

PHYSICAL THERAPY FOR OLDER ADULTS HOD P06-19-39-13 [Amended: HOD P06-06-08-04; HOD P06-02-20-04; HOD 06-95-15-08; Initial: HOD 06-87-09-16] [Position]

The American Physical Therapy Association supports a health system that addresses the health needs of older adults. Support includes collaborating with groups to promote the appropriate use of physical therapist services for older adults. Optimal aging for older adults is enhanced by physical therapists and physical therapist assistants who have knowledge about the aging process. Older adults optimally age by practicing healthy habits and by receiving physical therapist services, including functional assessment to determine their needs and monitor outcomes, and therapeutic interventions for chronic disease management. Physical, physiological, and social well-being are enhanced, maintained, or regained, and decline is managed, with appropriate interventions. Physical therapists recognize the impact that additional factors, including environmental and cultural influences and social support systems, have on optimal aging and address them in physical therapist practice.

Coordinated services provided by health professionals throughout the lifespan at the right time and in the right setting can help to reduce the incidence of preventable illness, exacerbations, or injuries, while improving the individual's health outcomes, self-reported level of function, and quality of life. Successful intervention diminishes the physical, psychological, and socioeconomic burdens experienced by many older adults.

Explanation of Reference Numbers:

HOD P00-00-00-00 stands for House of Delegates/month/year/page/vote in the House of Delegates minutes; the "P" indicates that it is a position (see below). For example, HOD P06-17-05-04 means that this position can be found in the June 2017 House of Delegates minutes on Page 5 and that it was Vote 4.

P: Position | S: Standard | G: Guideline | Y: Policy | R: Procedure