

# NSW FALLS PREVENTION NETWORK FORUM 2019 - DRAFT PROGRAM

## THEME: Active Ageing

DATE: Friday May 31st    VENUE: Wesley Conference Centre, 220 Pitt Street, Sydney

SLIDO access at

### Welcome and Opening (9.00 – 9.20 am) Chairperson:

9.05 – 9.10 am            Welcome to Country: Uncle Chikka Madden

9.10 - 9.20 am            **Opening Address: TBC**

### Plenary Session 1 (9.20 am -10.30 am) Chairperson: Ms Lorraine Lovitt, Lead, NSW Falls Prevention Program, CEC

9.20 am                    **Pam Albany Guest Lecturer: Professor Keith Hill, Acting Deputy Pro Vice Chancellor, Faculty of Health Sciences, Curtin University, WA**  
*Balancing acts – Gaps and opportunities for falls prevention into the 2020's*

9.50 am                    **Professor Stephen Lord, Senior Principal Research Fellow, Falls, Balance and Injury Research Centre, NeuRA**  
*Falls prevention research update*

10.20 – 10.30 am        Question Time

Morning Tea (10.30am -11.00am)

### Plenary Session 2 (11.00 am – 12.50 pm) Chairperson

11.00 am                    **Associate Professor Kim Delbaere, Principal Research Scientist, Falls Balance and Injury Research Centre, NeuRA**  
*The StandingTall randomized controlled trial results: using mobile technology to deliver an unsupervised balance exercise program*

11.30 am                    **Dr Morag Taylor, NHMRC-ARC Dementia Research Development Fellow, Falls, Balance and Injury Research Centre, NeuRA, Conjoint Lecturer, UNSW, Honorary Research Fellow, Faculty of Medicine and Health, The University of Sydney**  
*Falls prevention in dementia*

12.00                        **Dr Jennie Hewitt, Clinical Education Coordinator, University Centre for Rural Health**  
*Exercise for falls prevention in residential aged care – evidence of clinical and cost effectiveness outcomes from the SUNBEAM Trial.*

12.30 – 12.40 pm        Question time

Lunch (12.40 pm -1.30 pm)



#### **Afternoon Concurrent Workshop Sessions (1.30 -3.00 pm):**

##### **Leading Better Value Care - Falls in Hospital – Facilitators –Dr Deborah Browne, Director, Collaboratives, Clinical Excellence Commission (CEC) and Ms Ingrid Hutchinson, Project Officer, NSW Falls Prevention Program, CEC**

This workshop will provide an overview of the model of improvement used to guide the LBVC – Falls in Hospital collaborative and will include presentations from teams involved in the collaborative as well as involve participants in planning PDSA cycles.

##### **Exercise Interventions – Facilitators – Dr Daina Sturnieks, Senior Research Scientist, FBIRC, NeuRA, Conjoint Lecturer, Dr Jennie Hewitt, Clinical Education Coordinator, University Centre for Rural Health**

This workshop will review the current evidence for exercise in preventing falls in the community and in aged care facilities. We will focus on successful exercise trials, unwrap protocols and exercises to identify what might be suitable for each setting. During this interactive workshop, attendees will discuss the evidence, debate the assumptions and engage in activities to develop practical skills for designing and delivering exercise programs for fall prevention.

##### **Mental Health and falls prevention –Facilitator Ms Mandy Meehan, Team Leader, Ryde Older People’s Mental Health Service (OPMHS) and Ms Emma Underwood, CNC OPMHS, NSLHD-MHDA**

This workshop will explore the link between mental health and fall risk; outlining some common mental health conditions (including depression and anxiety), showcasing a range of initiatives and engaging participants in an interactive case study, providing opportunity for questions and feedback from an expert panel.

At the conclusion of the workshop participants will be able to recognise the potential mental health needs of older people in their own practice, identifying unique fall risk factors and management.

##### **Concluding Session (3-4 pm), Facilitator: Dr Daina Sturnieks, NeuRA Panel Discussion and Questions**

**Posters (Displayed at Morning tea and Lunch, authors will be with posters from 1.10 – 1.30 pm)**