



Exercise and Physical Activity in Aging Conference:

Blending Research and Practice



July 29-31, 2010

Indianapolis, IN

www.expaac.org



An Invitation to Participate

This conference, known as ExPAAC, is designed for physical therapy professionals who want to be on the cutting edge of geriatric physical therapy research, education, and clinical practice.

Exercise and physical activity have been integral components of the physical therapy profession since its inception. The aging of America, with the first Baby Boomers turning 65 years of age in 2011, has prompted a dramatic increase in research about how exercise and physical activity can benefit human aging and older individuals. Unfortunately, the translation and application of this research to clinical practice continues to be a slow process. In an effort to facilitate this process, the Section on Geriatrics of the American Physical Therapy Association is proud to present its Exercise and Physical Activity in Aging Conference: Blending Research and Practice on July 28-30, 2010, at the University of Indianapolis.

ExPAAC is intended to: disseminate current research about exercise and physical activity from mid-life through older adulthood; translate research for its application to evidence based practice, while identifying primary barriers to this translation; promote best practices in physical therapy clinical practice and education; and evaluate public policies that impact the capacity to provide high quality physical therapy services. The one-day preconference "ExPAAC –Focus" course will specifically relate current research and aging issues to the preferred practice patterns (i.e., musculoskeletal, neuromuscular, cardiopulmonary, and integumentary) from the Guide to Physical Therapist Practice.

Make plans now to join physical therapy colleagues from across the country at this premier event featuring internationally recognized experts on aging. This could be one of the most important decisions you'll make to enhance your enthusiasm for and quality of clinical practice with older adults.

Sincerely,

John O. Barr, PT, PhD

President

Section on Geriatrics

American Physical Therapy Association



Pre-Conference and Conference Schedule

Pre-Conference*	ExPAAC		
Wednesday, July 28	Thursday, July 29	Friday, July 30	Saturday, July 31
8 - 11:30 Morning Session	8:30 - 12:30 Session One	8:30 - 12:30 Session Three	8:30 - 12:30 Session Five
11:30 - 12:30 Lunch	12:30-1:30 Lunch		
12:30-5:30 Afternoon Session	1:30-4:30 Session Two	1:30 - 4:30 Session Four	1:30 - 4:30 Session Six
6:30 - 8:30 Optional Off Campus Evening Event	6-10 Poster Session & Exhibit Hall with Heavy Hors D'Oeuvres	6-10 A Night Out at the Indianapolis Zoo and White River Gardens	6-10 Closing Party Complete with an Indiana-style BBQ

*Pre-Conference ExPAAC Focus details available online at www.expaac.org/expaac2010/preconference.cfm

ExPAAC Session Descriptions

Session One

Thursday, July 29

National and International Physical Activity Initiatives

The importance of physical activity to health, function and quality of life during aging has resulted in a number of national and international initiatives to promote active aging. This session will review national and international efforts to promote physical activity and exercise as individual's age.

At the completion of this session participants will be able to:

1. Review the "2008 Physical Activity and Public Health Guidelines", including the scientific rationale for these guidelines.
2. Discuss the World Health Organization's "Active Aging" initiative and describe the evolution and expansion of the concepts critical to this international initiative.
3. Describe national efforts to promote physical activity in the United States through the "National Blueprint: Increasing Physical Activity among Adults Age 50 and Older."
4. Discuss the role of evidence-based community prevention programs in the development of public-private initiatives at the federal, state and local levels to promote active aging.

Physical Activity and Public Health: Scientific Rationale and Implications of the 2008 Physical Activity Guidelines for Americans

William Haskell, PhD

Professor (Active Emeritus)
Stanford Prevention Research Center
Stanford University

From Physically Active to Active Aging - a Shift of Paradigm

Alexandre Kalache, MD

Senior Policy Advisor on Global Aging
New York Academy of Medicine

USA National Initiatives to Promote Successful Aging

Wojtek Chodzko-Zajko, PhD

Professor and Head
Department of Kinesiology and Community Health
University of Illinois at Urbana-Champaign

Promoting Active Aging Through Evidence-based Community Programs

Nancy Whitelaw, PhD

Senior Vice President, Healthy Aging
National Council on Aging

Evidence-Based Exercise Prescription

Exercise plays a critical role in optimizing health and function among older adults aging with chronic conditions. Speakers in this session will review the scientific rationale and current best practices related to exercise prescription for some of the most common age-related conditions.

At the completion of these two sessions, participants will be able to do four of the following:

1. Discuss current knowledge regarding exercise recommendations for individuals with osteoarthritis including educational strategies to improve functional outcomes.
2. Describe evidence-based exercise guidelines for endurance, resistance, and ventilatory muscle training of individuals with chronic heart failure.
3. Define physical frailty and discuss evidence-based exercise training for the amelioration of physical frailty.
4. Review the evidence supporting the prescription of beneficial and realistic exercise programs to promote health and function in people with metabolic disorders, including diabetes.
5. Discuss evidence-based exercise prescription for osteoporosis, including exercises to 1) maximize bone mass, 2) prevent/correct spinal deformity, 3) prevent fractures, and 4) return people to optimal functional status after an osteoporotic fracture.
6. Review current best practices for fall prevention among community living elders, including evidence-based exercise prescription to improve balance and reduce falls in older adults.
7. Discuss the scientific rationale, current best practices and challenges associated with prescribing exercises for seniors with cognitive impairment and dementia.
8. Discuss current models for tailoring physical activity and exercise programs to people aging with a disability; discuss the role of community resources in promoting physical activity among disabled older adults.



Evidence-Based Exercise Prescription for Older Adults with Osteoarthritis

Marian A. Minor, PhD, PT

Professor and Chair, Department of Physical Therapy
School of Health Professions, University of Missouri

Developing Exercise Programs for Individuals with Chronic Heart Disease

Joseph F. Norman, PT, PhD, CCS, FAACVPR

Professor and Associate Director, Division of Physical Therapy Education, University of Nebraska Medical Center

Diabetes and Metabolic Syndrome: How Evolution Can Guide Practice

Lisa Stehno-Bittel, PhD, PT

Professor and Chair, Department of Physical Therapy and Rehabilitation Science, University of Kansas Medical Center

Amelioration of Physical Frailty

David R. Sinacore, PT, PhD, FAPTA

Professor, Physical Therapy & Medicine
Washington University School of Medicine

Exercise for Osteoporosis: Beyond Weight-bearing for Prevention and Treatment

Kathy M. Shipp, PT, MHS, PhD

Assistant Professor, Division of Physical Therapy,
Department of Community and Family Medicine, Duke University

Evidence-Based Exercise Prescription: Balance and Fall Prevention

Anne Shumway-Cook, PT, PhD, FAPTA

Professor Emeritus, Division of Physical Therapy,
Department of Rehabilitation Medicine, University of Washington and

Debra Rose, PhD

Professor, Director, Center for Successful Aging
Co-Director, Fall Prevention Center of Excellence

The Role of Exercise in the Promotion of Cognition and Functional Ability among those with Cognitive Impairment.

Teresa Liu-Ambrose, PhD, PT

Assistant Professor, Department of Physical Therapy,
University of British Columbia

Tailoring Exercise/Physical Activity Programs for Adults Aging with a Physical Disability

James H. Rimmer, PhD, Professor

Department of Disability and Human Development,
University of Illinois at Chicago

Session Three

Friday, July 30

Effects of Physical Activity and Exercise on Components of Health and Aging

Research has supported the therapeutic role of physical activity and exercise on many aspects of aging. This session will review current evidence related to the role of physical activity and exercise on components of health and function including biologic mechanisms such as inflammation and neural plasticity, as well as the maintenance of function and prevention of disability onset.

At the completion of this session, participants will be able to:

1. Review current research on the role of inflammatory processes in the development of age-related diseases and discuss the evidence for attenuating inflammation through physical activity and exercise.
2. Discuss the scientific rationale for evidence-based recommendations related to physical activity in individuals with new onset disabilities like stroke.
3. Describe the strengths and limitations of current research regarding the therapeutic potential of physical activity and exercise to prevent disability onset among aging adults.
4. Discuss current knowledge related to the effects of physical activity on cognition and brain function, including neural plasticity, in older adults.

Inflammatory Processes and Aging: Can Exercise Help?

Luigi Ferrucci, MD, PhD

Chief, Longitudinal Studies Section
Director, Baltimore Longitudinal Study of Aging
Editor-in-Chief, Journals of Gerontology Medical Sciences
Clinical Research Branch
National Institute on Aging

The Effect of Physical Activity on Function and Disability in Older Persons

Jack M. Guralnik, MD, PhD

Chief, Laboratory of Epidemiology, Demography and Biometry
National Institute on Aging

The Role of Physical Activity for those with Disabilities: An Example from Stroke

Pamela Woods Duncan, PhD, PT, FAPTA

Professor & Bette Busch Maniscalco Research Fellow
Doctor of Physical Therapy Division, Department of Community and Family Medicine
Senior Fellow, Duke Center for Aging
Duke University Medical Center

Exercise and Physical Activity Effects on Brain and Cognition

Arthur Kramer, PhD

Beckman Institute
University of Illinois



Register Online Today
<http://www.expaac.org/register>

Adherence to Exercise: Determinants of Behavior Change

Despite overwhelming evidence demonstrating the importance of physical activity and exercise to optimal aging, participation and adherence remains low across all age groups, but especially among older adults. This session reviews individual and environmental determinants of behavior change related to physical activity and exercise in older adults. Specific cultural and psychosocial factors associated with adherence in culturally diverse populations as well as those in long-term care facilities will be reviewed.

At the completion of this session, participants will be able to:

1. Discuss the factors associated with physical activity participation and adherence in aging adults using a socioecologic model.
2. Review specific barriers to exercise and physical activity among frail elders and describe successful interventions for increasing physical activity among individuals in long-term care facilities.
3. Describe issues related to physical activity participation and adherence among culturally diverse populations; review methods for identifying unique cultural and psychosocial factors associated with adoption and maintenance of exercise and physical activity programs.
4. Discuss environmental facilitators and barriers to physical activity among older adults, including both physical and perceptual factors affecting participation in physical activity programs.

Easy to Explain but Hard to Solve: Factors Affecting Adherence to Exercise in Older Adults.

Barbara Ainsworth, PhD, MPH
Professor, Healthy Lifestyles Research Center
Program in Exercise and Wellness
Arizona State University
College of Nursing and Health Innovation (CONHI)

Optimizing Physical Activity Among Physically Frail and Cognitively Impaired Older Adults

Barbara Resnick, PhD, CRNP, FAAN, FAANP
Professor, University of Maryland School of
Nursing
Sonya Ziporkin Gershowitz Chair in Gerontology
Adjunct Professor, Department of Epidemiology
and Preventive Medicine
University of Maryland School of Medicine

Recruitment and Retention in Exercise Programs among Older African Americans

Thomas R. Prohaska, PhD
Co-Director Center for Research on Health and
Aging
Institute for Health Research and Policy
Professor, School of Public Health
University of Illinois at Chicago

Place Matters: Building Community Environments to Support Lifelong Physical Activity

Diane K. King, PhD, OTR
Behavioral Scientist & Senior Project Manager,
Institute for Health Research, Kaiser Permanente

Register Online Today
<http://www.expaac.org/register>

Establishing the Next Steps: Integration of Evidence-Based Research

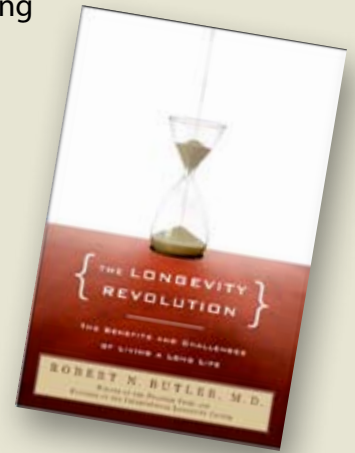
All ExPAAC participants will have the opportunity to contribute to a small group discussion led by an expert from the world of Geriatric PT. Discussions will focus on: establishing the next steps for the integration of evidence-based research in academia; in the clinic and community; and in the national research agenda.



Closing Keynote Address

"The Longevity Revolution"

Physician, gerontologist, psychiatrist, public servant, and Pulitzer Prize-winning author, Robert N. Butler, MD is president and CEO of International Longevity Center USA. He is the founding director of the National Institute on Aging of the National Institutes of Health and the founder of the first department of geriatrics in a U.S. medical school at Mount Sinai Medical Center. Dr. Butler's talk will focus on the message of his current book, *The Longevity Revolution*. He will be available for a book signing following the session.



Evening Events

Wednesday Evening

Join us for a casual, off-campus, wine and cheese event at a nearby wine bar. Preconference attendees or those who arrive early for ExPAAC are welcome to attend. (*This event is NOT included in the Conference Food and Event package; you must select and pay separately for this event as part of the on-line registration process*)

Thursday Evening

Join us for Poster Session, Exhibit Hall and heavy hors d'oeuvres in the newly renovated Schwitzer Student Center on the University of Indianapolis campus

Friday Evening

A Night Out at the Indianapolis Zoo and White River Gardens. Travel 15 minutes by bus to and from the beautiful Indianapolis Zoo and White River Gardens. You will have the opportunity to tour the zoo and the gardens, marvel at a private dolphin show, enjoy a wonderful meal under the big tent on the Zoo grounds, and visit informally with ExPAAC participants and speakers.



Saturday Evening

Join us for an outdoor Indiana Barbeque in the center of the University of Indianapolis campus.

Conference Registration Fees

Pre-Conference Registration*

July 28th, 2010

Includes all preconference sessions.
(Does not include housing or lunch)

Early Bird (prior to 4/1)		Regular (on or after 4/1)	
Section Member	\$100	Section Member	\$125
APTA Member	\$125	APTA Member	\$150
Non APTA Member	\$175	Non APTA Member	\$200
Wednesday Evening Event			\$30

*Pre-Conference ExPAAC Focus details available online at www.expaac.org/expaac2010/preconference.cfm

Conference Registration

July 29-31, 2010

Includes all conference sessions.
(Does not include preconference or housing)

Early Bird (prior to 4/1)		Regular (on or after 4/1)	
Section Member	\$300	Section Member	\$350
APTA Member	\$350	APTA Member	\$400
Non APTA Member	\$375	Non APTA Member	\$425
Conference Food and Event Package			\$120

Accommodations

On Campus

The on-campus housing option for the ExPAAC will be in traditional style Residence Halls at the University of Indianapolis. The rooms are two person rooms that include beds, desks, and closets. The bathrooms are located on each floor and are shared bathrooms for the members of the floor. Participants will be housed according to gender.

Off Campus

For lodging off campus, contact the Holiday Inn Express Indianapolis South at (800) 315-2621 or (317) 783-5151. Ask for the ExPAAC rate of \$77 per night.



The University of Indianapolis provides a perfect location to enjoy the conference, but also is minutes from downtown Indy that offers big-city amenities in a convenient, easy-to-navigate, friendly atmosphere.

Pre-Conference (1 Night)		Conference (4 Nights)	
Single*	\$60	Single*	\$200
Double**	\$40	Double**	\$125
Double †	\$35	Double †	\$110
* Limited Availability, **Requested Roommate, † Assigned Roommate			

Questions:

Contact us at inquiries@expaac.org

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