

Aged Care EXPO - Ageing the way we want to
Saturday 27 February 2016
PROGRAM

- 8:30 – 8:45 Registration
- 8:45 – 8:55 Housekeeping & Welcome to Country –
Dr Celia Wilson, GP Advisor, Capital Health Education
- 8:55 – 9:15 Keynote Address – Dr Ramila Varendran, Geriatrician,
General Medicine Department, The Canberra Hospital
- Overview of Ageing the way we want
- 9:15 – 9:30 Introduction to CHN programs
Mental Health, ‘NewAccess – a *beyondblue* program’

Theme 1 – Healthy Ageing

- 9:30-9:50 Mr Frank Brady, integratedLiving
- Home Monitoring and Engagement,
How this can enhance your practice
- 9:50-10:10 Mrs Diane Percy & Ms Jennifer Ramsay, Heart Foundation
- Heartmoves & Walking Live Lighter
- 10:10-10:30 Mrs Leanne Elliston, ACT Nutrition Service
- Eating and ageing well
- 10:30-10:50 Mrs Karen Cmiel, Alzheimer's Australia ACT
- Dementia in the ACT and our services

Theme 2 – Community Services

- 10:50-11:10 Ms Athalene Rosborough, ACT Aged Care
- Aged Care Assessment
- 11:10-11:30 Morning Tea
- 11:30-11:50 Mrs Kathy Judge, ACT Health: Rehabilitation,
Aged and Community Care Division
- The role of RADAR in supporting the aged care
population and method of referral
- 11:50-12:10 Ms Mary Pekin, Relationships Australia
- Elderly Relationship Support services / Elder Abuse
- 12:10-12:30 Ms Cristina Hurley, Partners in Culturally Appropriate Care
- Identifying the barriers that CALD communities
face when accessing ‘My Aged Care’
- 12:30-12:50 Dr Sudheer Gudipalli
- When is the right time to refer?
- 12:50-13:20 Lunch

13:20-13:40	Ms Michelle Bennett, Community Based Rehabilitation and Aged Care Services, RACC, Canberra Hospital and Health Service <ul style="list-style-type: none"> ➤ Living longer, stronger, upright & independent. Falls and Falls Injury prevention.
13:40-14:00	Dr Angie Fearon <ul style="list-style-type: none"> ➤ Rehabilitating and Reabling Ageing patients
14:00-14:20	Mrs Diana Harrison, Decision Assist <ul style="list-style-type: none"> ➤ Importance of connecting aged care with specialist palliative care
Theme 3 – End of Life Care	
14:20-14:40	Mrs Christine Bowman, Health Care Consumers' Association <ul style="list-style-type: none"> ➤ Advance Health Care Planning... a Conversation for Everyone
14:40-15:00	Ms Emma Awizen, Respecting Patient Choices <ul style="list-style-type: none"> ➤ No Decision About Me Without Me
15:00	Closing

The learning outcomes for this event are for participants to demonstrate:

- ✚ Define the role of healthcare professionals in promoting healthy ageing and ways this can be delivered in a culturally and appropriate way to older people
- ✚ Develop an awareness of the benefit of advance care planning and ways to approach this with patients and their carer
- ✚ Recognising that early intervention, rehabilitation and preventative strategies reduces the risk of adverse outcomes
- ✚ Identify community services within the ACT that are available to enhance the care of elderly patients from a biological, psychological and social perspective
- ✚ Network with a range of different healthcare professionals and people working within aged care services to establish and improve multidisciplinary team working