



NSW
Fall Prevention
& Healthy Ageing
Network

1st May 2026

NSW Fall Prevention & Healthy Ageing Network Annual Forum Wesley Conference Centre



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NSW Fall Prevention and Healthy Ageing Network

NSW FALL PREVENTION AND HEALTHY AGEING NETWORK
ANNUAL FORUM
Wesley Conference Centre
1 MAY 2026
EVALUATION SUMMARY

The NSW Fall Prevention and Healthy Ageing Network Annual Forum was held on Friday May 1, 2026 at the Wesley Conference Centre. The day was divided into two morning plenary sessions, an afternoon concurrent session (hospital, community and ageing services sessions) and a closing session. Presentations in this annual forum focused on aged care and nursing home settings.

The Welcome to Country was performed by Uncle Allen Madden and the forum was opened by Briony Chasle, Senior Improvement Lead for the Older Person's Patient Safety Program at the Clinical Excellence Commission.

Forum Attendance

277 people attended the forum in person. Attendees worked in hospital, community services, residential aged care, research centre and health promotion settings. In total, there were 36 presenters and 9 session chairs.

Live-streaming and recording of sessions

All forum sessions were streamed live via YouTube, and 140 people registered for virtual attendance. YouTube analytics showed that the plenary sessions had 168 unique viewers, the concurrent sessions had a combined 169 unique views and the closing session 81 unique viewers. Edited recordings for each session by Paul's Productions is available on The Network's website (Annual Forum Archives) and YouTube page (@NSWFPAN).

Live-streaming and recording of the sessions remains an effective way to increase reach of this forum for those who were unable to attend on the day (e.g. due to illness, travel, weather and/or personal restrictions) and allows others to view the presentations following the forum. Recorded presentations and slides from this years and previous forums are available at: <https://fallsnetwork.neura.edu.au/annual-forums/>

Trade Displays

There were 9 trade exhibits with representatives staffing the exhibit stalls. Trade Exhibitors included Australia and New Zealand Hip Fracture Registry, Fall Prevention Alliance, Live Life Alarms, Live Up (iLA), Safety and Mobility, Standing Tall, Stepping On, STOPFALLS PHYSIO as well as the NSW Fall Prevention and Healthy Ageing Network

Evaluation

A virtual survey (survey monkey) was used for forum attendees to check-in and provide feedback on the forum throughout the day. A total of 235 responses were received, with the majority completed in-person on the day and several completed within the week following the forum (via a link sent to attendees).

Evaluation Summary

Attendees

Location

Although this forum was held in, and targeted to those working in NSW, health providers from other states (VIC, QLD, SA and WA) also attended.

- NSW (97.5% of attendees)
- QLD and WA (each 1% of attendees)
- VIC and SA (each 0.5% of attendees)

Professional Role

Professional Groups (235 respondents). Many respondents hold dual/multiple professional roles.

- Allied Health Professional – Exercise Physiologist, Physiotherapist, Occupational Therapy etc (55%)
- Nurse (22%)
- Researcher (8%)
- Fall Prevention Coordinator (4%)
- Health Manager (5%)
- Other – including students policy makers, development officers and consultants (9%)
- <2% each of – Medical Practitioner, Fitness Leader, Pharmacist, Health Promotion Officer

Work Settings

This forum engages with professionals from the following care settings. This question was answered by 213 respondents – respondents were able to select multiple settings.

- Community Health Service / Provider (38%)
- Hospital – acute care (29%)
- Residential Aged Care (RAC) (16%)
- Hospital – subacute care (15%)
- University/Research (10%)
- Multipurpose Service (3%)
- Other settings – including health promotion and government (9%)

Reason for attendance

Knowledge building was the most common reason for attending the forum. Of the 90 respondents, 72% attended for knowledge building, 10% attended for the speaker line-up, 10% were encouraged by their workplace to attend and 8% for networking opportunities.

Overall Forum

Overall forum rating: 83% of 90 respondents rated the overall forum as very satisfactory or outstanding. The main comments on the overall forum are below.

How would you rate the overall forum?



Key messages from forum

Commonly reported key messages that respondents gained from attending the forum included:

- The importance of collaboration between multidisciplinary teams to coordinate care to prevent falls
- Knowledge of the importance of polypharmacy and delirium/dementia
- The importance of implementing research in a sustainable manner
- Preventive health campaigns are important to build awareness of key messages to manage and prevent falls

Suggestions and Topics for future forums

Examples of suggestions for topics and themes for future forums below.

- Falls prevention for cognitively impaired people
- Programs that are being run in the community that have a preventive health approach
- More trials and examples of Balance programs in diverse populations eg those not speaking English, and MEN!!
- Examples of how culture change was implemented to create evidence-based change. And how to maintain this
- More on evaluation techniques at macro level or influencing policy

Additional Comments

Respondents were asked to provide additional comments on improving the forum or the activities of the network. Suggestions for future forums are as follows:

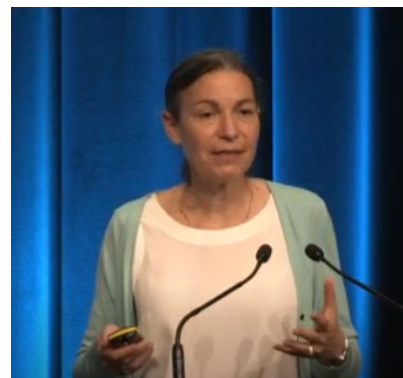
- I think community concurrent sessions should be in the Wesley Conference room – the Smith room is too small and people always have to stand up. The catering was good but in past years there were multiples of items, whereas this year, nothing was replenished so people at the back missed out on some of the more popular items.
- Every year the speakers feel rushed, the afternoon session finished 10mins early, yet we "didn't have time" for the presenters to answer questions or even fully go through their research

Session Summaries

Plenary Session 1

This session was chaired by Prof Cathie Sherrington, Senior Principal Research Fellow, NHMRC Leadership Fellow, The University of Sydney and Institute for Musculoskeletal Health.

The first plenary session began with the Pam Albany Lecture, presented by Professor Sarah Hilmer, an academic geriatrician and clinical pharmacologist at the Kolling Institute, Northern Sydney Local Health District and The University of Sydney. The title of her presentation was '*Optimising medications to minimise falls*'. This presentation provided an overview of the effect of various medications on falls, discussed the importance of polypharmacy and deprescribing to help prevent falls and encourage healthy ageing more broadly.



The second presentation in Plenary Session 1, was from Dr Anita Nitchingham, an academic Geriatrician at the Prince of Wales Hospital. The title of Anita's presentation was '*When the brain trips – How delirium drives falls*'. This presentation described the link between delirium and falls, with a focus on the importance of screening for, and treating delirium in the hospital setting. Strategies were provided on how delirium prevention and management could be integrated into the prevention of falls.

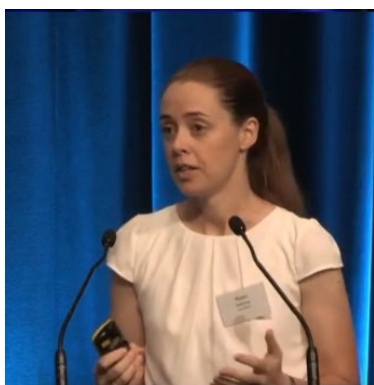
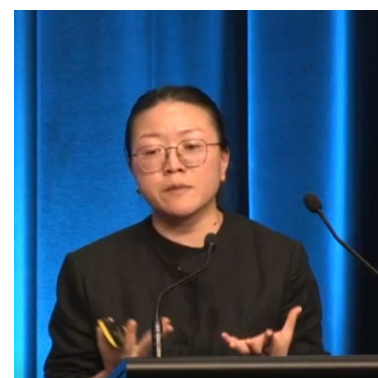
Plenary Session 2

This session was chaired by Prof Kim Delbaere, Senior Principal Research Scientist at Neuroscience Research Australia, Director of Innovation & Translation at the Falls, Balance & Injury Research Centre, and Professor and Discipline Lead of Physiotherapy at the School of Health Sciences, University of New South Wales, Sydney.



This session opened with a presentation by Dr Louise Pearce, a rehabilitation physiotherapist and is a postdoctoral research fellow within the Physical Activity, Ageing and Disability stream at the Institute for Musculoskeletal Health. The title of her presentation was '*Telephone physical activity coaching in populations with walking limitations*'. This presentation reported on findings from the COMEBACK trial which compared a telephone-based coaching to texting intervention in older adults with walking limitations, finding that coaching was effective to increase physical activity levels.

The second presentation in Plenary Session 2, was from Dr Mae Lim, a Research Fellow at Neuroscience Research Australia and The George Institute for Global Health. The title of Mae's presentation was '*Concerns about Falling in Older Adults: Current Evidence and Insights*'. Mae's presentation provided an overview of what concerns about falling are, how they can impact older people and increase the risk of falls, and described the recent updates in research on concerns about falling and how older adults could be supported to feel safer and more confident.



The final presentation in Plenary Session 2, was from Roisin Sweeney, the General Manager at Injury Matters, an organisation that aims to contribute to a population level reduction in injury rates in Western Australia. The title of Roisin's presentation was, '*What's happening out West? Insight into WA's Stay On Your Feet® program*'. Roisin discussed the work of Injury Matters, including the Move, Improve Remove campaign and the numerous programs that are designed to support clinicians and older adults in the state.

Feedback summary on Plenary Sessions 1 and 2

Respondents were asked to rate each session and how relevant each presentation was to their work. Results are shown in the following figures. Overall, presentations in both plenary sessions were well rated.

Q1 227 responses

Rating

How would you rate the Pam Albany plenary talk by Prof Sarah Hilmer



Q2 227 responses

Rating

How would you rate the second plenary talk with Dr Anita Nitchingham



Q3 228 responses

Rating

How would you rate the third plenary talk with Dr Louise Pearce



Q4 227 responses

Rating

How would you rate the fourth plenary talk with Dr Mae Lim



Q5 229 responses

Rating

How would you rate the fifth plenary talk with Roisin Sweeney

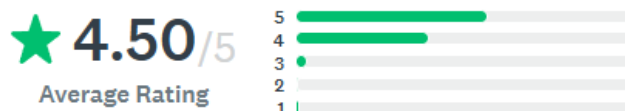


In addition, the session was considered to be highly relevant to the work of responders.

Q6 229 responses

Rating ▼

The information presented in the plenary sessions is relevant to your work



Afternoon Concurrent Sessions

Three concurrent workshops were held in the afternoon:

- A. Hospital, chaired by Ingrid Hutchinson and Briony Chasle
- B. Community, chaired by Assoc Prof Daina Sturnieks and Kamilla Haufort
- C. Aged Care / Hospital Combined, chaired by Prof Anne Tiedemann and Sharon Butler

A. Hospital Care

This session aims to highlight fall prevention quality improvement initiatives within hospital care. During this session, care teams across NSW had the opportunity to showcase the work they have progressed in reducing falls, minimising injuries from falls and improving health outcomes in hospital care.

Eleven presentations (5 long form and 6 on the PROTECT trial) were given during this session:

1. *“Rise and Shine” early sitting patients out of bed initiatives – Mayla Mendieta (Nurse Unit Manager, SWSLHD) and Jaswinder Mehra (Clinical Nurse Educator, SWSLHD)*
2. *The CALM Falls Prevention Initiative – Connect | Assess | Listen | Manage – Lyndelle Lee – Nursing Unit Manager, Ward 1C and AGEM, MNCLHD*
3. *SAFER Steps – Lucy Haver (District Falls Coordinator, SESLHD), Dr Michelle Julian (Staff Specialist Geriatrician, Sutherland Hospital), Elizabeth Endean (Aged Care Clinical Nurse Consultant)*
4. *ISLHD District Overview – Minimising Harm from Falls – Natalie Elphick (CNC, ISLHD)*
5. *The Beehive Initiative – Megan Worthy and Natasha Wood (EN, ISLHD)*
6. *PROTECT Fall Prevention Program: Early implementation results from a stepped-wedge hybrid type I effectiveness implementation cluster randomised trial – Charlotte McLennan – PhD Student, Institute for Musculoskeletal Health, University of Sydney*
7. *Fall free from A2B – Eleanor Merrell (A/NUM – 2A (Acute Aged Health), SLHD) and Jack Hicking (Physiotherapist, SLHD)*
8. *Lever Up – Steven Michael (NUM/Lever ward, SLHD) and Renee Petit (Senior Physiotherapist, SLHD)*
9. *Enhancing Falls Prevention and Management Strategies In An Acute Mixed Specialty Ward – Audrey Taduran – Acting Nurse Educator, SLHD*
10. *Fall Free from A2B: 2B’s multidisciplinary approach – Arpana Shrestha (Clinical Nurse Educator, SLHD), Priya Gurung (SLHD) and Deepak Paudel (SLHD)*
11. *Reducing falls on an acute trauma orthopaedic ward – Faith Ngugi – Clinical Nurse Specialist – Acute Trauma Orthopaedics ward, Royal Prince Alfred Hospital*

B. Community Exercise

This session provided a range of presentations covering fall prevention in community rehabilitation.

The eleven presentations (7 long form and 4x5min presentations) in this session were:

1. *Motor Performance and Reliability of Mobility Tests through Telehealth in Parkinson’s Disease – Maria Jasmine Gomes da Silva – PhD student, Neuroscience Research Australia*

2. *Connecting Our Community to Physical Activity: Development of ready-to-use infographic resources within the PROMOTE-PA trial* – Wenjing (Wendy) Xia – Research Assistant, Institute for Musculoskeletal Health
3. *Enhancing Falls Assessment & Prevention in South Western Sydney Local Health District (SWSLHD) Transitional Aged Care Program (TACP)* – Caitlin Brooks (Physiotherapy Clinical Educator, SWSLHD) and Annie Saffrett (Occupational Therapy Clinical Educator, SWSLHD)
4. *A Tailored Approach to Dance for Older Adults for Health & Wellbeing* – Gail Hewton – Director RIPE Dance, Gold Moves Australia & Sound Moves 55Plus Ltd
5. *Evaluating the feasibility of a falls prevention program for older people with haematological cancer* – Bora Kim – Senior Research Fellow, Cancer Care Research Unit, SLHD
6. *Aunty Roma's Falls Prevention Group* – Adam Buckingham (Physiotherapist, SWSLHD) and Katrina Filewood (Aboriginal Liaison Officer, SWSLHD)
7. *Closing the gap in falls care: Partnering with NSW Ambulance for Safer Pathways* (Pre-recorded presentation) – Belinda Boylson – COPILOT, SWSLHD
8. *Physical activity coaching and exercise in adults with mobility limitations: Economic evaluation of the ComeBACK trial* – Belinda Wang – PhD student, Institute for Musculoskeletal Health
9. *Staying Strong After STRONG: Post Discharge Exercise Behaviours in Older Adults* – Ella Cooper – Exercise Physiologist, Centre for STRONG Medicine, Concord Hospital, SLHD
10. *Stepping On Fidelity Coaching in Practice* – Megan Swann – Occupational Therapist Co-author of Stepping On program www.steppingon.com
11. *Interventions for preventing falls in older adults who have presented to emergency departments* – Luiza Rampi Pivotto – PhD Candidate, Institute for Musculoskeletal Health – University of Sydney and SLHD

C. Aged Care and Hospital Combined Session

This session provided a range of presentations covering latest research updates, exercise programming across aged care and hospital settings.

8 presentations (5 focused on aged care and 3 on hospital settings) included:

1. *Advancing Falls Assessment: Development of a Concern About Falling Scale for Long-Term Care* – Lillian Miles – Research Assistant, Falls, Balance and Injury Research Centre, NeuRA
2. *Wellness. Restorative Care and Reablement in Anglicare Aged Care homes* – Sharon Butler – Wellness Leader /Physiotherapist in Aged Care Homes, Anglicare
3. *Let's Get Creative! Cost-effectively bringing the science of falls prevention to rural NSW through dance* – Gwen Korebrits – CEO & Founder, Dance Health Alliance
4. *The Tovertafel – Intervention for falls prevention* – Helen Workman – CEO, St Sergius Aged Care
5. *Beyond the bedrail, a modern geriatric perspective on falls in an aged care home* – Sina Yarmohammadi – Geriatrician, Fairfield Geriatric Outreach Team
6. *Safe Steps – A falls prevention initiative in Older Person's Mental Health* – Sharleen Kim (Clinical Nurse Educator, SWSLHD) and Maureen Policarpio (Nurse Manager, SWSLHD)
7. *MDT Falls Prevention Strategy: Falls prevention is Everyone's Business* – Kushma KC – Comprehensive Care Nurse Manager, NBMLHD
8. *Investigation of an increase in serious injurious falls at the Southern Adelaide Health Network (SALHN)* – Stephen Flatman, Flinders Medical Centre, Noarlunga Hospital and REPAT Precinct (Adelaide)

Concluding Session – Research Update and Panel Discussion

This session was chaired by Prof Stephen Lord and provided an update with the latest research findings by Assoc Prof Daina Sturnieks and a panel discussion providing the audience a chance to ask questions to plenary speakers (Assoc Prof Daina Sturnieks, Dr Louise Pearce, Dr Anita Nitchingham, Dr Mae Lim, Roisin Sweeney and Charlotte McLennan) and Prof Stephen Lord.

Feedback summary on Afternoon Concurrent and Closing Sessions

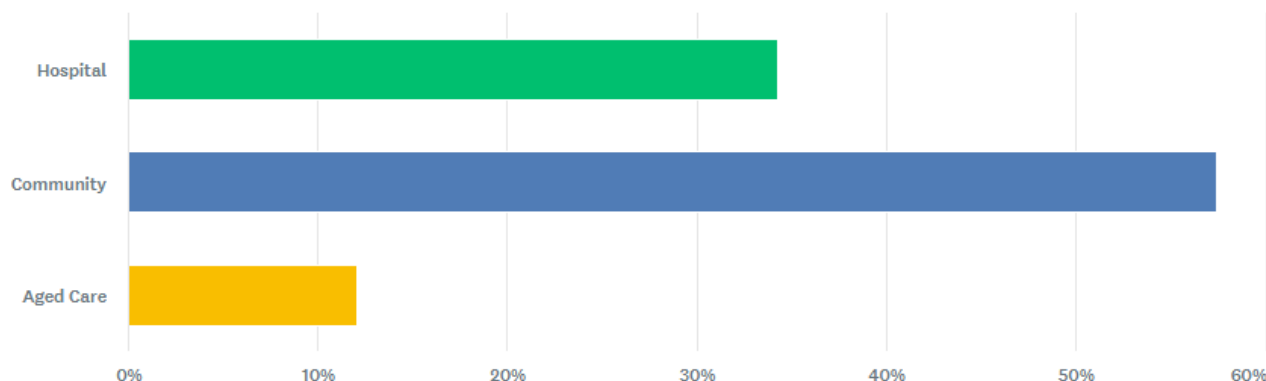
The majority of respondents (57%) attended the community care afternoon concurrent session.

Q1 108 responses



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Which afternoon concurrent session did you attend?



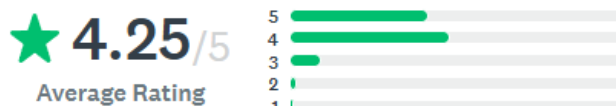
The afternoon concurrent sessions and closing session were well rated, with the majority of respondents rating it as above average and being highly relevant to the work they perform.

Q2 108 responses



Rating ▼

How would you rate the presentations in the afternoon concurrent sessions?

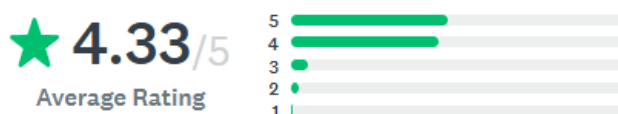


Q3 107 responses



Rating ▼

The afternoon concurrent session was relevant to your work



Q4 101 responses



Rating ▼

How would you rate the research update presentation by Assoc Prof Daina Sturnieks in the closing session



Q5 101 responses

Rating

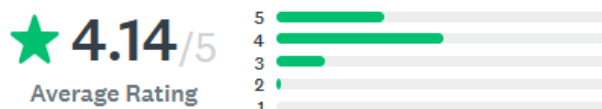
How would you rate the panel discussion in the closing session



Q6 101 responses

Rating

The closing session was relevant to your work



Catering

The majority of respondents were satisfied with the catering, which was 50% vegetarian, following feedback from previous annual forums.

Q10 83 responses

Rating

How satisfied were you with the catering?



Engagement with Virtual Attendees

Sli.do was used to engage with virtual attendees, providing a platform to submit questions and discussion. Of the 140 people registered to attend virtually, 41 signed into sli.do and 15 engaged in discussions or asked questions.

Engaged participants

15 out of 41 Slido participants engaged with polls or Q&A.



Participants asking in Q&A	14
Participants up or down voting in Q&A	5
Participants voting in polls	0

Engaged participants score ⓘ 37%

Q&A engagement

15 out of 41 participants asked a question or voted in Q&A.



Anonymous / all questions	34 / 36
Answered / unanswered questions	32 / 4
Upvotes / downvotes	13 / 0

Q&A engagement score ⓘ 37%

Conclusion

This forum provides an effective and well received mechanism for sharing current falls prevention research and best practice across the continuum of care and provides an opportunity for attendees to network and share with colleagues.

Appendices

Program and final costs.

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

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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Filming: Mr Paul Sheaffe

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

Mr Adrian Prakash, General Manager, SHARE

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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COSTING FOR 2026 NSW FALL PREVENTION & HEALTHY AGEING NETWORK FORUM

		Proposed	Actual Cost
Venue	Theatre/Rooms Hire	\$15,730	\$15,730
Catering	290 persons	\$12,500	\$15,515
	Per person	(\$53.50)	(\$53.50)
Total (Venue + Catering for 290 participants)		\$28,230	\$31,245
Other Anticipated costs	Audio Visual equipment hire + labor	\$12,029	\$12,029
	Video recording/editing	\$20,000	\$18,102
	Rural Travel funding	\$3,000	\$2,400
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	Logistics (travel/accommodation, gifts etc)		
	Speakers Gifts	\$480	\$369
	Welcome to Country	\$550	\$534
	Airfares/Accommodation	\$1,150	\$1,277
	Humanitix Ticket fees:	\$1,450	\$1,539
	GST on tickets	\$133	\$154
	TOTAL	\$38,792	\$36,404
	GRAND TOTAL (290 participants)	\$67,022	\$67,649
	(Costs inclusive of GST)		
Income	Grant from CEC inc. GST	\$28,600	\$30,800
	Rural travel funding inc. GST	\$3,300	\$3,300
	\$100.00 per in-person participant inc. service fee	\$20,000	\$23,600
	\$50.00 per virtual participant inc. service fee	\$5,500	\$7,000
	Exhibitors: 1 x small trader	\$200	\$250
	Exhibitors: 1 x large trader	\$440	\$1,000
	TOTAL INCOME	\$58,040	\$65,950
	(Income inclusive of GST)		
Total Balance		-\$8,982	-\$1,699