

## Hot topics in healthy ageing:

# Research evidence, clinical skills and tools to manage an ageing population

Monday September 21st 2015

### About the seminar

Demographics of ageing suggest that the Australian population aged over 65 years will dramatically increase in the coming decades. An ageing population poses many challenges to the public health care system including increased rates of chronic conditions and multi-morbidities, cognitive impairment, dementia, falls, functional decline and disability.

A better understanding of healthy ageing is necessary to address the increased stress that will be placed on health care settings and service delivery.

This seminar has been developed by clinicians and researchers from the Department of Epidemiology and Preventive Medicine at Monash University alongside colleagues from other leading Australian academic institutions.

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

Hot topics of discussion include:

- Engaging older people in service delivery
- Promoting positive health messages
- Managing medications
- Cognitive impairment

### Who should attend?

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



### Seminar details

Monday September 21st, 2015

9:00am-4:15pm (Registration opens at 8:30am)

#### Venue

AMREP Education Centre, Ground Floor

Alfred Hospital

55 Commercial Road, Melbourne VIC 3004

#### Cost

Early bird (payments prior to July 31st 2015): \$299 incl. GST

Standard fee (payments after July 31st 2015): \$395 incl. GST

*Includes morning tea and lunch*

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



**MONASH University**  
Medicine, Nursing and Health Sciences

School of Public Health and Preventive Medicine



Centre of  
Research Excellence  
in Patient Safety



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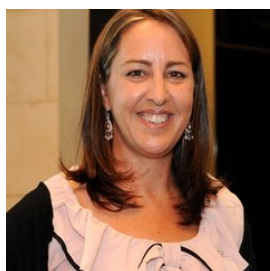
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### Speaker profiles



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

Anna is the Head of the Health Services Research Unit at Monash University. She is an experienced falls prevention researcher and Physiotherapist who has developed a strong interest in the management of older people. A/Prof Barker has developed an international reputation for her contributions to falls prevention research. Her work has been published in high-ranking international journals, presented at international conferences and cited in best practice guidelines.



#### **Dr Julie Redfern (The George Institute for Global Health)**

Julie is Deputy Director of the Cardiovascular Division, Associate Professor and Deputy Postgraduate Coordinator in the School of Public Health at the University of Sydney and a practicing Physiotherapist. Julie currently holds a NHMRC CDF co-funded with a Heart Foundation Future Leader Fellowship. Julie is a leading researcher in the area of secondary prevention of cardiovascular disease.



#### **Professor Terry Haines (Monash University/Monash Health)**

Terry is a past president of the Australia and New Zealand Falls Prevention Society management committee, 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 has expertise in the fields of gerontology, rehabilitation, health economics, community-based rehabilitation programs and the use of multi-media as a tool for health promotion.



#### **Dr Anne-Marie Hill (The University of Notre Dame Australia, WA)**

Anne-Marie is a leading researcher investigating healthy ageing. Ann-Marie 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.



#### **Professor Christopher Etherton-Beer (University of Western Australia)**

Christopher is a clinical academic in Geriatric Medicine at the University of Western Australia and is a Geriatrician/Clinical Pharmacologist at Royal Perth Hospital. In addition to clinical work in geriatric medicine and stroke he serves as Chair of the RACP Specialist Advisory Committee in Geriatric Medicine and a member of the Board of Juniper (Uniting Church Homes). Professor Etherton-Beer has research interests in ageing and aged care, stroke, medical education and pharmaco-geriatrics.



#### **Professor Keith Hill (Curtin University)**

Keith is a physiotherapist and senior researcher, with 33 years 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.

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#### **Professor Leon Flicker (Western Australia Centre for Health and Ageing)**

Leon is an Australian leading expert in geriatric medicine and has an established international reputation. 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. Professor Flicker has played a major role in implementing his own research outcomes into clinical guidelines regarding functional decline, delirium, redesign of the hospital environment and has provided his expert opinion to government committees.



#### **Dr Judy Lowthian (Monash University)**

Judy is a senior research fellow, having completed her doctorate entitled "Increasing demand for emergency patient services: underlying drivers, implications and potential solutions" supported by an NHMRC Postgraduate scholarship in 2012. Judy's research is underpinned by a clinical background in speech pathology rehabilitation and health service management in Australia and the UK. Her specific research interests are health services research to improve patient care.



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

Darshini 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. Previous areas of work have included infectious diseases (HIV, HCV), 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 Elizabeth Pritchard (Monash University)**

Elizabeth completed her PhD in 2014 titled "Engaging and achieving in later life; The importance of, and determinants affecting occupational participation with older adults, following discharge from hospital." Elizabeth is a registered occupational therapist and has worked internationally in rehabilitation (private and public sectors), as a workforce development training manager, and as a lecturer in tertiary education. Elizabeth currently is senior clinician and researcher on the RESPOND project and utilises positive psychology and motivational interviewing in her clinical and research work.



#### **Ms Rebeca Morris (Monash University)**

Rebecca is a PhD candidate in the Falls and Bone Health team within the Health Services Research Unit at Monash University was awarded an Australian Postgraduate Award (APA) scholarship to fund her PhD project in program evaluation Ms Morris is a registered physiotherapist with extensive clinical experience. She has worked with older adults in emergency, acute and post-acute hospital settings, as well as in the community, in both the UK and Australia. Her main interests and experience within aged care are chronic disease management, falls prevention, and orthopaedics



# Program Schedule

Registration (8:30 - 9:00)

## Session 1: Engaging older people in self-management and service delivery

9:00 - 9:15	A/Prof Anna Barker <i>Monash University</i>	Introduction
9:15 - 9:45	Dr Anne-Marie Hill <i>The University of Notre Dame</i>	Practical interventions for health professionals to engage older people in self management of their health
9:45 - 10:15	Prof Terry Haines <i>Monash University</i>	“Better for others than for me” Engaging older people in service delivery
10:15 - 10:45	Dr Julie Redfern <i>George Institute</i>	Electronic communication: Innovative ways to support patients post hospital discharge
10:45 - 11:00	Panel session 1 Chair: A/Prof Anna Barker Members: Dr Julie Redfern, Prof Terry Haines, Dr Anne-Marie Hill	

Morning Tea (11:00 - 11.30)

## Session 2: Managing care of older people in hospitals, ED and residential care facilities

11.30 - 12.00	Prof Keith Hill <i>Curtin University</i>	The influence of exercise on cognition in healthy ageing
12.00 - 12.15	Dr Judy Lowthian <i>Monash University</i>	Evidence for care transition plans when transitioning from the ED to home
12:15 - 12:45	Prof Christopher Etherton-Beer <i>University of Western Australia</i>	Risk assessment and mitigation to reduce re-hospitalisation rates
12:45 - 13:15	Prof Leon Flicker <i>WA Centre for Health and Ageing</i>	Managing medications for healthy ageing
13:15 - 13:30	Panel session 2 Chair: Prof Keith Hill Members: Prof Leon Flicker, Dr Judy Lowthian, Prof Christopher Etherton-Beer	

Lunch (13:30 - 14:15)

## Session 3: Promoting a positive health message for older Australians

14:15 - 14:45	A/Prof Anna Barker <i>Monash University</i>	Be your best: How to promote a positive health message to older Australians
14:45 - 15:15	Dr Elizabeth Pritchard <i>Monash University</i>	Getting the most from interventions: Considering a ‘personal life approach’ when working with older adults.
15:15 - 15:30	Ms Rebecca Morris <i>Monash University</i>	Measuring the impact of health literacy: Implications for clinical practice
15:30 - 15:45	Dr Darshini Ayton <i>Monash University</i>	An upstreamist's perspective on the changing determinants of healthy ageing
15:45 - 16:00	Panel session 3 Chair: Margaret Brand Members: A/Prof Anna Barker, Dr Elizabeth Pritchard, Ms Rebecca Morris, Dr Darshini Ayton	
16:00 - 16:15	A/Prof Anna Barker <i>Monash University</i>	Closing Remarks

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Payment and registration

### Online registration

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

<http://ecommerce.med.monash.edu.au/product.asp?plD=580&cID=2>

#### Cost:

Early bird: \$299 incl. GST (payments prior to July 31st 2015)

Standard fee: \$395 incl. GST (payments after July 31st 2015)

**Registration closes:** Monday September 7th 2015 (*Unless quota reached prior*)

#### NOTE:

Registration includes morning tea and lunch

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

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Centre of  
Research Excellence  
in Patient Safety



**MONASH University**  
School of Public Health and Preventive Medicine