



NSW Fall Prevention & Healthy Ageing Network Annual Forum

Friday 7th June 2024 - Wesley Conference Centre, Sydney



The NSW Fall Prevention & Healthy Ageing Network Annual Forum provides a fantastic opportunity to come together and learn about the latest on fall prevention and healthy ageing. Listen to experts in their field provide an overview of the latest research, advocacy, quality improvement and fall prevention in residential aged care, hospital, and community program initiatives.

Plenary Speakers Include:



**Pam Albany Guest Lecture:
Prof Hylton Menz**, NHMRC Senior Research Fellow, School of Allied Health, Human Services and Sport, La Trobe University

"Feet, footwear, and falls in older people"



A/Prof Natalie Allen, Senior Lecturer, Program Director, The University of Sydney

"Falls prevention in people with Parkinson's disease"



Prof Sallie Lamb, Pro-Vice-Chancellor and Executive Dean of the Faculty of Health and Life Sciences, University of Exeter, UK

Topic to be confirmed



Dr Jasmine Menant, Senior Research Scientist, Falls, Balance and Injury Research Centre, NeuRA

Topic to be confirmed



Prof Cathie Sherrington, Senior Principal Research Fellow, NHMRC Leadership Fellow, The University of Sydney

Topic to be confirmed



Dr Sandra Iuliano, Senior Research Fellow, Department of Medicine, University of Melbourne

"Improving food quality reduces falls and fractures in older adults in aged care"

Afternoon Concurrent Sessions

Best practice fall prevention programs within hospital settings

A range of presentations focusing on quality improvement in the hospital system to prevent falls will be given. This session aims to show how falls can be prevented in the hospital and highlight key issues that have arisen within different hospitals across the state. This will be followed by a Q&A discussion panel with each of the presenters.

Community fall prevention and healthy ageing programs

This session focuses on fall prevention and healthy ageing programs in the community, with a focus on exercise. This may include engagement in activities to develop practical skills for designing and delivering exercise programs for fall prevention.

Residential of Community Aged Care Initiatives

This session will highlight exercise programs and other strategies that Residential and Community Aged Care providers can implement to help their clients stay independent, healthy and active.

Research Update Session and Panel

The session will provide a review of the latest research findings for fall prevention from higher degree researchers from Prof Cathie Sherrington. This will be followed by a Q&A discussion panel with panellists including plenary speakers aiming to summarise findings from the day and strategies to bring this into clinical practice.

In person and virtual ticket options available!

In-person tickets will also include access to the live-stream on the day in the event you cannot attend. Live-stream tickets includes all plenary sessions, the afternoon split sessions and the new research findings afternoon session.

[Purchase Tickets Here](#)

Further information, please contact Steven Phu: fallsnetwork@neura.edu.au

