

Neurology and Neuroscience

June 11-13, 2018 | London, UK



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Physiotherapy interventions on fall prevention

Falls among the older adults in community and long term care settings is also a major issue faced by community worldwide. Can Physiotherapy interventions further reduce falls risk among older adults? Evidence-based Physiotherapy interventions has shown results in further reduce falls risk for older adults to meet the future demographic challenges due to rapidly ageing population. There is an increasing trend of evidence-based physiotherapy interventions being developed for community falls prevention programs in Singapore. Examples of community setting in Singapore where evidence-based Physiotherapy interventions have been successfully implemented will be highlighted and the accumulated new learnings over the past 2 years will be shared for the common challenge of how to provide timely appropriate Physiotherapy interventions for falls prevention in community and long term care settings.

Speaker Biography

Limin Yong is a senior Principal Physiotherapist at NTUC Health, Singapore and adjunct lecturer for undergraduate Physiotherapy program at Singapore Institute of Technology. She graduated from the National Taiwan University. In 2009, she was awarded the Health Manpower Development Plan fellowship by Ministry of Health, Singapore, to undergo specialised training in geriatric rehabilitation and falls prevention in Australia. She is currently developing evidence-based care models and enhancing long term care manpower capability for community settings in Singapore. She is skilled in clinical geriatric physiotherapy. Her research interest is in falls and injury prevention, dementia care and palliative care for older adults.

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