

*Board-Certified Geriatric Specialist*

As a 30 year APTA member, I have worked alongside phenomenal colleagues through service to our profession and patients. I lead by example, striving for lifelong learning as a way to improve my own PT practice and the experience our patients have. My leadership strengths include organization, dependability, and a commitment to reflective practice as a team member and leader. I have been honored to contribute to APTA-Geriatrics' committees: Program, Regional Courses (chair), Nominating, GeriEDGE (currently co-chair), and also to the Balance and Falls SIG's Outcome Toolkit revision and the Best Practices Taskforce. Through my service in both leadership and non-leadership roles and my clinical work, I learned that choosing just 1-2 things at a time to focus on intensely can bring great results. This focused practice allows me to make changes habitual and inspire those around me to do the same because they see it works. I approach leadership similarly – looking to focus on a few key things and gathering a team to help reach those goals. Focus on our new Best Practice Guiding Principles in Geriatric PT, especially patient-centered care with an anti-ageist mindset, I believe will move PT practice forward and reap huge benefits for our patients.