

## **PRESS RELEASE**

World PT Day 2025: Extending Care and Support to Seniors at CARE HOME, Laoag City  
September 27, 2025 | CARE HOME Facility, Brgy. Cabungaan, Laoag City

As part of the World Physical Therapy Day 2025 celebration, the **Northwestern University Department of Physical Therapy** and **Association of Physical Therapy Students – Northwestern University Chapter** conducted a meaningful community outreach activity at the CARE HOME facility in Brgy. Cabungaan, Laoag City on the morning of September 27, 2025.

With the theme “Healthy Ageing: Preventing Frailty and Falls,” the program brought warmth, education, and care to the residents of CARE HOME.

### **Highlights of the Program**

1. **Layfora on Healthy Aging:** PT professionals shared practical health tips and strategies to help seniors remain active, independent, and safe from falls.
2. **Statement of Commitment to Return:** Organizers and partners pledged sustained support to the facility and its residents beyond this year’s celebration.
3. **Socialization and Open Forum:** Seniors engaged in open dialogue with PT faculty, students, and volunteers, fostering a sense of community and belonging.
4. **Physical Activity Session:** Residents participated in light exercise routines to promote mobility, strength, and enjoyment.
5. **Distribution of Relief Packages:** In response to the impact of Super Typhoon Nando, participants received care kits and essential supplies as part of the organizers’ commitment to holistic wellbeing.

### **Impact**

The AM outreach activity not only addressed the health needs of the seniors but also uplifted their spirits through meaningful interactions and practical support. The initiative reinforced the role of physical therapy in both promoting healthy ageing and providing compassionate service during times of need.

This activity set the tone for the day-long World PT Day 2025 celebration in Laoag City, demonstrating that physical therapy is more than treatment—it is about empowerment, resilience, and community care.