

MEDIA RELEASE

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The International Council on Active Aging and American Occupational Therapy Association form educational partnership Relationship will advance health and wellness services offered to older adults

VANCOUVER, BC—Two professional associations that champion health, well-being and full lives for adults 50 and older have created a partnership to advance health and wellness services offered to this age group. The International Council on Active Aging (ICAA) is a Vancouver, BC-based association that supports professionals who develop wellness and fitness facilities and services for the older-adult market. ICAA is joining forces with the American Occupational Therapy Association (AOTA), headquartered in Bethesda, Maryland, the national professional association for occupational therapists, occupational therapy assistants, and occupational therapy students in the United State Through this partnership, ICAA and AOTA will educate each other's members in their respective areas of expertise by sharing education, information and resources. ICAA will help to improve knowledge about older-adult wellness among AOTA members, while AOTA will help to educate ICAA members about occupational therapy and its role in the emerging discipline of older-adult wellness. The associations will also encourage their members to work more cooperatively, thereby enhancing the services these professionals offer their aging clients.

Active aging and occupational therapy are complementary. The concept of active aging can be summed up in the phrase "engaged in life." Active aging describes individuals living life as fully as possible within the six dimensions of wellness (emotional, vocational, physical, spiritual, intellectual and social), regardless of socioeconomic status or health conditions. Occupational therapy also helps people in living life to its fullest, assisting those who have had or are at risk for developing an illness, injury, disease, activity limitation, or other condition that impedes participation in everyday life activities.

"We are delighted to announce this educational partnership with AOTA," says Colin Milner, ICAA's founder and CEO. "The ability to carry out activities of daily living is vital to independence, wellness and quality of life for millions of adults in their 50s and beyond. By learning from AOTA and AOTA members about occupational therapy and how it benefits older-adult health and well-being, ICAA members will gain valuable options to offer their clients. Likewise, AOTA members will discover how the multidimensional wellness approaches promoted by ICAA and ICAA members enhance vitality and life engagement for older adults." Adds Milner, "Through this partnership, ICAA and AOTA members will advance the services they offer older adults, ensuring that their clients gain even more benefit from their efforts.

Frederick P. Somers, the executive director of AOTA, observes "This partnership with ICAA marks the continuation of a commitment AOTA has made to develop occupational therapy practice in the area of health and wellness. ICAA's mission and membership provide excellent leadership in health and wellness, particularly with society's aging population, here in the US and throughout the world, and its concept of active aging is

very similar to AOTA's concept of productive aging. As a result, our mutual goals and strategies with this population are well-aligned. In addition, partnering with ICAA helps AOTA meet objectives of our Centennial Vision, which focus on positioning the profession to meet society's emerging health and participation needs. One of these needs is health and wellness, particularly in our ever-growing aging population."

About the American Occupational Therapy Association (AOTA)

Website: www.aota.org

The American Occupational Therapy Association, established in 1917, represents nearly 38,000 members. AOTA is an active advocate for the profession and for individuals who can benefit from occupational therapy services.

About the International Council on Active Aging (ICAA)

Website: www.icaa.cc

ICAA is the world's largest membership association dedicated to changing the way we age by uniting and working with professionals in the retirement, assisted living, recreation, fitness, rehabilitation and wellness fields. The council connects a community of like-minded professionals who share the goals of changing society's perceptions of aging and improving the quality of life for Baby Boomers and older adults within the six dimensions of wellness (emotional, vocational, physical, spiritual, intellectual, social).