

VICTORIA S.T. TILLEY, PT
Geriatric Clinical Specialist
2002 Bartlett Circle
Hillsborough, NC 27278
(919) 644-6646

PROFESSIONAL EXPERIENCE

- September 7, 2022- Current** SPECIAL OLYMPICS NORTH CAROLINA (SONC) Morrisville, NC
Director of Health: Responsibilities include managing the “return to activity” programming in health and wellness for approximately 40,000 SONC athletes as well as implementing the SOI Health Impact Grant and other grants SONC receives that makes SONC a Special Olympics Healthy Communities Program.
- April 2, 2002- Current** ELDERFIT PHYSICAL THERAPY & CONSULTING, INC. Hillsborough, NC
Founder and President: ElderFit is a geriatric based practice offering concierge in-home and community based skilled physical therapy services, wellness consultation services, senior exercise classes, and reimbursement consultation services. Responsible for provision of services and management of business including staff recruitment and retention, marketing, program development, and financial management.
- January 2003- July 31, 2022** SPECIAL OLYMPICS INC Washington, DC
Global Clinical Advisor and North American Clinical Services Coordinator- Special Olympics FUNfitness: Co-founder and part of consultant team overseeing growth and development of Special Olympic FUNfitness screening program. Responsible for overseeing development of program in North American region, training volunteers to lead programs nationally and internationally, overseeing screening programs nationally and internationally, cultivation of sponsors, and consultation with Special Olympics on development of new health and fitness programming. Recent addition of consultative services for issues and program development related to the aging Special Olympic athlete.
- June 2017- July 2020** CAROLINA GERIATRIC WORKFORCE ENHANCEMENT PROGRAM
UNC Program of Aging and Health Chapel Hill, NC
Project Facilitator: Member of Geriatric Workforce Enhancement team tasked with working collaboratively with partners in Primary Care in North Carolina to evaluate and provide technical and clinical support in improving clinical operations to enhance geriatric care in primary care practices. Responsibilities also include promoting and maintaining evidence-based program dissemination, such as the Otago Online Community, updating the Otago Online Certification course, and representing the GWEP on the North Carolina Falls Coalition.

EDUCATION

- 1982 - 1985** UNIVERSITY OF DELAWARE Newark, DE
SCHOOL OF PHYSICAL THERAPY
Bachelor of Science Degree in Physical Therapy
Graduated Cum Laude
- 1980 - 1982** NORTH CAROLINA STATE UNIVERSITY Raleigh, NC
Pre-requisite coursework for physical therapy program.

PROFESSIONAL AFFILIATIONS/ACTIVITIES

- Present** American Physical Therapy Association
Director, APTA Board of Directors- 2020-Present

BOD liaison- Physical Therapist Assistant Caucus- 2022-present
BOD liaison- American Board of Physical Therapy Examiners- 2020-present
BOD Appointment Board Workgroup- 2020-present
BOD Awards Committee Liaison- 2022-present

APTA Academy of Leadership and Innovation
APTA Private Practice
APTA Geriatrics
APTA North Carolina
Academy of Prevention and Health Promotion Therapies
American Academy of Developmental Medicine and Dentistry
Special Olympics Aging Athlete Task Force

Past

APTA Board Liaison- Public Policy and Advocacy Committee- 2020-2021
APTA- Bylaw Reconciliation Task Force- 2022-2023
APTA BOD Deep Dive Bylaw Task Force- 2020
APTA Consultant to Special Olympics, Inc for Special Olympics Health Program.
APTANC Liaison to North Carolina Opioid and Drug Abuse Advisory Committee, 2018-2020
North Carolina Falls Coalition Strategic Planning Steering Committee
APTA Council on Health Promotion, Wellness, and Prevention Steering Committee, 2018-2020
APTA Bylaw Review Task Force, 2017-2019
Chief Delegate- North Carolina Physical Therapy Association, 2003-2009, 2015-2018
APTA NC Delegate to APTA House of Delegates
APTA Advisory Panel on Practice, 2010-2011
Orange County Skilled Nursing Advisory Panel, Ombudsman.
Chair-Health Promotion and Wellness Special Interest Group, Geriatric Section, APTA, 2001-2003
CPT Member Coding Consultant, APTA
Orange County Advisory Board on Aging, Orange County, NC, 2000-2003
APTA Advisory Panel on Reimbursement, 1999-2001
Member expert: The APTA BBA Hotline, May 1999
Consultant to APTA re: affects of 1997 Balanced Budget Act on Long Term Care, December 1998
Prospective Payment Task Force, Geriatric Section, APTA
Special Olympics World Summer and Winter Games, 2001-2019
Special Olympics USA National Games, 2006, 2010, 2014, 2018, 2022

PROFFESIONAL TEACHING

The Body Battery- An Innovation in Care Management?: American Academy of Developmental Medicine and Dentistry, Orlando, FL. June, 2022

Fitness Profiles of Special Olympic Athletes. Panel Presenter. Academy of Developmental Medicine and Dentistry, Orlando, FL. June, 2022

You are Never too Old to Exercise!!: Special Olympics Alaska Disability and Aging Summit. Virtual presentation. October, 2020

North Carolina's Response to the Opioid Epidemic: Physical Therapy Can Make a Difference!: Panel Facilitator. North Carolina Physical Therapy Association Fall Conference. Wilmington, NC, 2019.

Preparing for the Aging of Population with ID/D. A Focus on Mobility and Vision: Academy of Developmental Medicine and Dentistry Annual Conference. Seattle, WA, 2018.

Evidence-Based Fall Prevention Programs: Innovations, Updates, and Strategies for Progression: The Otago Exercise Program- Updates: Aging In America Conference. San Francisco, CA March 26, 2018.

Integrated Strategies for Community and Clinical Connections: NC Healthy Aging Summit 2017. Raleigh, NC, August 23, 2017

Passion, Perseverance, Patience: 2014 Founder's Day Lecture: North Carolina Physical Therapy Association Annual Conference. Greensboro, NC, October 20

Special Olympics FUNfitness: A Physical Therapy Screening Event for People with Intellectual and Developmental Disability: APTA Annual Conference, National Harbor, MD, June, 2011

Wellness Practice: A New Opportunity in Physical Therapy, A New Paradigm in Health Care: Montana Physical Therapy Association. Winter Meeting, January, 2004

Creating and Implementing a Wellness Screening Program: North Carolina Conference on Aging, Charlotte, NC September, 2003

Wellness Practice: New Opportunities in Physical Therapy: APTA Preview 2020, Las Vegas, NV. September, 2003

Pathways to Wellness: A Panel Discussion on Developing a Wellness Practice: APTA Combined Sections Meeting, Tampa, FL. February, 2003

FUNfitness Train the Trainer Session

APTA Annual Conference, Anaheim, CA, June, 2000
San Diego, CA, February, 2001
Raleigh, NC, May, 2002
Dublin, Ireland, June, 2003
Houston, TX, May, 2004
Ames, IA, July, 2004
Nagano, Japan, February, 2005
Toronto, Canada, May, 2007
San Antonio, TX, June, 2008
Boise, ID, February, 2009
Lincoln, NE, July, 2010
Athens, Greece, May, 2010
Wisconsin, 2011
Athens, Greece, June, 2011
Pyeongchang, South Korea, February, 2013
Orlando, FL, 2013 and 2015
Regina, Canada, February, 2015
Graz, Austria, January, 2016
Villanova, PA, November, 2016
Everette, WA, August, 2017
St. Elizabeth Parrish, Jamaica, November 2017
Seattle, WA, June, 2018
Southern California, November, 2018
Sweden, January, 2020

PUBLICATIONS

Mcbride JM, Thananopavarn P, Tilley, V. Rehabilitation. In: Warshaw G, et al. Ham's Primary Care Geriatrics: A Case-Based Approach. 7th Ed. Elsevier, Inc. 2022. ISBN: 978-0-323-721684.

POSTER PRESENTATIONS

The Challenges of Facilitating Practice Change Initiatives to Improve Geriatrics in Rural Primary Care. V Tilley; C Henage; J McBride; E Roberts; J Busby-Whitehead. Geriatric Society of America Conference, Boston, MA, Nov. 14-18, 2018.

The Relationship of Reported Falls to Balance and Strength in Special Olympics (SO) Athletes. D Bainbridge, V Tilley, M Sadowsky. Academy of Developmental Medicine and Dentistry, Seattle, WA. June 29-30, 2018.

The Challenges of Facilitating Practice Change Initiatives to Improve Geriatrics in Rural Primary Care. V Tilley; C Henage; J McBride; E Roberts; T Shubert; J Busby-Whitehead. American Geriatric Society Conference, Orlando, FL May 2-5, 2018.

Special Olympics FUNfitness: A Practice Opportunity for Physical Therapists. V Tilley, D Bainbridge, J Gleason, S Polk. WCPT/CPT/APTA International Summit, Washington National Harbor, October 22-24, 2009.

Special Olympics FUNfitness: A Unique Service Opportunity for Physical Therapists. V Tilley, D Bainbridge, J Gleason, A Harris, S Polk. Special Olympics: Invited poster presented at the Exercise and Physical Activity in Aging: Blending Research and Practice, Indianapolis, IN July 29-31, 2010.

Performance of Special Olympics Athletes on Selected Fitness Tests: Implications of Aging. D Bainbridge, A Harris, J Gleason, V Tilley. Invited poster presented at the Exercise and Physical Activity in Aging, Blending Research and Practice, Indianapolis, IN. July 29-31, 2010.

ACADEMIC TEACHING

Fall & Spring Semester 1998-2004

Reimbursement issues including the PPS system in Skilled Nursing Facilities, Medicare Part B, and a general overview of the current Medicare environment.

Guest lecturer

Winston Salem State Physical Therapy Program

Elon College Physical Therapy Program

University of North Carolina-Chapel Hill Physical Therapy Program

Duke University Physical Therapy Program

Fayetteville Technical Community College, Physical Therapist Assistant Program

Spring Semester 1997

Martin Community College Physical Therapist Assistant Program

LE Prosthetics - 8 hours lecture

Fall Semester 1993

University of Delaware School of Physical Therapy

P.T. 617 - Patient Management II, Adjunct Faculty

LE Prosthetics - 24 hours including lecture, lab, organizing guest lecturer, written examination, and lab practical.

Brain Injury - 17 hours including lecture, lab, organizing guest lecturer, and written examination.

Fall Semester 1992

University of Delaware School of Physical Therapy

PT 617 - Patient Management II, Teaching Assistant

18 hours assisting in lab - Topics: prosthetics, orthotics, and spinal cord injury.

Summer Semester 1992

Duke University School of Physical Therapy
P.T. 336 - Medical Science, Guest Lecturer
LE Prosthetics - 12 hours including lecture and lab.

Summer Semester 1991

Duke University School of Physical Therapy
P.T. 336 - Medical Science, Guest Lecturer
Gait Deviations - 2 hours.

LICENSURE/CERTIFICATIONS

Present North Carolina # 3426
Board Certified Geriatric Clinical Specialist
American Arthritis Foundation Certified Exercise Instructor

AWARDS

2006 Olive V. Wortman Service Award- North Carolina Physical Therapy Association
2013 Lucy Blair Service Award- American Physical Therapy Association
2014 2014 Founders Lectureship- North Carolina Physical Therapy Association

PROFESSIONAL DEVELOPMENT (most recent)

Feb 2023 APTA Combined Sections Meeting, San Diego, CA
Oct 2022 NCPTA Fall Chapter Meeting, High Point, NC
Feb 2022 APTA Combined Sections Meeting, San Antonio, TX
Oct 2021 NCPTA Fall Chapter Meeting, High Point, NC
Feb 2019 APTA Combined Sections Meeting, Washington, DC
Oct 2019 NCPTA Fall Chapter Meeting, Wilmington, NC
March 2018 Aging in America Conference, San Francisco, CA
Oct 2018 NCPTA Fall Conference
Nov 2018 Geriatric Society of America Conference, Boston, MA
June 2017 Expedition: Practical Strategies for Managing Successful Improvement Projects- Online training, completed 8/8/2017
Sept. 2017 Geriatric Interprofessional Team Transformation in Primary Care (GITT-PC), Atlanta, GA