



Mental Health and Falls Prevention Workshop

24 August 2017

The John and Betty Lynch Seminar Room,
Neuroscience Research Australia (NeuRA) Barker St, Randwick

08.30 **REGISTRATION**

09.00 **Welcome to Country and Welcome**

Lorraine Lovitt

Lead NSW Falls Prevention Program, Clinical Excellence Commission (CEC)

09.15 **Leading Better Value Care - Falls in hospital**

Dr Harvey Lander

Director, Systems Improvement, CEC

09.35 **Chair: Dr Harvey Lander**

Research update

Professor Stephen Lord

Senior Principal Research Fellow, Falls Balance & injury Research Centre, NeuRA

09.55 **Falls in SMHSOP acute units – A benchmarking and policy perspective**

Dr John Dobrohotoff

Senior Staff Specialist Old Age Psychiatry, Clinical Director, Specialist Mental Health Service for Older People (SMHSOP), Central Coast LHD

10.15 **Fall prevention: experience in SMHSOP acute and community research settings**

Dr Jacqueline Wesson

Senior Policy officer, Older People's Mental Health Policy Unit, MoH

10.35 **Pre-fall Safety Huddle**

Jack Powell

CNC Riverglen Unit, Hammond Care

10.50 **MORNING TEA**

Chair Lorraine Lovitt

11.15 Refection's and Questions from morning session

11.30 **Colin's Story – a consumers perspective**

Ingrid Hutchinson

Project Officer, NSW Falls Prevention Program CEC

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- 11.45 **Stepping On in Mental Health: A Falls Prevention Initiative**
Mandy Meehan
Team Leader Ryde SMHSOP
- 12.05 **Falls Prevention in Mental Health – Improving outcomes for younger consumers by raising awareness**
Diane Grayshon
RN, Ryde Specialist Mental Health Services for Older People (SMHSOP)
Mandy Meehan, *Team Leader Ryde SMHSOP*
- 12.25 **Alcohol and Mental Health**
Ellen Panaretos
Senior Community Development Officer, Alcohol and Drug Foundation
- 13.00 **LUNCH**
- Chair: Ingrid Hutchinson**
- 13.30 **Understanding Sarcopaenia: Relevance to mental health and falls prevention**
Margaret Armstrong
Northern Sydney Local Health District Falls Policy Coordinator
- 13.50 **Wasting away on tea and toast**
Rudi Bartl
Dietician, Central Coast Local Health District
- 14.10 **NSW Falls Program & CEC Post Fall Guide**
Lorraine Lovitt
Lead, NSW Falls Prevention Program, CEC
- 14.30 **Facilitation: Lorraine Lovitt**
- Questions from the floor:
 Problem areas, Key burning issues, Successes
- 15.30pm **CLOSE**

