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- CHAIR: Shweta Subramani, PT, MHS
- VICE CHAIR: Jennifer Cruz Garcia Youssef, PT, DPT
- SECRETARY: Becca D. Jordre, PT, DPT
- IPTOP Liaison: Ka-Chun “Joseph” Siu, PT, PhD

**Newsletter Contributors**

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Jenny Youssef, PT, DPT  
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Amie Rosenfeld, PT, DPT  
Sara Harris, SPT



## Message from the Chair



Dear GHAA Members,

As we step into the closing month of 2023, I am honored to serve as the new Chair of the Global Health for Aging Adults (GHAA) Special Interest Group within APTA Geriatrics.

My journey as a physical therapist spanning over 8 years predominantly in Geriatrics, has cultivated in me an unyielding passion for elevating the quality of life for older adults through evidence-based practice. My education in both India and the United States has given me a wide range of insights into Geriatric care, which I plan to use to enhance our practice globally.

I extend my heartfelt gratitude to our dynamic team members, our diligent Vice Chair Jennifer Cruz Garcia Youssef, our dedicated IPTOP liaison Joseph Siu, our meticulous Secretary Becca Jordre, and our visionary Ex-Chair Jennifer Howanitz whose relentless efforts have sculpted the robust foundation upon which we stand today. Their contributions, ranging from the engaging newsletters, pivotal Senior Games involvement, to leading the upcoming International Networking Project initiative, echo the essence of dedication and innovation that defines GHAA.

Looking ahead to 2024, I am excited and enthusiastic to see what our team can deliver on the Cultural Competency Toolkit, International Networking Project, alongside greater outreach and engagements with our student members. The roadmap to 2024 will be meticulously crafted to align with the strategic framework of APTA Geriatrics, ensuring a coherent and purpose-driven trajectory for all our endeavors. The skills, experiences, and aspirations that each member brings to this SIG is our most valuable asset.

As your Chair, I am not just here to lead, but to listen, learn, and leverage every opportunity that can accentuate our collective impact. I am reachable at [shwets1989@gmail.com](mailto:shwets1989@gmail.com) and warmly welcome any ideas, concerns, or conversations that can propel us forward.

Here is to embark on a journey filled with discovery, collaboration and impactful change!

**Shweta Subramani, PT, MHS**

APTA Geriatrics Global Health for Aging Adults SIG Chair



Global Health for  
Aging Adults SIG

**GHAA news**

**Highlights**

**Featured International Organization  
Community Based Rehabilitation  
Binangonan, Rizal, Philippines**

*prepared by*

**Carmina (Minnie) Rafael, PT, DPT,**  
Board Certified Clinical Specialist in Geriatric Physical Therapy



**Sheen Cenidoza, PTRP**  
OIC, CBR-Binangonan, Rizal



**What is CBR? A View to One of the Ways  
Physical Rehabilitation is Provided in  
the Philippines.**

Community-based rehabilitation (CBR) is the provision of rehabilitation services such as physical, occupational and speech therapies “to promote, support and implement rehabilitation activities at the community level and facilitate referrals to access more specialized rehabilitation services (Khasnabis, et al, 2010). CBR’s goal is for “people with disabilities to have access to rehabilitation services which contribute to their overall well-being, inclusion and participation” (Khasnabis, et al, 2010).

The CBR program was first introduced in Binangonan, Rizal, Philippines by a Norwegian Mission Alliance Philippines, a non-government organization (NGO), in 2013. The Norwegian NGO provided the initial workers’ training and donated rehabilitation equipment like weights, treatment tables, etc., for the CBR center. This initiative was considered by the local government with a proposal by its local officials, Dr. Angelito Dela Cuesta and Apolonio F. Mendoza, to include the program in the municipal budget. Eventually, the town mayor, Cesar Ynares, incorporated within the local government in 2016.

On May 16, 2017, Sheen Cenidoza, PTRP (see photo) accepted the official physical therapist position, as recommended by Ronaldo Cenidoza. The CBR Binangonan was officially inaugurated on June 20, 2023 and Sheen Cenidoza accepted the position to be the officer-in-charge. The program has flourished since then.

The Binangonan CBR trains its workers through the transdisciplinary approach, with PT, occupational therapist (OT), speech language pathologist (SLP) and sports scientist (SPS) training, incorporated in their daily rehabilitation program to the patients within their homes and community. These CBR services are free and subsidized by the local government. The Binangonan CBR also provides community wellness education and other preventative health endeavors through interprofessional healthcare collaborations.

The Binangonan CBR now boasts of providing rehabilitation therapies for 84 patients per day, with about 45% to 55% of whom are older adults. Their most common diagnoses among the older adults are sub-acute and chronic CVAs, osteoarthritis, pain management (mostly LBP) and frozen shoulder. In 2018, the CBR expanded to another area in Binangonan, at Barangay Pag-asa, where they currently serve 100% aging adults of 12 patients.

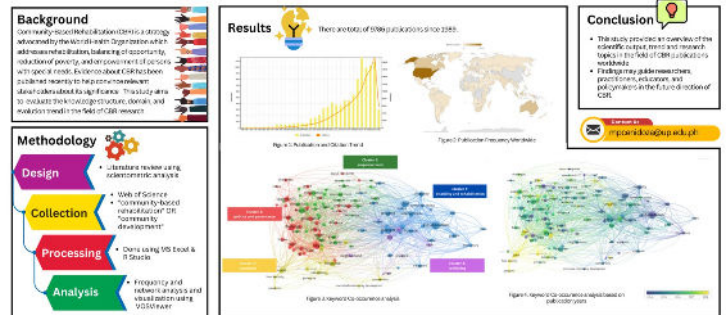
The CBR also trains students from the University of Sto.Tomas (PT, OT, SLP and SPS interns) and Emilio Aguinaldo College (PT interns) as part of their professional program’s clinical education and experience. Last year, Sheen Cenidoza, PTRP was able to present a poster abstract (see photo) entitled “A Scientometric Analysis of Community-Based Rehabilitation ” at the World Physiotherapist Congress 2023. Along with Catherine Escudra, PTRP, MHPed, the poster addressed a systematic and comprehensive evaluation of the “knowledge structure, domain, and evolution trend in the field of CBR” (Cenidoza & Escudra, 2023). Please see the poster below and link here: [CBR study.](#)



**CBR Binangonan**

**A Scientometric Analysis of Community-Based Rehabilitation**

Ma. Sheen Cenidoza, PTRP, Community Based Rehabilitation Binangonan, Philippines, Catherine Joy Escudra, MHPED, PTRP | University of Santo Tomas, Philippines





## GHAA news

### Talking Points

### Fall Prevention Awareness Week

September is Fall Prevention Awareness Month! More than one in four people age 65 years or older fall each year, yet many falls can be prevented.

Check out the activity of one of our GHAA members Swathi Balantrapu, MS, PT, CEEAA in her area. Fall screening event Swathi conducted in the Affordable Senior housing community, Lytton Gardens, Palo Alto in Bay area on Oct 4, 2023. She conducted the screening using the 12 key questionnaire of the CDC STEADI along with assistance from staff at the facility. Promoted APTA geriatrics - what PTs do and how we advocate for optimal/successful aging and wellness in the geriatrics.



To her surprise, out of 45 people that attended, 42 are screened at risk for fall! I talked to activities director and arranging for a Tai Chi class for these people as 'action steps'.

#### Tips for Fall Prevention:

- Talk with your healthcare provider about medication side effects.
- Make your home safer by using night lights, installing grab bars in the bathroom, and securing carpet to the floors.
- Stand up slowly to avoid dizziness.
- Do strength and balance exercises.
- Get your vision and hearing checked regularly.
- Use a cane or walker if you need more stability.

More tips on  
preventing falls  
from NIH



### 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!

**Boston Convention and  
Exposition Center**

**415 Summer St, Boston, MS 02210**

<https://www.apta.org/CSM/>



### Combined Sections Meeting

📅 Feb. 15-17, 2024

📍 **Boston, MA**  
Boston Convention and  
Exposition Center, 415 Summer  
St, Boston, MA 02210



## GHAA Member of the Month

### Sara Harris, SPT

Hi, my name is Sara. I am a third year PT student at Hardin-Simmons University in Abilene, TX. I attended undergrad at TCU in Fort Worth, TX where I studied Exercise Science and minored in Psychology. I joined the GHAA group this past July and was interested in being involved with the APTA resources, digging deeper into physical therapy practices across the globe. I first became interested in this topic with a global health class at TCU when I traveled to Ireland and spent time with physiotherapists there and learned with a new perspective on the career. I enjoy having a team to learn with, develop projects, and examine the research out there on topics that can further our clinical skills. So far from my clinical experiences, I am most interested in outpatient orthopedics, and enjoy working with foot/ankle patients and athletes. Outside of the classroom, I enjoy playing in community band on the clarinet and saxophone, being outdoors, and playing golf!



## IPTOP Updates @ WorldPhysio Congress 2023

WorldPhysio Congress is a major international event in global Physical Therapy organized by the World Physiotherapy (the operating name of the World Confederation for Physical Therapy) in every 4 years. The Congress was recently shifted to be hosted in every 2 years to increase the opportunity for global physical therapists to get together more often. Including Joseph, 2000+ physical therapists around the world came together in Dubai and attended the WorldPhysio Congress 2023 to share their experiences, knowledge, challenges, and potential solutions. More than 1200 physical therapists presented their works, and 200 student volunteers were part of the event.

Joseph represented APTA Geriatrics as a liaison of IPTOP to attend the general meeting and the networking session in the Congress. The International Association of Physical Therapists working with Older People (IPTOP) is one of the 14 specialty groups within the umbrella of World Physiotherapy. The IPTOP past president, Hans Hobbelen from Netherlands (third one from the right in the right picture), was re-elected as the president for 4 years. Kate Lawler from Australia was elected as the vice president for 4 years.

