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The European Region of the World Confederation for Physical Therapy (ER-WCPT), representing over 163,000 physical therapists & physiotherapists in Europe welcomes the *Strategy & action plan for Ageing in Europe*.

Physiotherapists are experts in promoting and prescribing physical activity programmes in prevention, maintenance, promotion and treatment across the lifespan [WCPT 2011, Policy statement: **Physical therapists as exercise experts across the life span** - <https://www.wcpt.org/policy/ps-exercise%20experts>] and should be key contributors to healthy ageing over the life-course – particularly since many people present to physiotherapists in their 50's, the target group for 'early old age' and can be educated and empowered to be more active. Physiotherapists can encourage greater physical activity and empower people to exercise within any limitation they may have in order to improve health and fitness and minimize complications.

In the majority of states in Europe, physiotherapists are educated to be first-contact, autonomous practitioners and work with patients/clients through their whole episode of care. The ER-WCPT urges national policy makers to ensure that physiotherapists are key professionals involved in the promotion of physical activity – where there is significant evidence of both the clinical and cost-effectiveness of exercise resulting from Physiotherapy intervention.



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The ER-WCPT supports patient centred health and long-term care systems - and encourages health employers to engage physiotherapists as key health providers particularly in promotion of physical activity. It encourages relevant national agencies to reflect on whether the employment and professional contribution of physiotherapists is being optimized. The ER-WCPT works with its national member organizations and welcomes the opportunity to being an engaged and active partner in the implementation of this Strategy over the coming years.

Statement delivered on behalf of the European Region of WCPT by Mrs Sarah Bazin, Chair of ER-WCPT and Mrs Karen Langard, Professional Advisor at the Danish Association of Physiotherapists.

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