

The Centre of Research Excellence in Patient Safety presents

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

Thursday 19th November 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.

Back by popular demand, this seminar has been developed by leading falls prevention researchers and health professionals to address these challenges faced by the health and fitness industry. 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: Thursday 19th November 2015

Time: 2:00pm—5:30pm (*registration opens 1:30pm*)

Venue: AMREP Education Centre, Ground Floor
Alfred Hospital, 55 Commercial Road, Melbourne VIC 3004

Cost: \$250.00 (incl. GST) per person

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



1 **PHYSICAL ACTIVITY**
AUSTRALIA

Accredited Program

Accreditation code: KAP1922



Approval code: 00062FA



RESPOND
Respond to the first fall to prevent the second

Pilates
FALLS & BONE HEALTH

ASpirin in Reducing Events in the Elderly
ASPRE
FRACTURE SUB-STUDY

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Speaker Profiles



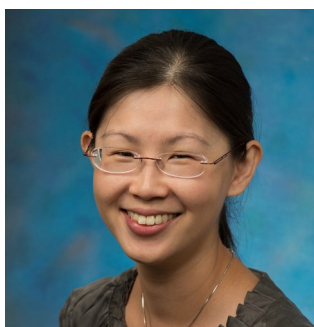
Associate Professor Anna Barker (Monash University)

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

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



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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?plD=617&clD=2>

Cost:

\$250.00 (incl. GST) per person

Registration closes:

November 13th 2015 (*Unless quota reached prior*)

NOTE:

Registration includes afternoon tea and refreshments

Only online payments via CREDIT CARD (Visa or Mastercard) will be accepted. No invoices for payment will be issued.

You will automatically receive a tax receipt when paying online.

Terms and Conditions:

Refunds will not be given. A colleague is always welcome to attend in your place.

Enquiries

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