



**NSW Fall Prevention and Healthy Ageing Network**  
**Northern NSW Local Health District Rural Forum**  
**Friday 20th September 2024**  
**Ballina RSL, Ballina**  
*Keeping Older People Safe*

**Register here:** <https://events.humanitix.com/nsw-fall-prevention-and-healthy-ageing-network-northern-nsw-lhd-rural-forum>

## PROGRAM

### Introduction

- 8:45 **Registration /Tea/Coffee**
- 9.00 **Opening and Housekeeping**  
Allison Wallis – CNC Inpatient Falls Prevention and Management NNSW LHD
- 9.00 **Welcome**  
Peter Carter – Chairperson, Northern NSW LHD
- 9.10 **Acknowledgement to Country**  
Aunty Nancy Walke
- 9:20 **MC** Ellen Briggs – Women Like Us

### Plenary Session 1

- 09.30 **Updates to the Australian Fall Guidelines/ CEC Fall Prevention in NSW White Paper**  
Prof Cathie Sherrington – Institute for Musculoskeletal Health, University of Sydney
- 10:00 **Consumer story**  
Bob Barnes – Rotarian, Rotary Club of Lismore West
- 10.10 **Healthy ageing strategy PHN**  
Jo Winwood – Associate Director, Aged Care and Living Well, Healthy North Coast
- 10.25 **Enhanced care**  
Karen Bowen – Nurse Manager Clinical Practice NNSWLHD

### *10.40 – 11.00 am Morning Tea*



## Plenary Session 2

- 11.00 **Recorded Presentation - Exercise in Residential Aged Care**  
Dr Jennie Hewitt – Whiddon Aged Care (General Manager Research and Positive Ageing)
- 11.20 **Caring for patients with changed behaviours**  
Sue Tripney – Diversional Therapist, Gloucester Health Service, Hunter New England Health District
- 12.00 **Recorded Presentation - Falls in Residential Aged Care**  
Prof Steve Robinovitch – Simon Fraser University, Canada
- 12.30 **PREDICT (Prevention and early detection of delirium identification carer toolkit)**  
Prof Christina Aggar – Conjoint Northern NSW Local Health District, Southern Cross University
- 12.50 **Consumer story**  
Hazel Bridget

## 1.00 – 1.30 pm Lunch

## Afternoon Concurrent Sessions

Time	Acute setting	Healthy Aging
1330	Distraction activity framework: Meaningful engagement with patients <i>Allison Wallis and Erin Davis</i>	Rotary Clubs Fall Prevention Community Awareness Project <i>Lisa Delaney and David Barnes</i>
1355	Help me move – safe mobilisation <i>Allison Wallis and Emily Hunter</i>	Going rogue with boomers – Embedding Fall Prevention and Healthy Ageing at a Population Level <i>Leanne White and Lisa Delaney</i>
1415	Clinical environments – simulation and Dignity of risk <i>Karen Bowen</i>	
1425	Post Fall Project <i>Sebastian Pilons</i>	
1430	STRETCH/ Panel set-up	
1440	<b>Panel discussion:</b> What matters to me <b>Panellists:</b> Lisa Delaney, Karen Bowen, Allison Wallis, Cathie Sherrington, Ingrid Hutchinson, Rachel Jones	

## 3.30 CLOSE



## PLENARY SPEAKERS

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



### **Update Australian guideline/ CEC White Paper**

Prof Cathie Sherrington is a Professor at the Sydney School of Public Health, The University of Sydney. Prof Sherrington leads the 28-person Physical Activity, Ageing and Disability Research Stream within the Institute for Musculoskeletal Health (a partnership between the University of Sydney and the Sydney Local Health District) and is Deputy Director of the Institute. Prof Sherrington's research focuses on the promotion of physical activity and the prevention of falls in older people and people with chronic disabling conditions.

## FEATURED LOCAL PRESENTATIONS