and community dwelling older adults in conjunction with the District wide Falls Prevention Day on 9/25/19 at MedStar National Rehabilitation Hospital. Conducted falls screenings and provided education and handouts for attendees at low, medium, and high risk for falls. Also discussed the CDC Home Safety Checklist.
2. Participated in the DC/Maryland Student Conclave for PT and PTA students on 10/26/19 and conducted education sessions with a focus on geriatric patients.
3. Educated DC APTA Members about community events to conduct falls screenings in DC via Facebook, at Chapter Meetings, and in person.
4. Participated in the AGPT State Advocate meeting at CSM in DC on 1/25/19

**Florida (Heidi Piccione and Stefanie Bond):**

1. Created a Facebook page
2. Representative for the Geriatric Section at the FPTA Fall Conference
3. Fall Prevention Screening on 10/14/19 at local ALF

**Georgia (David Taylor- *retiring*):**

1. Expand the STOP Falls initiative to include all Georgia DPT programs and add regional / national programs-perhaps via AGPT and screen 1000 older adults.
2. Promote Georgia PTs/PTAs completing training for STEADI, Otago, and other evidence-based fall prevention programs.
3. Increase Georgia PT’s participation in A Matter of Balance and other community-based fall prevention programs.
4. Support individuals preparing for Geriatric Clinical Specialty exam.
5. In 2019, all or parts of each of the goals were met. In collaboration with multiple stakeholders, the 2019 iteration of the STOP Falls initiative was completed. As of 11/13/2019, 6 DPT program faculty, students, clinical, and community partners engaged in screening 710 individuals in 26 locations across the state. The CDCs STEADI

Initiative provided the framework for the screenings and resulted in additional students and clinical partners completing the training.

6. A greater number of clinicians and clinical partners were introduced to and participated in community-based fall prevention education through A Matter of Balance and other falls prevention speaking events.
7. Two new Geriatric Clinical Specialists were certified in 2019 per the APTA database, but I had no role in their success.

**Hawaii (Mary Grace Gayatinea):**

1. Provided In-service to the OT/PTs in the Home Health Care Setting in regards to Falls Prevention in reference to the "Falls Prevention in conjunction with the National Falls Prevention Awareness Day" resource provided by CDC.
2. Provided In-service to the caregivers/CNAs in the community in regards to Dementia 101 which focuses on how to approach/care for the population.

**Idaho (Cindy Seiger):**

1. Provided Fit and Fall Proof™. DPT students to continue conducting FFP classes

**Illinois (Jaime Fortier-Jones- *retiring*):**

1. Authored and submitted bylaws for GeriSIG
2. Established GeriSIG for IPTA
3. Mentor new state advocates

**Indiana (Swarnalatha Tumukuntla):**

1. Attended the INAPTA spring and fall conferences.
2. Participated in local fall prevention awareness day event.
3. Participated at 50th anniversary celebration of PTA .
4. Attended and participated in PT month celebrations.
5. Attended the central district meeting.
6. Communicated with the new AGPT members to thank them and provided the AGPT resources and updated all the members monthly with the news and updates.
7. Participated in quarterly AGPT state advocate phone conferences with the regional coordinators.
8. Celebrated fall prevention awareness day.
9. Attended the quarterly AGPT state advocate phone conferences with the regional coordinators.
10. Organized and implemented educational sessions locally to promote the importance and benefits of exercises in geriatric settings.

**Iowa (co-SAs Katie Stevermer & Jennifer Rouse)**

1. Communicate with state association. (J. Rouse)
  - a. Provide quarterly social media content on geriatrics to the IPTA.
  - b. Obtained list of pre-approved resources to facilitate provision of social media content in more expeditious manner.
2. Host information booth at IPTA conference, pending space availability. (J. Rouse)
  - a. Booth hosted for Fall conference Oct. 25th, with geriatric-themed raffle items.
3. Develop resources for GCS exam preparation. (C. Stevermer)
  - Encouraged participation with conference booth at Fall IPTA meeting.
  - Shared resources and suggestions for interested clinicians through discussion.
4. Review state meeting plans to ensure course offerings pertinent to geriatric practice.



- State meeting format with 2-day and 1-day courses including concurrent sessions on various topics.
- Spring 2019 – Ethics (N. Kirsch); Exercise Prescription for Heart Failure (J. Ronnebaum); Functional Assessment of Amputee (A. Steele & T. Carlson); Payment & Policy Update
- Fall 2019 – Oncology Rehab (2-day course, A. Leiserowitz); Myofascial Release (1-day course, J. Scherff); Senior Athlete Fitness Exam (B. Jordre); Wound Management (J. Robel); Pain & Addiction care (C. Bailey); Payment & Policy Update

#### 5. Other

- Supervised PT students performing fitness/gait assessments during a Senior Health Fair (November).
- Attended IPTA Lobby Day (February) to receive updates on advocacy efforts.
- Serve as guest speaker for “A Matter of Balance” in July & November. (J. Rouse)

#### **Kansas (Bill Rogers -retiring):**

1. Presented to 4 ALFs in Kansas (and 8 ALFs in the Kansas City, Missouri area) about wellness and the older adult and performed balance screens.
2. Presented 2, 1-hour online CE courses entitled “Strengthening and the Geriatric Population” and The Evaluation and Treatment of Aerobic Capacity in the Geriatric Population” to local OTs/COTAs, PTAs

#### **Kentucky (Beth Norris):**

1. Attended CSM 2019 and State Advocate Meeting
2. Completed a third year as a PT consultant to investigators of a CMS grant in regards to modifications of exercises for older adults with disabilities involved in BINGOCize® program.
3. Completed a research project examining physical performance, physical activity and sleep habits of older adults participating in group based BINGOCize® program. Received internal grant funding for this project.
4. Participated in AGPT phone conferences
5. Member of Center for Applied Science and Healthy Aging – provided physical therapy representation

#### **Maine (Bill Anderson and Bernadette Kroon):**

1. Attendance at CSM meeting in Washington DC.
2. Attendance at the WCPT meeting in Genève, Switzerland including the IPTOP meeting.
3. Contacted new AGPT members in the state of Maine to inform about the benefits of their membership.
4. Participated in the completion of the work of the Ad Hoc Senior Advisory Committee of South Portland ME. The city gained the AARP status of Age Friendly City.
5. Become a member of the Ad hoc Senior Implementation Steering Committee. The Committee is established by the city with the goal to implement the recommendations from the Ad Hoc Senior Advisory Committee of South Portland Maine.
6. Provided presentation to local elementary school on bone health and what both kids and adults can do. Followed up and assisted with Recess Runners program for both kids and adults.

#### **Massachusetts (Aimee Perron):**

1. Monthly welcome email to new members via Geri SIG, sharing AGPT and MA specific resources, welcoming communication, and offering support
2. Falls Prevention Awareness Day: Partnered with Geri SIG to support events throughout the state (and with the MA Fall Prevention Coalition)
3. Education Leadership for the APTA of MA and Geri SIG regarding the role of the state advocate to encourage partnership and looking for co-state advocate
4. Attend APTA of MA Annual Conference and provided AGPT resources at the Geri SIG booth

**Michigan (Melanie Wells and Mihir Trivedi):**

1. Melanie is sending emails to Michigan members quarterly.
2. Mihir set-up FaceBook group for Michigan members and non-members. Both Melanie and Mihir periodically send articles/info/events related to geriatrics PT on FB group page.
3. Melanie organized SAFE screening at Michigan Senior Olympics with collaboration of Eastern District of Michigan chapter. Mihir assisted in this event.

**Minnesota (Christa Schutte and Mariana Cheung Taylor):**

1. Presented a table at the MN annual conference (April)
2. Ongoing development of dialogue with members on facebook group for practice topics, research.
3. Meetup collaboration with PT Pub Night (November 2019)

**Mississippi (Joy Kuebler & Sherry Colson):**

1. Hold a booth at the MPTA conference
2. Hold a Falls prevent event

**Montana (Lisa Hamilton & Mary Thane):**

1. 5/2019 SAFE screening
2. 6/2019 SAFE screening at Montana State Games
3. 9/2019 Fall Risk/Balance Talk with Missoula Aging Services Senior Volunteers
4. 10/2019 Balance Screening Missoula Senior Center

**Nebraska (Tessa Wells and Rashelle Hoffman):**

1. Sent out welcome email to new members as notifications came out (monthly)
2. Had a morning networking event at the Annual Nebraska State Physical Therapy Meeting (Spring)
3. Continued brainstorming with possible community partners connections for Falls Awareness Day 2019
4. Sent notifications through Facebook page to current members with reminder of resources and future events

**Nevada (Jennifer Nash):**

1. Volunteered at AGPT booth at CSM in 1/2019
2. Taught 48 session Tai Ji Qan: Moving for Better Balance classes at local senior center
3. Help organize and participate in 2 FPAD Fall Risk Screenings that screened over 200 older adults.
4. Taught 2 Stepping On Fall Prevention Classes at local senior community centers with 3 DPT students

5. Represented AGPT at TriState Conference in Oct. 2019
6. Continue to be Vice Chair of the Nevada Goes Falls Free Coalition
7. Became Master Trainer of Stepping On to increase number of leader trainings in Nevada
8. Attended and represented AGPT at state and local APTA events

**New Hampshire (none):**

**New Jersey (Stephanie Long and Nadia Wrysta- *both retired*):**

1. Previously able to present at APTANJ annual fall conference.
2. Attempted to partner with APTANJ Geri SIG for PT day of service event and Fall Prevention Dates (we were able to help spread the word via email however PT Day of Service was cancelled last minute from the Geri SIG)

**New Mexico (Beth Black & Valerie Morgenstern):**

1. "NM members of APTA Geriatrics" Facebook page now has 79 members (of the FB page, not necessarily APTA Geriatrics members). We link info from the Academy and other State Advocate pages, in addition to other topics of interest to local PTs & PTAs. (Beth)
2. Recruited clinicians and students to participated in FPAD event with NM Adult Falls Prevention Coalition, PT, OT & PTA students and clinicians, NM Dept of Health and the NM Foot and Ankle Institute, in Albuquerque on Sept. 20. Trained students in use of STEADI tool, being navigators including education and follow up recommendations. 130 seniors participated with 68 volunteers including students. (Beth)
3. Both SAs worked with local group of PTs to organize group providing SAFE at the National Senior Games in Albuquerque in June 2019. This local group worked with the AGPT/NSGA Partnership Task Force including Dr Becca Jordre, to create five educational handouts: Balance, Bone Health, Cardiovascular, Flexibility and Strength. Recruited local students and clinicians to participate in event. SAFE was provided over 10 days with approximately 40 volunteers, PTs, PTAs and students, with 750 athletes screened. APTA awarded a grant to support our participation in SAFE which funded printing of handouts (in addition to AGPT support), giveaways of resistance bands and nightlights.
4. Both SAs participated in the NMAPTA Fall Conference with an APTA Geriatrics table. There was significant interest due to the high number of PTs and PTAs interested in Geriatrics due to Bone Health programming provided at the conference.
5. Valerie completed AGPT sponsored course on Certification Expert on Exercise for Aging Adult

**New York (Ace Sumagaysay, Howard Eisenberg, Ryan Allison, Annei Banzon):**

1. Set-up a boot at the NY PT Association Conference. Approximately 200 participants. Only 40 people came by the booth.
2. Howard arranged for a seminar entitled "Balance and Fall Prevention" which was hosted by our local YMCA. I was interviewed by one of the WAVE newspaper's reporters which resulted in a 3 page story published which emphasized the importance of balance among seniors and the frail. I gained the cooperation of three local PT offices that sent therapists who spoke and illustrated the issues with power point presentations. I ended with a Q&A session and received very positive feedback. These therapist learned of my advocacy for the AGPT in NY and of the SIG for balance and fall prevention.

3. 10/12/19 On this Day of Service, I and Annei Banzon volunteered for the annual Tunnel to Towers run event in Staten Island, NY. Met and reviewed our advocacy for the AGPT with some of the other (approximately) 25 other PT's who volunteered that day.

**North Carolina (Jamie Miner):**

1. Spoke to leader of Capitol District to offer presentation on geriatric subjects.
2. Contacted new members.
3. Started NC Facebook page.

**North Dakota (Beverly Johnson):**

1. Research projects related to older adults completed at local University
2. Continuing Education course at state meeting related to older adult
3. Continued involvement of PT's & PTA's around the state with community programs such as Stepping On, PWR Moves & Silver Sneakers
4. Increased communication among faculty members teaching the geriatric component in the 3 PT programs in ND

**Ohio (Aliya Decates and Angelo Onyekanne):**

1. Lecture on Osteoporosis (September 2019) given to a community rec center. Participants were educated on what Osteoporosis is, who is at risk, and how to safely exercise and perform functional tasks with the diagnosis. Roughly 15 people attended
2. Contacted all PT and PTA schools in Ohio and encouraged them to participate in a state-wide event for National Fall Awareness Day. Encouraged all schools to participate in a 'Fall Day' themed event of their choosing within a 2 week period, and asked participants to take pictures and post to all social media using the hashtag: #OhioNationalFallAwarenessDay
3. Spoke at Cleveland State University to ~50 undergraduate students for their yearly 'Careers in Aging' panel series. Encouraged students to consider a career working with older adults and educated on the unique challenges that older adults face.
4. Distributed fruit baskets with informational cards regarding the APTA's 'ChoosePT' campaign to local doctor's offices in Cincinnati. Baskets included information on the role of Physical Therapy in promoting increased physical activity and using PT to assist with alternative ways to manage pain.
5. Participated in a work sponsored Falls Awareness event on 10/24/19. Used this platform to educate on the risk of falls being associated with urinary incontinence and the role that PT can play in improving this condition.
6. Collaborated with Residency & Fellowship SIG chair, Mary Milidonis to create a video promoting participation in Geriatric Residencies and encouraging therapists to apply for the AGPT residency scholarships, which was posted to AGPT social media.
7. We found 3 Ohio AGPT members that were preparing to take their GCS board exams and collaborated with them to create a study group. Unfortunately, all members lived in areas of Ohio that were far from one another. One of our advocates lived near one of the members that was preparing for her boards, and they were able to meet 2x to help prepare for the exam and study.

**Oklahoma (Cindi Cathey):**

1. Set up an AGPT booth at the annual chapter conference.
2. 3 fall prevention presentations at Assisted Living Facilities during September/October
3. Clinical liasion for the CMH SIG

**Oregon (Jamie Caulley & Hannah Schonau):**

1. Established a Facebook page for Oregon Members of the AGPT. We have 33 members, but limited posts and interaction so far.
2. Surveyed members of Oregon geriatric society to identify the ways they would most like to interact w/ us and as group (FB and newsletter).
3. Started work with local geriatric clinical expert, Mike Studer, about offering a geriatric focused webinar topic. He was unavailable for the spring 2020 OPTA conference.

**Pennsylvania (Jennifer Sidelinker and Emily Houseknecht):**

1. Monthly welcome email to new members, sharing AGPT and PA specific resources, welcoming communication, and offering support
2. Biannual newsletter to entire PA AGPT membership including: state-specific legislative activity, events & education pertinent to the practice of geriatric physical therapy.
3. Falls Prevention Awareness Day:
  - a. partnered with PA PT state chapter to engage members in all PA districts
  - b. PA State Advocate developed resource toolkit for PPTA website, and facilitated participation and reporting to support state and national efforts
  - c. PA State Advocate provided webinar with CEU approved to PPTA membership related to FPAD and evidence-based fall risk management
4. Strategic connections enhanced:
  - a. PA State Advocates are active members of the PA Falls Coalition
  - b. PA AGPT State Advocates have strong connections/synergies with the state chapter Geri SIG and regularly partnering on projects and activities
5. Attended the annual PPTA conference and hosted an AGPT booth
6. Attended CSM
7. Attended and presented a poster at the Pennsylvania Chapter of American Trauma Society conference –promoting fall prevention awareness in trauma care for older adults
8. Created a GCS mentorship program including PA member survey, webinar for interested parties with Q&A session, potential support structure for mentorship. Ultimately those interested did not apply to take the GCS exam this year.

**South Carolina (Robyn Culbertson):**

1. Created design template for monthly emails. Will begin emailing out content January 2020. Branding will be updated as appropriate.
2. Crated FACEBOOK Study group for the GCS exam.
3. Created Facebook group for SC AGPT

**Tennessee (Gretchen Jackson and Teresa Brennan):**

1. Hold a falls prevention awareness day event
2. Hold SAFE Screenings at Sr Olympics in TN
3. Continue posting on Facebook
4. Attend State Spring conference
5. Increase communication with other AGPT TN members

**Texas (Amy Walters, Maggie Abbott, Dulce Bhatt and Kimberly James):**

1. Guest Lecture at Assitive Living facilities for Osteoporosis and promoting safe transfers and balance (Kimberly)
2. Continuation of study groups (online) to support participants in the 2019 GCS exam. (Maggie, and Amy)
3. Held 2 remote meetings via with co-chairpersons for planning and development of yearly activities.
4. STEADI screen at Austin Speech Labs for Stroke Awareness Day (Amy Walters)

5. Presentation on Caregiver training and Fall Prevention for the Williamson County Caregiver Conference (Amy Walters)
6. Booth at the Binational Health Fair in Austin, TX with posture screens (Amy Walters)
7. Monthly TX welcome letters to all new AGPT members within our state. (All members)
8. Partnered with the Area Agency on Aging to offer a Matter of Balance Training and 4 programs in the Austin area
9. Booth at Texas Physical Therapy Southeastern District meeting with AGPT and GCS materials; spoke on Geriatric SIG during the meeting; April 2019. (Maggie)
10. Booth at Texas Physical Therapy Association Southeastern District meeting for >200 local DPT students and PTA students. Engaged with students on role and benefits of physical therapist working with geriatric population in the community. (Maggie)
11. Presentation to Houston home care company (Home Instead) caregivers on working with geriatric clients and mobility recommendations from PT perspective. (Maggie)
12. Presentations given on Exercise >65 years tailored to each setting at the following locations:
  - a. Brazos Bend Towers Multi-level care facility with memory care, Houston, TX, facility residents, community members, and facility fitness instructors as a part of Senior Lecture Series
  - b. Senior Community Center, Bayside, TX with lower than average socioeconomic, underserved seniors (Maggie)
13. Guest lecturer at San Jacinto Community College PTA Program adding content to the lab portion of neuro course; focus on treatment techniques for geriatric clients with Parkinson's disease. (Maggie)
14. Presentations to community dwelling seniors on Balance, Falls, and Parkinson's with education on fall prevention, home safety, basic exercises at the following locations: Katy, TX; Conroe, TX; Sugar Land, TX; Galveston, TX (Maggie)
15. 1x/month Osteoarthritis Support Group (Dulce)
16. Fall Prevention Workshop with non-skid sock craft (Dulce)
17. 2 Fall Screening at Senior Center and Health Fair (Dulce)

**Virginia (Mary Jamison and Brandon Smith):**

1. Northern District VPTA Monthly Meeting brief presentation: April 10<sup>th</sup> and May 1<sup>st</sup>. April 10<sup>th</sup> was a geriatrics related topic with about 20-30 people in attendance and May 1<sup>st</sup> was a 3<sup>rd</sup> year student debate at a University with over 50 people in attendance. It was also on the NDVPTA FB Live. I shared information about AGPT membership benefits with therapists in attendance from the area. Handed out collaterals related to AGPT.
2. Attendance at the VPTA annual conference - there were over 250 attendees who received AGPT freebies and handouts.
3. Active FB page with periodic updates/sharing

**Washington (Kele Murdin):**

1. GSIG sponsored and offered "Navigating the Medically complex pt" Con Ed course.
2. GSIG participants attended 2 community Fall Prevention Awareness events and completed screening
3. Monthly calls to inform members about local organizational efforts in areas for older adults (research, EBP group ex, Fall prevention coalition collaboration)
4. Presented Otago Wraparound workshop to ed Caregivers on how to continue Otago once dc'd from PT in collaboration w/ AAA and DOH

5. GSIG members presented at the National Council on Aging regarding the Otago Caregiver Workshop project
6. Held SIG elections
7. Created bank account for GSIG
8. Added approx. 30 member over the year (total now nearly 90)
9. Added Regional representative to help give representation to lesser populated areas of the state
10. Have guest speakers on monthly calls from many different organizations in our state that work with older adults

**West Virginia (Rhonda Haley):**

1. Booth at West Virginia Physical Therapy Association Annual Conference
2. Community Partnership with Family Services of the Upper Ohio Valley – educational materials for the clients and in-person educational programming
3. Community outreach with students in the PT schools across the state
4. Organize a video meeting program with state PT schools and the student SIG; goal is to discuss current geriatric topics

**Wisconsin (Bringa Johnson and Jon Weiss):**

1. 2 members presented at the Gerontological Nursing Conference
2. We have an AGPT member on the Board of Directions of Wisconsin Institute for Healthy Aging
3. (WIHA)
4. Ensured Geriatric-related content was included at the WPTA Fall conference
5. Hosted a booth at the WPTA Fall conference
6. Provided Senior Athlete Fitness Exam (SAFE) screenings at the WI Senior Olympics.

**Wyoming (Nola Peacock):**

1. Held balance screening event at a local senior center on 9/23/19.
2. Established a connection with Jeff Grant at the Wyoming State Department of Health who is in the process of developing a state falls prevention coalition (currently in the “early stages of putting together”).

**List of Retiring State Advocates in 2019:**

David Taylor (GA)  
 Jamie Fortier-Jones (IL)  
 Valerie Morgenstern (NM)  
 Bill Rogers (KS)  
 Traci Norris (MO)  
 Rashelle Hoffman (NE)  
 Crystalyn Richard (TX)  
 Jeff Hebert (LA)  
 Stefany Shaibi (AZ)  
 Stephanie Long (NJ)  
 Nadia Wyrsta (NJ)  
 Allyson Armstrong (UT)  
 Brenda Rey (CA)  
 Michael Hyland (OK)  
 Lisa Guillory (LA)  
 Sarah Bennet (RI)

Linda Horn (MD)

3510 East Washington Ave.  
Madison, WI, 53704

[www.geriaticspt.org](http://www.geriaticspt.org)

Phone: 866.586.8247  
Email: [geriatrics@geriaticspt.org](mailto:geriatrics@geriaticspt.org)