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## Message from the IPTOP President Hans Hobbelen



While in the Netherlands ice skating provided some relief for everyone during lockdown, the Covid-19 pandemic continues to be a dominating topic in many countries. We are all longing to meet each other again in person - to touch, to feel, to laugh, to enjoy each other's company, and be inspired by each other's stories. This still has to wait. But, we will be able to meet each other virtually at our Member Country Representatives (MCR) meetings, the

upcoming World Physiotherapy (WP) online World Congress (and the IPTOP Networking session during Congress!) and our IPTOP General Meeting on May 17th.

The pandemic has taught us to be more resourceful and innovative. I'm proud of all the initiatives and activities in prevention, cure and care in physiotherapy of older people that have emerged all over the world. To be part of a global community facing the same challenges every day unites and inspires us. I am very pleased that we have attracted two new very strong members to join our IPTOP Education Committee. They have yet to start, but I am confident that they will be of value to IPTOP and the IPTOP community. Unfortunately, Jennifer Bottomley, our former President of IPTOP had to step down as Chair of the Education committee due to health issues. I thank Jennifer for all her efforts for IPTOP over the past years.

IPTOP is gaining in influence and importance internationally with the appointment of Susan Hunter, IPTOP's Vice President, as a member of the World Health Organization (WHO) rehabilitation in Dementia group. Her appointment was supported by WP and IPTOP and is the second WHO position for an IPTOP Board Member as I am also a member of the WHO Clinical Consortium on Healthy Ageing.

Finally, I am pleased to announce we have three new member countries in waiting to join IPTOP: Portugal, Hong Kong and Taiwan. A warm welcome to them and we look forward to ratifying their membership alongside Nigeria at our General meeting in May.

Hans Hobbelen, IPTOP President

**"Getting old is like climbing a mountain; you get a little out of breath, but the view is much better!"**

~Ingrid Bergman



## Message from the Communications Manager Helen Johnson

Welcome to our first newsletter of 2021! With the COVID-19 pandemic dominating most of our attention over this past year, our efforts have concentrated toward establishing the new website presence for IPTOP. Our dedicated Communications Committee members are Jan Tessier (Belgium) and Rachael Walton-Mouw (USA), and I thank them for their ongoing work.

With the new website continuing to grow, we are now ready to focus on our newsletter publications, and expanding our social media activity. We welcome your comments and suggestions. Submissions for a summer newsletter will be accepted up to June 15, 2021.

### Call for Communications Committee Members

This is a call for interested members to support newsletter and other social media activities. We have a need for 1-2 additional members with interest and experience in newsletter editing and social media (Twitter, Facebook).

#### Web:

<https://www.iptop-physio.org/>

#### Email:

[Communications@iptop-physio.org](mailto:Communications@iptop-physio.org)



<https://www.facebook.com/iptop.wcpt>



<https://twitter.com/IPTOPphysio>

### REMINDER: IPTOP Research and Education Grants available

The IPTOP Executive Committee has established Research and Education Grants. Award details and applications can be requested through our Treasurer, Bernadette Kroon. Please contact [treasurer@iptop.wcpt.org](mailto:treasurer@iptop.wcpt.org)

**Calling Member Country Representatives! Do you have news to share in older adult physiotherapy in your country? Upcoming conferences, research publications of interest, or other items are welcome.**

**Please consider sending a submission for the next newsletter.**



### News from Australia

At the recent MCRs meeting, we heard about the Government of Australia recognizing the harm being experienced by older people due to social isolation and lack of physical activity as a result of the COVID-19 pandemic. New funding is being dedicated to help physiotherapist provide virtual exercise programs. Read more [HERE](#)

Special thanks to Rik Dawson for the article submission.

9-11 April



# World Physiotherapy Congress 2021 online—

9-11 April 2021

Registration is now open! Congress information can be found [here](#)



**IPTOP General Meeting will be held:  
Monday May 17, 2021  
12:00 noon GMT  
Meeting access will be announced soon.**

## IPTOP events planned at WP Congress 2021:

### Workshop: (WS-06)

Rehabilitation for Balance Disorders

MULTISENSORY REHABILITATION PROGRAMMES FOR BALANCE DISORDERS: AN INTRODUCTION

Session date: 11 April 2021

Session time: 13:45 - 14:45 UTC

Channel: Channel 5

**Speakers: Matthew Liston and Marousa Pavlou, UK**

### IPTOP Networking Session

Session name: Older people (NWS-03)

Session date: 09 April 2021

Session time: 11:45 - 12:30 UTC

Channel: Channel 6

## New items of interest on our website:

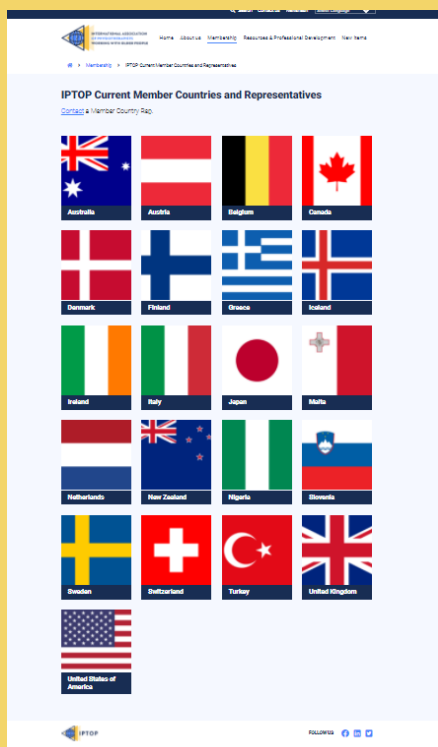
[www.iptop-physio.org](http://www.iptop-physio.org)

We continue to grow the Resources and Professional Development items and links.

Currently available are exercise guidelines for older adults from several countries, some items related to COVID-19 and telehealth, and a number of assessment and outcome measures.

Do you know of any helpful resources to share with colleagues? Please send links (and a brief description if possible) to [Communications@iptop-physio.org](mailto:Communications@iptop-physio.org)

## IPTOP Member Countries



## IPTOP Executive Committee

President: Dr. Hans Hobbelen

Vice President: Dr. Susan Hunter

Secretary: Janet Thomas

Treasurer: Bernadette Kroon

Communications Manager:

Helen Johnson

Patron: Jill McClintock