

## Health Promotion and Wellness Special Interest Group Member Updates and Opportunities - May 2020

### Health Promotion and Wellness SIG COVID 19 Resource for Geriatric Physical Therapists and Physical Therapists Assistants

Check out [Encouraging Older Adults to Be Physically Active While Sheltering in Place](#). This resource, prepared by the HPW SIG, includes links to free evidence-based traditional exercise and tai chi videos endorsed by the National Institute on Aging and the Centers for Disease Control and Prevention. The workouts range in intensity and duration, as well as type(s) of exercise (endurance, muscle strengthening, flexibility, and balance). All include instructions on how to exercise safely at home.

**Please share and help broadcast this resource!** A series of 4-6 posts will be placed on the **APTA Geriatrics Discussion Facebook Group** to demonstrate how these evidence-based videos can be applied in clinical practice. If you have incorporated any of these videos in your practice please consider preparing a post about your experience (see sample post below), then send it to Gina Pariser ([gpariser@bellarmine.edu](mailto:gpariser@bellarmine.edu)) who will post it on behalf of you and the HPW SIG.

#### Sample post:

Check out free Go4Life Exercise Videos on You Tube, developed by National Institute on Aging. The workouts range in intensity and duration, as well as type(s) of exercise (endurance, muscle strengthening, flexibility, and balance). All include instructions on how to exercise safely at home.

The video [3 Balance Exercises from Go4Life](#) includes single leg stance, tandem stance, and toe-to-heel walking. Instructions on how to progress the exercises safely are provided. APTA Geriatrics Health Promotion and Wellness SIG member, Gina Pariser, has used this resource successfully in a pro bono service-learning clinic with patients who have mild to moderate balance deficits and recommended it for home exercise. Patients report that they enjoy the video and the written and verbal reminders on how to do each exercise correctly are helpful.

**Volunteer Opportunity!** Our SIG is busy at work on endeavors related to the [Annual Check Up by Physical Therapists](#) and we would love your help! We are working with APTA on a document to inform payors about the impact a PT Annual Exam can have for their beneficiaries (our patients and clients). We are seeking brief written testimonials from PTs, PTAs, patients, and referring providers on the exam's benefits. Please share your thoughts and experiences by emailing Jessica Maxwell, at [j.maxwell@northeastern.edu](mailto:j.maxwell@northeastern.edu)

### Health Promotion and Wellness SIG Sponsored Webinars

#### June 16, 2020 Clinical-Community Connections During COVID-19: How Community Programs are Adapting to Keep Older Adults Active and Healthy at Home

Community programs that serve millions of older adults across the country have been forced to cancel in-person physical activity and wellness programming due to the coronavirus. As a result, older adults are spending more time at home, are less active, and more socially isolated. Building on their existing networks, programs across the country have adapted their outreach to help older adults remain active and healthy at home. This webinar will include a panel of representatives from national community-based organizations who will share various ways they have adapted to support older adults at home.

#### Webinars on Demand

Nov 14 2019	An Introduction to Mindfulness: Helping Older Adults Manage Pain Through Mindfulness
April 30 2019	The Role of Nutrition in Geriatric Physical Therapy
Oct 23 2018	Is Sleep the Fountain of Youth?
Sept 12 2018	Prescription Yoga: Modifying an Ancient Practice for Clinical Intervention

For more information and to register for webinars go to <https://geriatricspt.org/events/webinars/index.cfm>

### Health Promotion and Wellness SIG Member Articles in GeriNotes

- APTA Geriatrics/NCOA partnership for increasing clinical-community connections to support sustainable wellness across the continuum of care
  - Access the [APTA Geriatrics Partnership Page](#) dedicated to this to learn more:
  - Read 3 open access GeriNotes articles from 2019 that explain things in detail....and please share them with other physical therapy providers!
    - [What Are Evidence-based Programs and Why Should I Care?](#)
    - [PART 2- Evidence-based Programs and Your Practice](#)
    - [Part 3 - What do I do if my community does not have access to evidence-based programs?](#)
- [Healthy Lifestyles Among Cancer Survivors in Aging Populations](#) by Mihirkumar PT, DPT and Harold Merriman PT, PhD
- HPW SIG members, if you author an article in an APTA publication please let us know so that we can acknowledge and share your work

### HPW SIG CSM 2020 Meeting Notes are available on the SIG website

Justin Elliott (Vice President, Government Affairs, APTA) spoke about APTA legislative activity related to health promotion and wellness. Justin strongly encouraged members to listen to a webinar titled *APTA's Public Policy Priorities: Update on the 116<sup>th</sup> Congress* to learn more <http://apta.adobeconnect.com/po67e9hvk0z5/> AND to download and use the APTA Action App <https://www.apta.org/ActionApp/>

### Thank you for your membership in the HPW SIG!

Sincerely, Your APTA Geriatrics HPW SIG Leadership Team:

Chair: Gina Pariser ([gpariserpt@gmail.com](mailto:gpariserpt@gmail.com); [gpariser@bellarmine.edu](mailto:gpariser@bellarmine.edu))

Vice Chair: Jessica Maxwell

Past Chair: Lori Schrod

Secretary: Jennifer Sidelinker

Nominating Committee: Harold Merriman, Dave Morris, Colleen Hergott

Prevention, Health Promotion and Wellness Council Liaisons: Mihir Trivedi, Colleen Hergott, & Devon Hock

