

The Centre of Research Excellence in Patient Safety presents

# Optimising exercise programs for older people to improve balance and prevent falls

Friday 9th October 2015



## About the seminar

Engaging and sustaining older people's participation in falls prevention exercise programs is a continual challenge for health and fitness professionals.

This seminar has been developed by leading falls prevention researchers and health professionals to address such challenges. The seminar will provide delegates with practical tools and information on effective falls prevention exercise programs and public health messages.

## Who should attend?

- Fitness professionals
- Fitness educators
- Physiotherapists
- Health educators
- Occupational therapists
- Researchers
- Health promotion practitioners
- Academics

## Seminar details

**Date:** Friday 9th October 2015

**Time:** 1:00pm—5:15pm (*registration opens 12:30pm*)

**Venue:** The Alfred Centre  
99 Commercial Road, Melbourne VIC 3004  
(Access 'B' lobby via Centre Lane)  
Monash University, Level 5 Lecture Theatre

**Cost:** \$250.00 incl. GST

 **MONASH** University  
Medicine, Nursing and Health Sciences  
School of Public Health and Preventive Medicine



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## Speaker Profiles



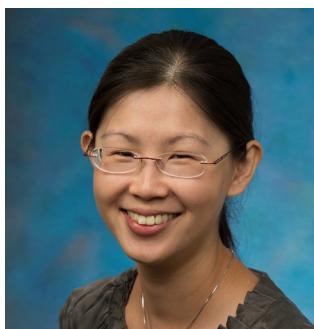
### **Associate Professor Anna Barker (Monash University)**

Anna is the Head of the Health Services Research Unit at Monash University. Anna is an experienced falls prevention researcher and physiotherapist. She has developed a strong interest in the management of older people having led falls projects in community, residential aged care and hospital settings, including the world's largest falls prevention trial in the hospital setting - the 6-PACK trial that included more than 60,000 patients. Recently, she has commenced the RESPOND project that explores the effectiveness of a novel service model for older people presenting to the Emergency Department with a fall and the ASPREE-Fracture sub-study - a RCT that investigates the effect of aspirin on fracture and fall risk in a sample of 16,500 adults.



### **Dr Darshini Ayton (Monash University)**

Dr Darshini Ayton is a Research Fellow with the Falls and Bone Health Team. She is interested in the areas of healthy ageing and health promotion program planning, implementation and evaluation. She is currently working on the 6-PACK project and is providing program evaluation support for the RESPOND RCT—an intervention to assist patients to navigate the health system to access services to prevent falls. Previous areas of work have included infectious diseases, depression, Parkinson's disease, stroke, health literacy and evaluations of support programs for vulnerable populations. She is also a lecturer for the Bachelor of Health Science at Monash University and coordinates the Health Promotion Practicum unit.



### **Dr Sze-Ee Soh (Monash University)**

Sze-Ee is a Research Fellow with the Falls and Bone Health Team. She is an experienced Physiotherapist with a keen interest in geriatric rehabilitation and continues to work clinically as the Stream Leader in Aged Care at Alfred Health. Currently, she is involved in analysing data from the 6-PACK project to examine the construct validity of the Safety Attitudes Questionnaire. Her main areas of research include Parkinson's disease, quality of life, high-intensity functional exercise and use of outcome measures in the elderly population. She is also involved in developing the physiotherapy curriculum for the Fatima College of Health Sciences in the United Arab Emirates.



### **Dr Jannique van Uffelen (Victoria University)**

Jannique is a Senior Research Fellow in the Active Living team at ISEAL. She also holds an Honorary Academic Fellow position at the Baker IDI Heart and Diabetes Institute and an Adjunct Senior Research Fellow position at the School of Human Movement Studies, University of Queensland. The focus of her research is active ageing, defined in terms of sedentary behaviour, physical activity, exercise and sport, and the benefits of an active lifestyle for health, social connectedness and the community. In her program of research, Jannique describes patterns and determinants of sedentary behaviour and physical activity in older people, and examines the associations with health at the population level. Furthermore, she develops and evaluates interventions to promote active and healthy ageing at the community level.



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## Program schedule

12:30pm - 1:00pm	REGISTRATION
1:00pm - 1:15pm	<b>Introduction</b> A/Prof Anna Barker <i>Monash University</i>
1:15pm - 1:45pm	<b>The problem of falls and a review of balance systems</b> A/Prof Anna Barker <i>Monash University</i>
1:45pm - 2:15pm	<b>How to measure balance</b> Dr Sze-Ee Soh <i>Monash University</i>
2:15pm - 3:00pm	AFTERNOON TEA ( <i>provided</i> )
3:00pm - 3:30pm	<b>Exercise to improve balance and prevent falls</b> A/Prof Anna Barker <i>Monash University</i>
3:30pm - 4:00pm	<b>Physical activity and ageing: How much is enough and what are motivating factors and context preferences for physical activity in older Australians?</b> Dr Jannique van Uffelen <i>Victoria University</i>
4:00pm - 4:30pm	<b>Positive health messages to increase exercise engagement</b> Dr Darshini Ayton <i>Monash University</i>
4:30pm - 5:00pm	Panel discussion and Q&A Chair: Ms Margaret Brand Members: A/Prof Anna Barker, Dr Sze-Ee Soh, Dr Jannique van Uffelen and Dr Darshini Ayton
5:00pm - 5:15pm	<b>Closing remarks</b> A/Prof Anna Barker



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Registration

## Online registration

Online payment and registration is to be made via the following link:

<http://ecommerce.med.monash.edu.au/product.asp?pid=578&cid=2>

### Cost:

Early bird (payments prior to July 31st 2015): \$199.00 incl. GST

Standard fee (payments after July 31st 2015): \$250.00 incl. GST

### Registration closes:

September 30th 2015 (*Unless quota reached prior*)

### NOTE:

Registration includes afternoon tea and refreshments

Online payments are to be made by CREDIT CARD (Visa or Mastercard).

You will automatically receive a tax receipt/invoice when paying online.

### Terms and Conditions:

Refunds will not be given if inability to attend is advised the day prior to the seminar

Requests for refunds at any other time will be considered on an individual basis. A colleague is always welcome to attend in your place.

### Enquiries

**Sheral Rifat**

E: falls6pack.dep@monash.edu

P: 03 9903 0199



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