

# Guiding Principles of **Geriatric Physical Therapy**

## **INTERPROFESSIONAL**

Champion interprofessional collaborative practice that is inclusive of patients and their caregivers.

## **PERSON-CENTERED CARE**

Utilize person-centered care to elicit and prioritize the individual's preferences, values, and goals to drive the plan of care.

## **EVIDENCE INFORMED**

Provide positive outcomes of physical therapy care by completing intervention(s) that are based on the best available evidence.



## **PHYSICAL ACTIVITY**

Prioritize physical activity to promote health, well-being, chronic disease management, and enhance mobility.

## **HOLISTIC ASSESSMENT**

Conduct a holistic assessment and evaluation utilizing sound outcome measures that help inform the treatment plan and relate to the patient's stated goals.

## **ANTI-AGEIST**

Strive for anti-ageist practice.



**APTA Geriatrics.**

An Academy of the American  
Physical Therapy Association

*Age on.*<sup>™</sup>