

Be your Best: Promoting Health and Preventing Falls in Older Adults

Monday September 26th 2016

“Ageing is a privilege and a societal achievement. It is also a challenge, which will impact on all aspects of 21st century society. It is a challenge that requires joint approaches and strategies.”

- WHO

About the seminar

The Australian population aged over 65 years is expected to double in the coming decades. As the population age across Australia grows, so does its implications to the public healthcare system such as increased rates of chronic conditions and multi-morbidities, cognitive impairment, dementia, falls, functional decline and disability.

In light of the increasing focus to keep the ageing population healthier, this seminar has been developed to share strategies that promote health and prevent falls in older adults which are necessary to address the increased stress that will be placed on health care settings and service delivery. This seminar is an innovative course that brings together leading experts from prestigious Australian academic institutions and multiple disciplines. It provides a creative and proactive approach to prepare for the worldwide ageing trend.

You will leave with:

- Knowledge about the challenges, new directions and solutions to successful ageing;
- The ability to engage older adults in activities that promote health and prevent falls; and
- The ability to develop integrative approaches to working with the older adults

This is a prime opportunity for healthcare providers, researchers and policy makers to address the latest issues in delivering optimum care for older people.



MONASH University
Medicine, Nursing and Health Sciences

School of Public Health and Preventive Medicine



Centre of
Research Excellence
in Patient Safety



Seminar details

Date: Monday 26th September 2016

Time: 9:00am - 4.00pm (Registration opens at 8:30am)

Venue: AMREP Education Centre (Ground Floor), 55 Commercial Road, Melbourne VIC 3004

Cost (incl. morning tea and lunch):

Early bird (payment before September 2nd 2016):
\$379.00 incl. GST

Standard fee (payment after September 2nd 2016):
\$440.00 incl. GST

For all registration information, please refer to the final page of this flyer

Who should attend?

- Health care providers (clinical and nursing staff)
- Researchers/academics
- Policy makers and program managers

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Speaker profiles



A/Prof Glenn Arendts (University of Western Australia) is a senior academic from the Centre for Clinical Research in Emergency Medicine, University of Western Australia. His research interests include critical illness in the elderly and geriatric emergency medicine. He is Chair of the Geriatric Emergency Medicine Special Interest Group of ACEM and a member of medical policy committees for several community organisations with an interest in the care of the elderly patient.



Dr Darshini Ayton (Monash University) 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 the project manager for the RESPOND RCT



A/Prof Anna Barker (Monash University) is a senior academic and Head of the Health Services Research Unit at Monash University, as well as being an experienced physiotherapist. She is recognised internationally for her contributions to falls prevention research and is the chief investigator for the 6-PACK, ASPREE-Fracture and RESPOND randomised controlled trials.



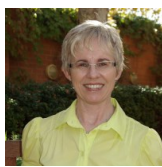
Dr Ben Beck (Monash University) is a research fellow with the Victorian State Trauma Registry, the Victorian Orthopaedic Trauma Outcomes Registry and the Australian Resuscitation Outcomes Consortium (Aus-ROC) in the Department of Epidemiology and Preventive Medicine at Monash University. With a background in biomechanics and injury epidemiology, Dr Beck has a strong interest in trauma and injury prevention.



Prof Leon Flicker (Western Australia Centre for Health and Ageing) is an Australian leading expert in geriatric medicine. He is the Director of the Western Australian Centre for Health and Ageing and is committed to disseminating and implementing his research findings to improve the health of older Australians, specifically regarding functional decline, delirium and redesign of the hospital environment.



Prof Terry Haines (Monash University/Monash Health) is the past president of the Australia and New Zealand Falls Prevention Society, present Chair of the Physiotherapy Research Foundation Grants Committee, and has served as a National Health and Medical Research Council Project Grant and Centres of Research Excellence Review panel member. Terry expertise's in the fields of gerontology, rehabilitation and health economics.



Dr Anne-Marie Hill (The University of Notre Dame Australia) is a leading researcher investigating healthy ageing. She has over 20 years clinical experience working with older people as a physiotherapist. She has combined her educational training and clinical experience to focus on investigating how education interventions can promote behaviour change within large-scale randomised controlled trials.



Prof Keith Hill (Curtin University) is a physiotherapist and senior researcher, with clinical experience in rehabilitation and aged care, and an extensive recent track record in implementing and completing a range of falls prevention, rehabilitation and physical activity research programs for older people in the community, hospital and residential aged care settings.



Ms Rebecca Morris (Monash University) is a PhD candidate in the Falls and Bone Health team at Monash University. Ms Morris is a registered physiotherapist with extensive clinical experience working in emergency medicine, acute and post-acute hospital settings, as well as in the community-based setting.



Dr Sze-Ee Soh (Monash University) is a research fellow with the Falls and Bone Health Team and a lecturer with the Department of Physiotherapy. She is an experienced physiotherapist with a keen interest in geriatric rehabilitation, Parkinson's disease and high-intensity functional exercise.

PROGRAM SCHEDULE

Registration (8:30-9:00)

Session 1: Engaging older adults in falls prevention activities

9:00 - 9:45	A/Prof Anna Barker <i>Monash University</i>	Falls prevention for people presenting with a fall to an emergency department: what don't we know?
9:45 - 10:15	Ms Rebecca Morris <i>Monash University</i>	Key ingredients for successful falls prevention programs—did we get it right?
10:15 - 10:45	Prof Keith Hill <i>Curtin University</i>	Ageing baby boomers: will falls prevention need to change as the ageing population changes?
10:45 - 11:00	Panel Discussion <i>A/Prof Anna Barker, Ms Rebecca Morris, Prof Leon Flicker</i>	

Morning Tea (11:00 - 11.30)

Session 2: Barriers and enablers to falls prevention

11.30 - 12.00	A/Prof Anne-Marie Hill <i>Curtin University</i>	Older adults engaging in strength training - Do the barriers outweigh the enablers?
12:00-12:30	Dr Sze-Ee Soh and Dr Darshini Ayton	Personal Alert Victoria Clients: who is falling and what are their thoughts on falls prevention activities
12:30 - 1:00	Prof Terry Haines <i>Monash University</i>	Changes in physical activity and falls in older adults following an extended period of hospitalisation
1:00 - 1:15	Panel Discussion <i>A/Prof Anne-Marie Hill, Dr Sze-Ee Soh, Dr Darshini Ayton, Prof Terry Haines</i>	

Lunch (13:15- 14:00)

Session 3: Promoting health in the ageing brain

14:00 - 14:30	Prof Leon Flicker <i>University of Western Australia</i>	What is successful ageing and how we achieve it?
14:30 - 15:00	A/Prof Glenn Arendts <i>University of Western Australia</i>	Community based palliative care and reduction in ED presentation for people with dementia
15:00 - 15:30	Dr Ben Beck <i>Monash University</i>	Incidence of severe traumatic brain injury – falls are on the rise!
15:30 - 15:45	Panel Discussion <i>Prof Leon Flicker, A/Prof Glenn Arendts, Dr Ben Beck</i>	
15:45 - 16:00	A/Prof Anna Barker <i>Monash University</i>	Closing Remarks

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Online registration

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

<http://ecommerce.med.monash.edu.au/product.asp?plD=736&cID=42&c=19203>

Cost:

Early bird: \$379 incl. GST (early bird registration closes Friday September 2nd 5pm).

Standard fee: \$440 incl. GST

Registration closes: Wednesday September 21st 2016 at 4.00pm

NOTE:

Registration includes morning tea and lunch

Payments are to be made by CREDIT CARD (Visa or Mastercard) only (*no invoices*).

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

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