

This info is to be used by APTA Geriatrics State Advocate volunteers only



APTA Geriatrics State Advocate Information

To all State Advocates (and welcome to new State Advocates)!

We are so excited to have you as a State Advocate (SA) for APTA Geriatrics! The purpose of this packet is to give you guidance in your role as a SA. In this packet you will find, proposed first steps for new SAs to get established within your state, a sample welcome email, guidelines for creating a Facebook group for your state, how to request materials, signage and financial support for chapter conferences, annual report expectations and details on options for ideas to work on in your state.

First, a little about the State Advocate Program. Originally called the State Liaison Program, it was developed as a way to promote education of the presence of the section within APTA. In 2004, the name of the program transitioned to “State Advocates” as we continue to promote knowledge of the presence of APTA Geriatrics, (formerly known as the Academy of Geriatric Physical Therapy and as the Section on Geriatrics), advocate for optimal aging and promote involvement of our members on the state level. We now have State Advocates in almost every state, with some states having multiple SAs.

The SA program is split into three regions, each with a region coordinator: Mihir Trivedi in the West, Beth Castellini in the Mid and Aliya Decates in the East. Our purpose as Region Coordinators is to guide your efforts and facilitate your success in the activities you plan in your state, serving as a reference, facilitator, and/or mentor through the process.

We are happy to have you on board and we look forward to seeing all the great things you will accomplish! Please let us know how we can best assist you in this role.

Regions broken down by Region Coordinator and States in each Region:

Mihir Trivedi, PT, DPT

West Region Coordinator (Alaska, Arizona, California, Colorado, Hawaii, Idaho, Kansas, Montana, Nebraska, Nevada, New Mexico, Oklahoma, Oregon, Texas, Utah, Washington, Wyoming)

Beth Castellini, PT

Mid Region Coordinator (Alabama, Arkansas, Georgia, Illinois, Indiana, Iowa, Kentucky, Louisiana, Michigan, Minnesota, Mississippi, Missouri, North Dakota, Ohio, South Dakota, Tennessee, Wisconsin)

Aliya Decates, PT, DPT, Board Certified Clinical Specialist in Geriatric Physical Therapy

East Region Coordinator (Connecticut, Delaware, Florida, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, North Carolina, Pennsylvania, Rhode Island, South Carolina, Vermont, Virginia, West Virginia, DC)

State Advocate Job Duties and Responsibilities

1. Email new members each month welcoming them to APTA Geriatrics and educating them on any activities occurring locally in the state if applicable.
2. Be a liaison between your state chapter and APTA Geriatrics.
3. Engage in 2 activities per year to promote APTA Geriatrics at the local level.
4. Complete a "Six month Check in" online form. (More about this later).
5. Turn in 6-month and End of Year reports online. You will be notified when these are due, typically every year in July and by December 1st.
6. Don't be afraid to reach out to your Regional Coordinator for help or guidance if you get stuck at any time.
7. Look out for emails from your Regional Coordinators throughout the year. **Please respond to emails within 1 week, if possible within 72 hours** unless on vacation or other extenuating circumstances arise. When we do not receive responses from any State Advocate for longer than 2 months, we assume you are no longer active and will remove you from the role.
8. Communicate with other State Advocates during quarterly zoom calls and optionally, using the Facebook page "APTA Geriatrics State Advocate Discussion Forum" at <https://www.facebook.com/groups/APTAGeriatricsStateAdvocates>
9. Communicate with Coordinators whenever needed with questions, updates, requests for chapter conference support, etc.

Important Contact info:

APTA Geriatrics State Advocate Region Coordinators:

West Region Coordinator: Mihir Trivedi @ mihir.trivedi5@yahoo.com,

Mid Region Coordinator: Beth Castellini @ beth.castellini@gmail.com, 970-201-6814

East Region Coordinator: Aliya Decates @ aliya.decates.dpt@gmail.com, 216-570-4027

Please contact your regional coordinator via email first and allow 24 hours for a response unless there is an emergency which requires their immediate attention.

APTA Geriatrics Staff:

Primary contacts:

Kim Thompson, APTA Geriatrics Membership Manager @ kthompson@aptageriatrics.org
571-368-4335

Christina McCoy, CAE, APTA Geriatrics Account Executive @ cmccoy@aptageriatrics.org

APTA Geriatrics Board of Directors Liaison to State Advocates:

Beth Black @ bblackpt@gmail.com

Recommended First Steps for New SAs

As the new State Advocate (first in the state or just newly incoming), we recommend a few first steps to get yourself established in your new role. These are **optional** steps, but many state advocates have found these steps very helpful in getting traction in your role.

1. Your role is not official until you receive a *Welcome It's Official* email from your regional coordinator, following the submission of your activities with your job description.
2. Email staff, specifically Kim Thompson at kthompson@aptageriatrics.org for a list of all the current APTA Geriatrics members in your state. She also emails you a list of new members from your state to contact each month as well. Always CC Aliya and the Beth(s) in all communication to staff.
3. Consider creating a Gmail account for you and any co-state advocates you have. You may continue with your personal email but many SAs find it is cleaner to keep SA email in a separate account. Plus, it helps with multiple State Advocates and transitioning to new SAs. Examples of email addresses created by State Advocates include:
NMGeriatricPT@gmail.com
AGPTMIAdvocate@gmail.com
TNagptadvocate@gmail.com
4. To introduce yourself, send an email out to all the members in your state with the list provided by APTA Geriatrics staff or ask staff to send out the email for you.
5. Get started on your activities as soon as you are able to. Some activities might require more work than others, but starting early will make sure that you have enough time to complete each item before the year-end report is due.

Sample Welcome Emails

Below are some samples from states on helping you put together your welcome email. We have listed the states and advocates they are from in case you have any questions on their specific format. State advocates will often update their emails to reflect activities going on in their state. If you would like more samples, we would be happy to send more. *Please use these as samples, some of this info is outdated.*

Sample Email from Illinois:

Welcome new members!!

My name is Jaime Fortier-Jones, and along with Heidi Moyer, we are the State Advocates for APTA Geriatrics in the state of Illinois. Heidi and I are excited to serve in this capacity and assist in increasing awareness and knowledge of the practice of Geriatric Physical

Therapy for the older adult. We are reaching out to first and foremost introduce ourselves, but also to welcome you to APTA Geriatrics (one of APTA's sections, formerly known as the Geriatric Section)!

Our role is to help you get connected and stay connected to the Academy. We are here to help facilitate ideas, give you updates for local events, and facilitate your growth in service to the older adult population.

Currently, we have a few projects up and running on our end:

1. We now have an up and running Facebook page which can be accessed through the following link. *Please join it for important updates.*
<https://www.facebook.com/groups/ILmembersofAGPT/>
2. Heidi serves as the Balance and Falls SIG Clinical Liaison and will be leading a "Monthly Challenge" to improve the management of care in older adults across all levels. Email her at moyerheidis@gmail.com to participate in this opportunity
3. Jaime is working with the IPTA in order to start a Geriatrics Special Interest Group in Illinois.
4. Last year we completed screening athletes at the Senior Olympic Games in Springfield using the SAFE (Senior Athlete Fitness Exam). If you are interested in this opportunity next year, let us know so we can keep you in mind as a point of contact for potential help next year.
5. We will be hosting an APTA Geriatrics booth at the IPTA Revitalize meeting this year and would love to meet you face to face. Please feel free to stop on by!

Here are some ideas that we could help facilitate:

- Have a booth with promotional materials and raffle items to display at chapter/district meetings. If you are interested in being a representative within your district let us know and we would be happy to help facilitate the process.
- Facilitate one of the chapter/district meeting courses to be a geriatric topic.
- Hold an awareness/consumer education event at a LTC facility, senior center, mall, etc. Could be an osteoporosis seminar, balance and falls awareness fair, exercise for Seniors event, etc.
- Contact community health fairs that are already occurring, and get a local PT/PTA to attend and participate.
- Hold a fitness screening for older adults
- Develop a relationship with a state agency that handles elder issues
- Attend a local university and discuss the benefits of APTA Geriatrics membership.

We would love to know if these or any other ideas interest you and how we can help facilitate your participation. *We are particularly interested in knowing what we can do to improve participation and retention of our PTA members, so please feel free to share your ideas or knowledge with us!* Please feel free to reach us via this email address, or either of the below. We look forward to hearing from you!

Jaime S Fortier-Jones PT, DPT, GCS
 APTA Geriatrics
 Illinois State Advocate, Co-Chair
jsfortier@hotmail.com

Heidi S. Moyer, PT, DPT
 APTA Geriatrics
 Illinois State Advocate, Co-Chair
moyerheidis@gmail.com

Sample Welcome Email from Nevada:

Hello Nevada Members of the Academy of Geriatric Physical Therapy (APTA Geriatrics)

I am writing to introduce myself and let you know that I am the newly appointed State Advocate for Nevada.

What does that mean? Well, it means that if you have questions or are looking for more information about APTA Geriatrics you can contact me and I will help. In addition, I will be sending communication to you about upcoming Fall Prevention Awareness Day activities nationally and locally, fall prevention screenings in Nevada, as well as information regarding the Nevada Goes Falls Free Coalition and their offerings of evidenced-based programs to reduce falls and optimize health of our older adults.

I would love to hear about screenings or older adult based programming that you are involved in or plans you have for National Fall Prevention Awareness Day in September. Maybe you know of areas/ communities that could benefit from a fall risk screening event - let me know and see if I can help connect people.

Lastly, is anyone thinking about taking the GCS next year? Let me know if you are!! I am working on setting up a study group. The application process is due in July and the test is given in Feb/March.

Have a great week. Please feel free to contact me as I would love to hear from you. We are about 40 members strong and growing!

Jen

As a member of the APTA Geriatrics you have access to many benefits including:

- Publications- Journal of Geriatric Physical Therapy & Geri Notes
- Courses- including the CEEAA & GCS certification preparation
- Consumer resources- downloadable patient brochures, media & practice resources
- Special interest groups- Bone Health, Balance & Falls, Cognitive Mental Health, Residency & Fellowship, Health Promotion and Wellness

If you haven't had the opportunity to look through the APTA Geriatrics site, here is a direct link: <https://www.aptageriatrics.org/>

Facebook Guidelines for “Specific State” group

- I. Purpose for Facebook Use for State Advocates
 - a. The Facebook group is a digital location which allows physical therapists, physical therapy students, physical therapy assistants, and physical therapy assistant students to come together to network, disseminate research findings, receive updates on geriatric events occurring in the state, and pose questions to their colleagues. Additionally, this group is a venue through which the APTA Geriatrics (your state) State Advocates can quickly communicate with members of the group.
 - b. This guideline serves as a brief overview of what the group looks like, how the members can interact with the group, and features of the group that can be modified. Since many SAs are not familiar with Facebook as a medium, specific details are being provided to ensure that everyone has a clear understanding of the group.
 - c. This model has been successful for many State Advocates and we believe it is an important step towards improved engagement at the state and local levels within the APTA Geriatrics community.
- II. Approved Settings for the Group
 - a. **Who runs the group?**
It will be run by the APTA Geriatrics State Advocate(s) and can be transferred to other individuals at the end of the current state advocates' term as necessary. The APTA Geriatrics State Advocates will post information on the page that is relevant to APTA Geriatrics, local community events, etc. to help members keep engaged on multiple digital mediums. The group allows for members to interact with one another on various levels, as described in the following pages of this proposal.

Only the State Advocate(s) for each state (and the Regional Coordinators) should be admins to the group

b. Group Layout

Group Name: These pages have two options for group names:

- c. **(Specific State) group of Geriatric PTs/PTAs** (particularly if you are an open group to non-members), i.e. New Mexico group of Geriatric PTs/PTAs
- d. **(Specific State) group of APTA Geriatrics**, i.e Illinois Members of APTA Geriatrics

Group Description: We recommend putting something very similar to the sample below:

Example 1: This group serves as a place for members of APTA Geriatrics, and those interested in the field of geriatric physical therapy, to connect with other like-minded people across the state of *insert your state name here*. This page is moderated by the *insert your state name here* APTA Geriatrics State Advocate(s), but all members are encouraged to share events, research, and exciting news related to the field of geriatrics and promoting optimal aging within the nearby geographical region.

Example 2: This group serves as a place for those interested in promoting geriatric physical therapy and optimal aging in (your state); providing news and local events you might be interested in, info and national resources including from APTA Geriatrics. This page is moderated by the (your state) APTA Geriatrics State Advocate(s). Anyone can join, you do not have to be a member of either APTA or the APTA Geriatrics. Please invite any other (your state) PTs, PTAs and students who you think might be interested.

e. Accessibility Settings (recommended)

Privacy: Set as “Public”

This promotes maximal public outreach and dissemination of awareness of APTA Geriatrics. Users still have to be group members to interact within the group, but people who might pass by the site can still gather information or see advertising for events, which might further entice them to join APTA Geriatrics and APTA if they are not already members.

Membership Approval: Set as “Any member can add or approve members”

This encourages inclusiveness for both members and non-members of the APTA Geriatrics . This process can encourage people to join APTA Geriatrics if they are non-members using the group or can even help provide information to students potentially seeking a career in physical therapy, or a specialty in GCS. We feel that our effect and extent of public outreach would be greater with this option.

Posting Privileges: Set as “Posts DO NOT require moderator/administrator approval”

Allows posts and responses to be published without moderation to improve the speed and efficacy at which group members will communicate with each other.

d. Moderating and Administrating Duties

We recommend that the State Advocates moderate the group at least 1 time a week to ensure professional behavior. You can also post recent APTA Geriatrics news, conference advertisements, and other events to the page as a way to keep APTA Geriatrics members in your state connected to the Academy. At the end of the term of the State Advocates, moderation/administrative duties can successfully be passed to the next round of volunteers.

Please add all of the Regional Coordinators as Admins on your Facebook group, in addition to your name.

III. Uses for State Advocate APTA Geriatrics Facebook group

- a. Establishing local GCS study groups
- b. Enhance networking within APTA Geriatrics members on the local and national levels
- c. Serving as a platform by which the state advocate can advertise events within the APTA Geriatrics community
- d. Engagement of the student/early career professional group (see below)
- e. Inform the greater PT community within each state of the most-hip happenings in geriatric PT
- f. Share info from other Facebook state or APTA Geriatric groups and pages, see “IV” below.

IV. Steps to follow to copy a posting from one Facebook page to another, or in other words to “Share” a posting from another Facebook page, “(state name) members of APTA Geriatrics”:

- a. Click on “Share” under the posting you want to share on your page.
- b. A screen will pop up that has five lines, click on “Share...”.
- c. On the top of the next screen, see “Share on your Timeline”. Next to this phrase you’ll see a triangle pointing downward, click on that triangle.
- d. Five additional choices will pop down.
- e. Click on “Share in a Group”
- f. You will see “Group:”
- g. Type in the name of your group, such as “New Mexico Members of AGPT”.
- h. You can add a comment (in the “Say something about this” box) or not, and then click on “Post” on the lower right corner of the page.

- i. This will then share that post onto your Facebook page.
- VI. Notify your Regional Coordinator when you have set up a new Facebook page.

Suggestions for Other Activities

1. Recruit a co-State Advocate to work with you!
2. Start a GCS study group within the state
3. Start a Facebook group (see above for details)
4. Write a GeriNotes Article on your State Advocates activities (We would like at least 1 per year for the whole program)
5. Assist in establishing a State Geri-SIG
6. Set up a community event such as a fall prevention screening or provide Senior Athlete Fitness Exam (SAFE) at your state Senior Games.

As State Advocates take on Geri Special Interest Group (SIG) leadership within their state, we encourage you to clarify what “hat” you may be wearing at any one time: am I representing APTA Geriatrics or the SIG or your state chapter? These all can happen together without problems, but have the potential for confusion and/or conflict.

7. Serve as a mentor to new/other advocates for the following topics:
 - New State Advocates
 - Chapter Geri SIGs and their relationship with the APTA Geriatrics State Advocates
 - GCS Study groups
 - Student Involvement in APTA Geriatrics and increasing their interest in practicing with older adults
 - Chapter conference activities including Geri courses, booths, recruiting involvement
 - Putting on local public health events such as falls screenings, health fair participation, Senior Athlete Fitness Exam (SAFE), etc.
 - Facebook mentor

8. **State Conference participation:** APTA Geriatrics has a budget each year to support State Advocate activities which includes limited funding for state conference and community event participation. Get your request in early to your Coordinators to see what is available:

We use a “booth in a box”: This includes a retractable sign, a handout with info on APTA Geriatrics, and some buttons as giveaways. You are welcome to bring your own materials (up to three) to the booth that you feel are important to showing members and potential members what their resources are. The materials sent to you are not to be returned. The

intention is for you to retain these, use repetitively and pass it on to future State Advocates.

We will be attempting to participate in as many conferences as possible with a few requirements:

- We will be prioritizing conferences that do not have a booth registration fee. Start early in the year. Reach out to the chapter conference coordinator to see if they would be willing to provide the booth for free to an APTA Section/Academy.
- If they are, fill out the Request for Materials online at this link: <https://www.cognitofirms.com/APTAGeriatrics/StateAdvocateEventRequestBoothInABox> **Follow up with an email to Kim Thompson, *kthompson@aptageriatrics.org* to confirm your request was received.**
- If the chapter is not willing to allow participation without a fee, please let your Regional Coordinator know and begin to attempt to negotiate a reduced rate. Staff may be able to help with this process if you are not successful.
- The online form **must be filled out 6 weeks before you need the materials.**
- When you submit your request, please notify the Coordinators to ensure that everything is funded by staff.

Any items requested will be funded by staff, after approval by your Regional Coordinator.

8. For Community or Other Events:

We have allocated a smaller portion of our budget to support those of you working on events throughout your state such as for NFPAD/W (National Fall Prevention Awareness Day/Week), Senior Athlete Fitness Exam at your state Senior Games, Health Fairs, or other events. We are looking at providing reimbursement for community event expenses such as:

- Local copying/printing of educational handouts
- Purchasing of equipment such as gait belts, tape, etc
- Purchasing of giveaways such as nightlights, exercise bands, etc.
- Reimbursement of fee for submission of geriatric-focused programming at state conference (if accepted and you make sure to advertise APTA Geriatrics as a resource in your presentation)
- The amounts available are \$30-\$50 each and we can help to fund around 12-20 state events with this amount.
- Requests for this are made **directly to the Coordinators.**

- **Please request reimbursement (with estimated cost) prior to purchasing items for reimbursement. Funds are limited and will not be reimbursed if not approved before purchase.**
- After your event, submit any receipts to staff and cc to all Regional Coordinators.

9. 6-month check in form and End of Year Report:

We want to demonstrate the value of the State Advocate program in our communities and to APTA Geriatrics and document all the wonderful work you do on the ground in your states. We have created a "6 month check in" and "End of Year" report online for you to fill out and submit to us. The online links will be sent to you via email.

Expectations for the Year

1. Everyone is expected to turn in a "6 month check in" midway through the year, plus an "End of Year" report in December, including turning in your planned activities for the next year. This could be done jointly if you are a co-state advocate, or can be turned in separately from each co-chair. If your two-year term is up and are interested in continuing as your State advocate, please let us know with your End of Year report or at least by the end of the year of your interest. Timely return of End of Year reports ensures that specific info is provided to the APTA Geriatrics Board of Directors at CSM for each state/state advocate and what activities they have participated in for the year.
2. Your term lasts 2 years (January to December of the following year), and you will be asked at the end of your term if you would like to renew. We understand that State Advocates tend to be very busy people and priorities can shift rapidly. Please don't hesitate to let us know if you are ready to move out of this position so that we may fill the vacancy in your state. Mentoring new leadership is part of all of our jobs as leaders within APTA Geriatrics, and no better place to start than locally, whether a member might be a future State Advocate or interested in another position of leadership. If we do not hear from you about renewing by the set deadline, we will terminate your position and begin the search for a new person.
3. You will receive a regular email from staff, Kim Thompson at kthompson@aptageriatrics.org with new members' contact info for your state. Send them a welcome email or call them within 1-2 weeks of receiving the names. Keep in mind that all new APTA Geriatrics members receive a welcome packet from the Academy office also so you should be highlighting the state

advocate program and activities in your state when welcoming them. See the sample welcome emails above for ideas on how to construct one.

4. If you would like feedback anytime throughout the year, or an official review by your coordinator, let us know.

State Advocate Process to Request use of APTA Geriatrics zoom account:

Please have the state advocate requesting a time to email Kim Thompson, APTA Membership Manager at kthompson@aptageriatrics.org directly requesting use of the zoom line. The group should send your preferred meeting time, which includes **who, date, start time, end time, time zone**. Please indicate meeting recurrence (*ex. repeats on first Monday each month*) if relevant. Below is an email template that can be used.

Email subject line: APTA Geriatrics Zoom line request

Hello – the Wisconsin state advocates group is requesting use of the APTA Geriatrics Zoom line for an upcoming call on:

Date: January 1, 2020

Time: 1:00 – 2:00 pm Central time

This meeting is a one-time occurrence (or, This meeting repeats on the first Monday, monthly). Thank you,

Dr. Jane Doe

She will check to see if the Zoom line is available, and will reply with zoom line/connection if to share (or will note that the line is unavailable).

If the scheduled meeting time/date needs to be changed for any reason, please reach out so we can check if the new time is available.

Considerations with a dual role of being a State Advocate and being a leader in your state's GeriSIG:

Historically there has been some confusion with the difference between being a State Advocate for your state and leading the state GeriSIG. It's a common experience in APTA leadership to have multiple responsibilities, to "wear many hats". It's important to be aware of what role you're acting under whenever you do your work, i.e. "which hat do I have on now?" Or "do I have both hats on and there is no conflict?".

The State Advocate is a program of APTA Geriatrics. Your state Geri SIG is a program of your state chapter. Reports, approval, funding, expectations, etc could be different between those two. These two roles can work well together, or there might be conflicts. The most common conflict experienced historically is with the Facebook page. APTA Geriatrics has rules as to what a State Advocate Facebook page should be named, who should run it. Your chapter may have rules that would conflict (or not) with the expectations from APTA Geriatrics.

As far as "counting" your activities when working in the GeriSIG, there isn't typically a conflict between working with both, as long as you're aware that you're wearing 2 hats and they aren't in conflict with each other.

Consider transition of leadership: You won't be a SA or a leader in your Geri SIG forever. What happens when you change? As long as there's forethought and planning, the SA program and GeriSIG should be able to continue to support each other.

Be clear about your role at any given time and with those around you too. Because this can be confusing, don't hesitate to discuss it with the Regional Coordinators.

Senior Athlete Fitness Exam

In 2022 look for a new SAFE toolkit being prepared by the NSGA/APTA Geriatrics Task Force for states to use.

If you are interested in working with your state's Senior Games and hosting a SAFE screen, the first steps to hosting a SAFE screen are:

- 1) contact Dr. Jordre at Becca.Jordre@usd.edu to let her know of your interest.
- 2) Take the online SAFE course. Email Dr Jordre and once she has received your email and confirms contact, send \$20 to: USD Physical Therapy c/o Marcia Harnois 414 E. Clark St. Vermillion, SD 57069. The course promotes consistency of assessment across the spectrum, and provides different comparative norms. It is a 2 hour course and you receive a certificate with objectives and can submit to your state for CE credit. You receive a list of materials you need to set up the test. It is highly encouraged for people to complete training who are performing the SAFE. The course is open to students and non-PTs.
- 3) Contact your state's Senior Games and indicate your interest in providing SAFE. Each state's contact info is online at: <https://nsga.com/state-games-information/>
- 4) If you have any problems initiating the SAFE in your state another resource is Andrew Walker, Director of Health and Wellness at National Senior Games Association (NSGA), awalker@nsga.com. He can be a good go-between for SAFE and your state Senior Games reps.
- 5) Don't hesitate to be in touch with your Regional Coordinator for ideas or to help with any problems.
- 6) Suggestions with student participation:
Dr Jordre brings a group of students to run the tests and supervises the students as they run the event, training the students ahead of time so they are familiar with the tests. It is a great student opportunity to have time with high-functioning older adults to combat ageism. Divide volunteers out to single stations to promote familiarity with the assessments. It's good to have a PT at the flexibility station (hamstring and gastroc length testing), gait speed station for safety. The Check-In station can be great for non-PT volunteers.
- 7) Local Senior Games will provide location, sometimes additional equipment or handout printing, volunteer t-shirts, lunch, signage, etc. It never hurts to ask for additional support. You should not be charged to provide SAFE.
- 8) You can solicit donations to buy any equipment needed that your local Senior Games doesn't provide or which you can't borrow locally from clinics, schools. For instance, Walgreen's purchased equipment for a Massachusetts SAFE screening.

New Mexico Senior Games provides a “SAFE toolkit” which includes many of the needed equipment to provide SAFE.

9) Educational handouts related to SAFE are available on the APTA Geriatrics website and can be printed and used freely:

<https://aptageriatrics.org/consumers/partnerships%20-%20National%20Senior%20Games%20Association.cfm>

9) SignUp.com (and other software) has been used nationally and in New Mexico to coordinate volunteers. Michigan has used Sign Up Genius successfully.

10) We are encouraging SAs and other APTA Geri members to consider participating in the National Senior Games in Ft Lauderdale, Tue May 10, 2022 – Fri May 20, 2022. PTs, DPT students and PTAs are all encouraged to volunteer. Volunteers will be assigned to one station and will receive training prior to the event with additional orientation onsite. Those that volunteer for the event will receive the 2.5 hour online SAFE course free. This is an excellent time to work with an inspiring group of motivated, aging athletes. Start making your plans now to participate for one or multiple days. Sign up to volunteer at

<https://signup.com/go/kOfPCko>

Contact Becca Jordre, PT, DPT at becca.jordre@usd.edu if you have questions.

Additional info on SAFE can be read from the minutes of the March 16, 2020 State Advocate minutes Info from Becca Jordre, who presented on SAFE, available on the APTA Geriatrics State Advocate page.

Thoughts about student engagement

- **In 2023, there are no dues for students to be members of APTA Geriatrics!**
- How can we as State Advocates get students more engaged in APTA Geriatrics? Connecting students early with practice in geriatrics improves those interested and have access to evidence-based practice with older adults.
- Do you have any idea how many students are members in your state? In 2021, many states had no student members! You can ask Kim Thompson for a list of all members in your state or specifically a list of all students who are members.
State
Advocates can help in promoting student membership.

- Does your state's PT & PTA programs have a geriatric course that could promote student membership in APTA Geriatrics? Could you identify a geriatric professor/lecturer who could be a champion for student membership?
- Suggestions on engaging student members: Ask them to be involved in Social media assistance such as your Facebook group, participate in SAFE, fall prevention screenings, chapter conference tables and education. . . .

Improvements to this Packet?

As you use this information in your role as State Advocate and discover suggestions to this Packet, please let your Regional Coordinator know so that we can update it for others to benefit.