

DAY/ACTIVITY	SUMMARY OF ACTIVITIES
DAY 1: Opening Ceremonies	1. Thanksgiving Mass 2. Opening Ceremonies a. Participants: 60 participants (senior citizen patients, students, doctors, therapists) b. Dr. Dorothy Dy Ching Bing-Agsaoay (Rehab Chair) welcomed the participants for the week-long celebration hosted by the Division of Physical Therapy c. Dr. Irewin Tabu (Orthopedic Surgeon) shared insights on healthy aging and highlighted prevention as the key principle to address frailty and falls d. Physical Therapy Interns supervised by clinical staff conducted a group exercise session which focused on strength and balance
DAY 2: Lay Fora	1. Lay Forum on Frailty and Healthy Aging given to outpatients a. Participants: 60 participants (senior citizens, persons with disability, other patients/family members) b. Physical Therapy Interns supervised by clinical staff conducted a forum for outpatients 2. Lay Forum on Proper Biomechanics in Bed Mobility, Transitions, and Transfers for Patients a. Participants: 30 participants (senior citizens, persons with disability, admitted patients and their caregivers) b. Physical Therapy Interns supervised by clinical staff conducted a forum for inpatients
DAY 3: CPD Activity	1. Forward Motion: Practical Evidence-Based Physical Therapy in Geriatric Care a. Participants: 50 (licensed PTs) b. Awarded with 7 CPD points c. Physical Therapy Staff conducted its first blended seminar since the pandemic focusing on practical evidence-based physical therapy in relation to the theme of World PT Day
DAY 4: Lay Fora	1. Lay Forum on Home Modifications for Geriatric Populations a. Participants: 30 participants (senior citizens, persons with disability, admitted patients and their caregivers) b. Physical Therapy Interns supervised by clinical staff conducted a forum for inpatients 2. Fun Gathering with Rehab Ward Inpatients
DAY 5: Closing Ceremonies	1. Fun Gathering with Department Staff