

*Board-Certified Geriatric Clinical Specialist; Certified Exercise Expert for Aging Adults*

I have practiced as a physical therapist for almost 20 years and as physical therapy faculty for seven years. I teach pharmacology and geriatric physical therapy and use these platforms to advocate for our older adults. I believe that we need to focus on more holistic approaches to caring for older adults with an appreciation for the need to consider psychosocial changes with aging in addition to physical changes. This aligns with my current work in obtaining my PhD in Health Psychology. I believe that the greatest way I can advocate for the profession is by challenging and changing students views of older adults. Through participation in balance programs, exercise classes, and screens in the community, students can gain a more expansive view of the very diverse population that are our older adults. One of the best ways to challenge ageism is through multi-generational activities. This connection allows for an appreciation of and awareness that we can and should do better for our older adults.