

SLIDO Website: www.slido.com Log in: #FallsForum26

8.30 am	REGISTRATION / ARRIVAL TEA & COFFEE
9.00 am	OPENING SESSION – Wesley Theatre Chairperson: Prof Cathie Sherrington - The University of Sydney WELCOME TO COUNTRY Uncle Allen Madden
9.10 am	OPENING Briony Chasle – Clinical Excellence Commission
9.20 am - 10.15 am	PLENARY SESSION 1 – Wesley Theatre Chairperson: Prof Cathie Sherrington - The University of Sydney
9.20 am	Pam Albany Guest Lecture Optimising medications to minimise falls Prof Sarah Hilmer - Kolling Institute, NSLHD and The University of Sydney
9.50 am	Not Just Confusion: Delirium as a Falls Prevention Target Dr Anita Nitchingham - Neuroscience Research Australia and Prince of Wales Hospital
10.15 am	MORNING TEA, TRADE EXHIBITS & POSTERS DISPLAY
10.55 am - 12.15 pm	PLENARY SESSION 2 – Wesley Theatre Chairperson: Prof Kim Delbaere - Neuroscience Research Australia and University of New South Wales
10.55 am	Telephone physical activity coaching in populations with walking limitations Dr Louise Pearce - The University of Sydney
11.20 am	Concerns about Falling in Older Adults: Current Evidence and Insights Dr Mae Lim - Neuroscience Research Australia; The George Institute for Global Health
11.45 am	What's happening out West? Insight into WA's Stay On Your Feet® program Roisin Sweeney - Injury Matters
12.10 pm	Plenary Session Feedback survey
12.15 pm	LUNCH, TRADE EXHIBITS & POSTER SESSION
1.10 pm	Afternoon Concurrent Sessions (refer to next pages)
3.05 pm	SHORT BREAK
3.10 pm	CONCLUDING SESSION – Wesley Theatre Chairperson: Prof Stephen Lord - Neuroscience Research Australia Research Update A/Prof Daina Sturnieks - Neuroscience Research Australia and University of New South Wales
3.30 pm	Panel Discussion – Bringing it All Together featuring plenary speakers and Prof Stephen Lord
3.55 pm	Afternoon and Closing Session Feedback surveys
4.00 pm	CLOSE

1.10 – 3.00 pm AFTERNOON CONCURRENT SESSIONS: HOSPITAL – Wesley Theatre Chairpeople: Briony Chasle and Ingrid Hutchinson	
1.10 pm	<i>“Rise and Shine” early sitting patients out of bed initiatives</i> Mayla Mendieta (Nurse Unit Manager, SWSLHD) and Jaswinder Mehra (Clinical Nurse Educator, SWSLHD)
1.24 pm	<i>The CALM Falls Prevention Initiative – Connect Assess Listen Manage</i> Lyndelle Lee - Nursing Unit Manager, Ward 1C and AGEM, MNCLHD
1.38 pm	<i>SAFER Steps</i> Lucy Haver (District Falls Coordinator, SESLHD), Dr Michelle Julian (Staff Specialist Geriatrician, Sutherland Hospital), Elizabeth Endean (Aged Care Clinical Nurse Consultant)
1.52 pm	<i>ISLHD District Overview - Minimising Harm from Falls</i> Natalie Elphick – CNC, ISLHD
2.06 pm	<i>The Beehive Initiative</i> Megan Worthy and Natasha Wood – EN, ISLHD
2.20 – 2.59 pm PROTECT TRIAL ABSTRACTS	
2.20 pm	<i>PROTECT Fall Prevention Program: Early implementation results from a stepped-wedge hybrid type I effectiveness implementation cluster randomised trial</i> Charlotte McLennan - PhD Student, Institute for Musculoskeletal Health, University of Sydney
2.34 pm	<i>Fall free from A2B</i> Eleanor Merrell (A/NUM – 2A (Acute Aged Health), SLHD) and Jack Hicking (Physiotherapist, SLHD)
2.39 pm	<i>Lever Up</i> Steven Michael (NUM/Lever ward, SLHD) and Renee Petit (Senior Physiotherapist, SLHD)
2.44 pm	<i>Enhancing Falls Prevention and Management Strategies In An Acute Mixed Specialty Ward</i> Audrey Taduran - Acting Nurse Educator, SLHD
2.49 pm	<i>Fall Free from A2B: 2B’s multidisciplinary approach</i> Arpana Shrestha (Clinical Nurse Educator, SLHD), Priya Gurung (SLHD) and Deepak Paudel (SLHD)
2.54 pm	<i>Reducing falls on an acute trauma orthopaedic ward</i> Faith Ngugi - Clinical Nurse Specialist – Acute Trauma Orthopaedics ward, Royal Prince Alfred Hospital

1.10 – 3.00 pm		AFTERNOON CONCURRENT SESSIONS: COMMUNITY – Smith Room Chairpeople: Assoc Prof Daina Sturnieks and Kamilla Haufort
1.10 pm	<p><i>Motor Performance and Reliability of Mobility Tests through Telehealth in Parkinson's Disease</i></p> <p>Maria Jasmine Gomes da Silva - PhD student, Neuroscience Research Australia</p>	
1.22 pm	<p><i>Connecting Our Community to Physical Activity: Development of ready-to-use infographic resources within the PROMOTE-PA trial</i></p> <p>Wenjing (Wendy) Xia - Research Assistant, Institute for Musculoskeletal Health</p>	
1.34 pm	<p><i>Enhancing Falls Assessment & Prevention in South Western Sydney Local Health District (SWSLHD) Transitional Aged Care Program (TACP)</i></p> <p>Caitlin Brooks (Physiotherapy Clinical Educator, SWSLHD) and Annie Saffrett (Occupational Therapy Clinical Educator, SWSLHD)</p>	
1.46 pm	<p><i>A Tailored Approach to Dance for Older Adults for Health & Wellbeing</i></p> <p>Gail Hewton - Director RIPE Dance, Gold Moves Australia & Sound Moves 55Plus Ltd</p>	
1.58 pm	<p><i>Evaluating the feasibility of a falls prevention program for older people with haematological cancer</i></p> <p>Bora Kim - Senior Research Fellow, Cancer Care Research Unit, SLHD</p>	
2.10 pm	<p><i>Aunty Roma's Falls Prevention Group</i></p> <p>Adam Buckingham (Physiotherapist, SWSLHD) and Katrina Filewood (Aboriginal Liaison Officer, SWSLHD)</p>	
2.22 pm	<p><i>Closing the gap in falls care: Partnering with NSW Ambulance for Safer Pathways (Pre-recorded presentation)</i></p> <p>Belinda Boylson – COPILOT, SWSLHD</p>	
2.34 – 2.59 pm		5 x 5 min talks
2.34 pm	<p><i>Physical activity coaching and exercise in adults with mobility limitations: Economic evaluation of the ComeBACK trial</i></p> <p>Belinda Wang - PhD student, Institute for Musculoskeletal Health</p>	
2.39 pm	<p><i>Staying Strong After STRONG: Post Discharge Exercise Behaviours in Older Adults</i></p> <p>Ella Cooper - Exercise Physiologist, Centre for STRONG Medicine, Concord Hospital, SLHD</p>	
2.44 pm	<p><i>Associations between local green space and physical activity levels and gait quality in older people: a Watch Walk-UK Biobank study</i></p> <p>Cameron Hicks - PhD Candidate, Faculty School of Population Health, Faculty of Medicine and Health, UNSW & NeuRA</p>	
2.49 pm	<p><i>Stepping On Fidelity Coaching in Practice</i></p> <p>Megan Swann - Occupational Therapist Co-author of Stepping On program www.steppingon.com</p>	
2.54 pm	<p><i>Interventions for preventing falls in older adults who have presented to emergency departments</i></p> <p>Luiza Rampi Pivotto - PhD Candidate, Institute for Musculoskeletal Health - University of Sydney and SLHD</p>	

1.10 – 3.00 pm	AFTERNOON CONCURRENT SESSIONS: AGED CARE AND HOSPITAL – Chambers Room Chairpeople: Prof Anne Tiedemann and Sharon Butler
1.10 pm	<i>Advancing Falls Assessment: Development of a Concern About Falling Scale for Long-Term Care</i> Lillian Miles - Research Assistant, Falls, Balance and Injury Research Centre, NeuRA
1.25 pm	<i>Wellness. Restorative Care and Reablement in Anglicare Aged Care homes</i> Sharon Butler - Wellness Leader /Physiotherapist in Aged Care Homes, Anglicare
1.40 pm	<i>Let's Get Creative! Cost-effectively bringing the science of falls prevention to rural NSW through dance</i> Gwen Korebrits - CEO & Founder, Dance Health Alliance
1.55 pm	<i>The Tovertafel – Intervention for falls prevention</i> Helen Workman – CEO, St Sergius Aged Care
2.10 pm	<i>Beyond the bedrail, a modern geriatric perspective on falls in an aged care home</i> Sina Yarmohammadi – Geriatrician, Fairfield Geriatric Outreach Team
2.25 – 2.55 pm	3 x 10 min talks (Hospital focus)
2.25 pm	<i>Safe Steps – A falls prevention initiative in Older Person's Mental Health</i> Sharleen Kim (Clinical Nurse Educator, SWSLHD) and Maureen Policarpio (Nurse Manager, SWSLHD)
2.35 pm	<i>MDT Falls Prevention Strategy: Falls prevention is Everyone's Business</i> Kushma KC - Comprehensive Care Nurse Manager, NBMLHD
2.45 pm	<i>Investigation of an increase in serious injurious falls at the Southern Adelaide Health Network (SALHN)</i> Stephen Flatman, Flinders Medical Centre, Noarlunga Hospital and REPAT Precinct (Adelaide)

PLENARY SPEAKER ABSTRACT AND BIOS

PLENARY SESSION 1

Pam Albany Guest Lecture - this lecture honours the late Pam Albany, a passionate advocate for accident and injury prevention in her various work roles. She was the key facilitator for promoting evidence-based practice through the NSW Falls Policy and NSW Falls Prevention Program and Network.

Optimising medications to minimise falls

Prof Sarah Hilmer - Kolling Institute, Northern Sydney Local Health District and The University of Sydney

Medications are one of the commonest and most modifiable risk factors for falls. This talk will first provide an overview of translational research on the role of medications in falls. Next it will evaluate interventions to minimise this risk, including deprescribing. Finally, it will align strategies on reducing inappropriate polypharmacy with those on falls prevention and healthy ageing more broadly.



Sarah Hilmer AM (BScMed(Hons) MBBS(Hons) PhD FRACP FAHMS) is an academic geriatrician and clinical pharmacologist. She is employed as the head of the department of Clinical Pharmacology and a senior staff specialist in Aged Care at Royal North Shore Hospital. She is Conjoint Professor of Geriatric Pharmacology at The University of Sydney.

Her translational research program in Ageing and Pharmacology at the Kolling Institute includes basic, clinical, population and implementation studies to understand the effects of medications and of deprescribing in ageing and frailty. Her clinical, research, education and policy work all aim to improve outcomes of medications for older people.

Not Just Confusion: Delirium as a Falls Prevention Target

Dr Anita Nitchingham - Neuroscience Research Australia; Prince of Wales Hospital

Delirium is common in older adults and significantly increases the risk of falling during hospitalisation and recovery. Acute changes in attention, judgement, and mobility heighten vulnerability, often continuing after delirium resolves. This presentation explores the links between delirium and falls and highlights strategies to integrate delirium prevention and management into falls prevention care.



Anita Nitchingham is a Academic Geriatrician at the Prince of Wales Hospital, Sydney, and Vice-President of the Australasian Delirium Association. She submitted her PhD thesis in 2025, which focused on cerebral glucose metabolism and intranasal insulin for the treatment of delirium.

PLENARY SESSION 2



Telephone physical activity coaching in populations with walking limitations

Dr Louise Pearce - The University of Sydney

Older adults commonly face walking limitations. The ComeBACK trial was a three-arm randomised controlled trial (n=512) which tested the effectiveness of a telephone-based physical activity coaching intervention (Coaching) compared to a text messaging intervention (Texting) and a waiting list control group in community-dwelling adults with self-reported walking limitations. At six months, participants in the Coaching group completed an average of 931 more steps per day (95%CI: 409-1452; p=0.001) than the waitlist control group; and 571 more steps (95%CI: 58-1084, p=0.029) than the Texting group. Coaching was an effective intervention for helping adults with walking limitations increase their physical activity levels.

Dr Louise Pearce has a clinical background as a rehabilitation physiotherapist and is a postdoctoral research fellow within the Physical Activity, Ageing and Disability stream at the Institute for Musculoskeletal Health. Her research focuses on reducing evidence-practice gaps in disability and aged care rehabilitation.

Concerns about Falling in Older Adults: Current Evidence and Insights

Dr Mei Ling (Mae) Lim - Neuroscience Research Australia; The George Institute for Global Health

Concerns about falling are common among older adults and can lead to reduced daily activity, lower quality of life, and increased risk of future falls. This talk will outline key World Falls Guidelines recommendations on recognising and addressing fall-related concerns. It will highlight practical behavioural, psychological, and technology-based approaches now being explored in community settings, and discuss how these developments can inform future research and better support older adults in feeling safer and more confident.

Dr Mei Ling (Mae) Lim is a Research Fellow at Neuroscience Research Australia and The George Institute for Global Health, and a Conjoint Lecturer at UNSW. Her current research focuses on concerns about falling and the development of digital and community-based interventions to support confidence, mobility, and independence in older adults. She leads projects creating innovative digital tools to help older people manage fall-related concerns, and contributes to intergenerational research aimed at reducing frailty and improving wellbeing in later life.





What's happening out West? Insight into WA's Stay On Your Feet® program.

[Roisin Sweeney - Injury Matters](#)

Injury Matters has been delivering the Stay On Your Feet® program on behalf of the WA Department of Health for 25 years. The program delivers a range of activities to raise awareness amongst older adults living independently in the community that falls are preventable, including the Move Improve Remove mass media campaign, peer-led presentations, community events and resources. Also working to increase the capacity of the diverse falls prevention sector, the program offers training events, networking opportunities and a community grants program.

Roisin manages community focused injury prevention programs designed to contribute to a population level reduction in injury rates in Western Australia. She has a Bachelor of Preventive Health, a Masters of Business Administration and over 10 years of injury prevention experience. Roisin's key interests include supporting the adoption of evidence-based practice within the community setting and improving injury outcomes within priority population groups.



Research Update

[A/Prof Daina Sturnieks - Neuroscience Research Australia; University of New South Wales](#)

This presentation will provide an update of the current evidence on falls and fall prevention, with a focus on how research findings can be implemented into clinical practice.

Associate Professor Daina Sturnieks has a PhD in human biomechanics from The University of Western Australia. She is Deputy Head of Department of Anatomy at UNSW and Conjoint Senior Research Scientist at NeuRA. Her research focuses on understanding biomechanical, sensorimotor and neurocognitive contributions to balance and falls in older people and clinical groups, and randomised controlled trials of novel interventions to prevent falls involving balance, stepping and cognitive training. Daina is active in translating research findings into community, aged care and hospital settings. She is an Executive Board Member of the NSW Fall Prevention and Healthy Ageing Network.

RURAL TRAVEL GRANT RECIPIENTS

Alicia Sykes – Hunter New England LHD
Allison Wallis – Northern NSW LHD
Amy Crawford – Hunter New England LHD
Belinda Jackson – Mid North Coast LHD
Britney McMullen – Mid North Coast LHD
Isobelle Offord – Western NSW LHD
Jodie Thompson – Hunter New England LHD
Julie-Anne Rimanoczy – Mid North Coast LHD
Moses Nnorom – Hunter New England LHD
Shannon Bourke – Hunter New England LHD
Sophie Gribble – Mid North Coast LHD
Teresa Sibraa – Murrumbidgee LHD

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Exhibitors

Australia and New Zealand Hip Fracture Registry

Falls Prevention Alliance

Live Life Alarms

LiveUp

Safety and Mobility

Standing Tall

Stepping On

Stopfalls Physio

NSW Falls Prevention Network Advisory Committee 2026 membership

Ms Briony Chasle, Senior Improvement Lead, Older Persons' Patient Safety Program, Clinical Excellence Commission

Ms Ingrid Hutchinson, Improvement Lead, Older Persons' Patient Safety Program, Clinical Excellence Commission

Dr Steven Phu, Project Officer, NSW Fall Prevention & Healthy Ageing Network, NeuRA

Ms Sharon Butler, Allied Health Manager, Anglicare

Ms Sally Castel, Director - Movement Matters

Ms Vani David, Aged Care CNC, Wollongong Hospital, Illawarra Shoalhaven LHD

Mr Thomas Laing, Project Officer – Priority Populations, Centre for Population Health, NSW Health

Ms Joanne Macmillan, CNC, Aged Care/Dementia (Community), Northern Sydney LHD

Ms Natalie McDermott, Health Promotion Officer, Wagga Wagga Community Health, Murrumbidgee LHD

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Dr Kristy Robson, Lecturer in Podiatry, Charles Sturt University

Dr Tai-Tak Wan, Medical Director, Ambulatory Care, Fairfield Hospital, South Western Sydney LHD

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