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GHAA Leadership

- CHAIR: Jennifer Howanitz, PT, DPT, GCS
- VICE CHAIR: Jennifer Cruz Garcia Youssef, PT, DPT
- SECRETARY: Becca D. Jordre, PT, DPT
- NOMINATING COMMITTEE:
Soshi Samejima, PT, DPT, MAT, ATC
- Sushil Ramchandani, PT
- IPTOP REPRESENTATIVE: Ka-Chun “Joseph” Siu, PT, PhD

Newsletter Contributors

Jenny Youssef, PT, DPT
Joseph Siu, PT, PhD
Amie Rosenfeld, PT, DPT
Minnie Rafael, PT, DPT
Arvie Vitente, PT, DPT



Message from the Chair



As we begin 2023, I enter the final few months of my term as APTA Geriatrics Chair of the Global Health for Aging Adults(GHAA) SIG. This time of year, is also one of reflection and introspection as we say goodbye to 2022. Much has been accomplished in the last several years and there is a bright future for the SIG. I assumed my role unexpectedly as interim Chair this month four years ago. I had the privilege of joining a very imaginative and service-driven group of professionals. Together with our members, we set out an agenda that has been the foundation of the last several years of work.

Working together as a team, we accomplished so much in 2022. In this the 5th year since the GHAA was founded we have grown our active SIG membership, redesigned our webpage, created a robust Newsletter task force, and continued to support our members through APTA Geriatrics Journal club. These activities are more than just accomplishments. They reflect the very real difference we have made in our GHAA community. GHAA is a unique group of people that utilizes our passion and professional expertise to increase awareness of the practice of geriatric physical therapy across the globe. In 2023 we hope to continue to evolve our role in APTA Geriatrics and foster international connections that benefit the care of older adults worldwide.

In light of the many challenges of the past few years, it is my wish that as we start a new year you feel a renewed hope and spirit of optimism. I am filled with gratitude for all the people I have met while with GHAA. Without their engagement, the accomplishments of the past few years would never have been realized. Thank you and I look forward to watching the SIG blossom in the upcoming years.

Jennifer Howanitz, PT, DPT
Board-Certified Clinical Specialist in Geriatric Physical Therapy

APTA Geriatrics Global Health for Aging Adults SIG Chair

Highlights

Featured International Organization

Philippine Physical Therapy Association Geriatrics Special Interest Group

*prepared by***Arvie C. Vitente, PT, DPT, PhD, MPH**

Board Certified Clinical Specialist in Geriatric Physical Therapy

**Vision**

The Philippine Physical Therapy Association (PPTA) - Geriatric Special Interest Group (GeriaSIG) envisions itself to be at the forefront of improving physical therapy services for the aging Filipino population through nationally relevant practice, professional education, research, and health policies.

Christopher S. Cayco, MPT, PTRP
Head, PPTA Geriatrics SIG

**Past projects**

1. Continuing education activities for physical therapists during the PPTA national conventions
2. Collaborations with other organizations, such as the Dementia Society of the Philippines for community-based service activities

Marvin Louise S. Ignacio, PTRP
Assistant Head, PPTA Geriatrics SIG

**Contact Information**

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Mission

As a special interest group of the PPTA, the mission of the GeriaSIG is to become an advocate of geriatric care through:

1. Promoting high standards and evidence-based geriatric physical therapy education and practice for Filipino practitioners
2. Facilitating collaboration within the profession and among other health professionals toward the development of holistic care for the ageing Filipino
3. Developing high-quality and relevant national research to inform geriatric practice in the Philippines
4. Representing geriatric physical therapy practice in the development of relevant health policies in the Philippines

Attilah Mae B. Alog, PTRP
Secretary, PPTA Geriatrics SIG

**Collaboration**

The PPTA GeriaSIG is open to collaborating with APTA Geriatrics Global Health for Aging Adults SIG to conduct round table discussions, webinars, and research about issues affecting older adults.



Research Article Review**Amie Rosenfeld PT, DPT**Board Certified Clinical Specialist in
Geriatric Physical Therapy
Rapid Inhibition Accuracy and Leg Strength Are Required for Community-Dwelling Older People to Recover Balance From Induced Trips and Slips: An Experimental Prospective Study

In the July/Sept Issue of J. Geriatrics Physical Therapy Okubo and colleagues aimed to identify sensorimotor and psychological factors required for older adults to recover balance from trips and slips. A harness and walkway system induced unexpected slips and trips in community-dwelling adults in Australia. This study determined that rapid inhibitory accuracy and normalized knee extension strength are significant predictors of falls. The authors suggest that the mechanism to successful recovery of a trip and slip is different than that needed for static balance and therefore, interventions and assessments should be for reactive balance control to prevent falls.

<https://pubmed.ncbi.nlm.nih.gov/34320534/>

Can Physical Activity Make Up for the Self-Care Disability Effects of Too Much Sitting? A Moderation Analysis in Octogenarians Residing in Living Care Facilities

In the Oct/Dec 2022 Issue of J. Geriatrics Physical Therapy Alfonso-Rosa and colleagues set out to determine the negative consequences of sedentary time on self-care disability adults 80yo & older living in long-term care facilities in Spain and Portugal. This cross-sectional study measured activity with accelerometers over 1 week and revealed a significant relationship between sedentary time and self-care disability when moderate to vigorous activity levels fell below 51.8 min/day, suggesting that at least this amount is required to counteract the detrimental effects of sedentary time.

<https://pubmed.ncbi.nlm.nih.gov/34991131/>

**Become a Member!****APTA Geriatrics GHAA SIG**

<https://aptageriatrics.org/sig/global-health-aging-adult-special-interest-group/>

**APTA Geriatrics**An Academy of the American
Physical Therapy Association*Age On.***JOIN US at CSM!**

San Diego Convention Center
111 West Harbor Drive, San Diego,
CA 92101

<https://www.mcisemi.com/aptacsm2023/>

**APTA Combined Sections Meeting**

Feb. 23-25, 2023 / San Diego, CA



Ageing Adults and Their Intergenerational Interactions

Physical Therapists working with older adults are keenly aware that well-being and positive attitudes about circumstances and self-esteem influence the ability to participate fully in society. Connections and inclusivity that arise from intergenerational exchanges can be key to respecting dignity of the older adult and enhancing personal growth of the developing child. Program-based intergenerational interactions have been shown to increase the older adult's physical activity, social relationships, quality of life, and even cognitive function.

Keeping this in mind, we'd like to highlight Global Intergenerational Week is April 24-30th 2023. The executive team for this awareness campaign is based in Scotland, England, Northern Ireland, and Wales. Last year they welcomed representatives from Ireland, USA, Canada, Mexico, Sweden, Spain, and Australia. Their mission is to showcase intergenerational activities, share hashtags, and discuss case studies from across the globe that focus on reducing social isolation, increasing understanding with shared



experiences, and creating opportunities for skill sharing that allow all generations to feel valued for their contributions.

Go to Intergenerational Week [generationsworkingtogether.org](https://www.generationsworkingtogether.org) to get involved.

If you would like to participate in your local community check out Generations United at <https://www.gu.org/ig-program-database> for a list of over 800 local programs that range from co-existing adult and child daycares to crafting, music, and reading programs. In addition, Generations United provides a list of federal funding for intergenerational shared sites and programs that require development 20-Shared-Site-Federal-Funding-Sources.pdf ([gu.org](https://www.gu.org)).

-Amie Rosenfeld, PT, DPT, GCS

