SPEAKER
PRESENTATION
OVERVIEWS AND
PRESENTATION
LINKS

AGED CARE EXPO
“Ageing the way we want to”
Saturday 27 February
Keynote Speaker

Name  Dr Ramila Varendran

*Geriatrician, General Medicine Department, The Canberra Hospital*

**Biography**

Ramila was born in Sri Lanka and grew up in a culture where older adults were honoured. Both of her grandmothers were key figures in her childhood; and this plays a major role in her own interest in aged care as Ramila sees older people primarily. Her tertiary education has mostly been in Australia and she completed her MBBS at Sydney University as an international scholar and subsequent post-grad training in both Melbourne and Canberra. She currently works with the General Medicine Department at The Canberra Hospital with private clinics at Yarralumla and Goodwin Monash. Her main interest areas include healthy ageing, preventative health care practices and re-enablement.

**Presentation highlights**

- Overview of Ageing the way we want to.

**Presentation:** Please click here
Presenter #1

Name  Mr Frank Brady
Registered Nurse, integratedliving Australia

Biography

Frank has been working as a Registered Nurse for 17 years, firstly as a Community RN with NSW Health; then working to enhance connections for small isolated communities to the health system; then in Residential Aged Care and the provision of care to the aged in their homes.

In the last 18 months, he has been involved in the Telehealth Home Monitoring program, and a long time ago spent 18 years teaching in various schools around Australia.

Presentation highlights

- Use of technology is not for the young alone.
- Monitoring from home can reduce waiting times.
- Monitoring from home can prevent presentations to hospital.
- Technology can engage with older Australians and enhance their lifestyle.

Presentation: Please click here
Biography
Diane has worked for the Heart Foundation ACT since 2009 as the Heartmoves Coordinator and more recently as the Walking Coordinator in the ACT. She has worked as a Lifestyle coach with the Heartlink Project in the ACT-supporting patients at risk of heart attack. As a Heartmoves leader in Jerrabomberra, she delivers Heartmoves Leader Training Workshops in collaboration with the YMCA. Diane has managed a Falls Prevention Project funded by ACT Health to assess the risk of falling of older adults in the community and aged care settings. She is also a Level 2 Fitness Professional with Fitness Australia with 29 years’ experience in the fitness industry, specialising in older adult fitness.

Presentation highlights
- Physical activity programs that are suitable referral destinations for older adults.
- Where the programs are in the ACT and how to refer.

Presentation: please click here

Biography
Jennifer Ramsay is the Campaign Manager for LiveLighter ACT, a healthy weight promotion campaign targeted at adults to encourage them to eat better and be more active. With 20 years of marketing and communications experience she is grateful for the opportunity to support the community to be healthier rather than promoting more fast moving consumer goods. She has three daughters and does her best to ensure they eat “healthy” foods, sometimes.

Presentation highlights
LiveLighter is a public healthy weight education campaign run by Heart Foundation ACT with funding from the ACT Government in support of the Healthy Weight Initiative. The campaign aims to increase awareness and understanding of the consequences of being overweight or obese and encourage the adoption of simple changes towards a healthier lifestyle. The LiveLighter campaign is supported by a comprehensive, easy-to-use website, providing a wealth of information, resources and tools, including an online meal and activity planner featuring healthy recipes that are easy to make.

Presentation: please click here
Name  Mrs Leanne Elliston

Dietitian and Program Manager, Nutrition Australia ACT

Biography

Leanne is an Accredited Practising Dietitian and Program Manager for Nutrition Australia ACT. With over 15 years’ experience working in a range of clinical and community settings, Leanne has developed a special interest in the prevention of chronic diseases. Throughout her work, Leanne is often confronted with older patients either dealing with preventable diseases or facing conditions in which nutrition plays a major role now and for their future health. At Nutrition Australia, Leanne draws on her experience in private practice and health promotion to develop nutrition programs aimed at inspiring people to embrace healthy eating.

Presentation highlights

- Ageing presents a range of challenges in which nutrition plays a major role.
- In this session, essential nutrients for ageing well will be addressed along with simple strategies to meet increasing nutrition demands.

Presentation: [please click here]
Presenter #4

Name  Mrs Karen Cmiel
       Education Manager, Alzheimer’s Australia ACT

Biography

Karen has tertiary qualifications in Leisure and Health, Community Services Management, Training and Assessment and the Montessori Approach to Dementia Care. She has worked as a therapist in the aged, community and disabilities sectors for 20 years. Karen has taught at Certificate I, II, III, IV and Diploma levels. She has been teaching in Diversional Therapy and dementia-related topics for over 16 years.

Presentation highlights

- Dementia research.
- Dementia in the ACT.
- Dementia update.
- Overview of Alzheimer’s Australia ACT services.

Presentation: please click here
Name  Ms Athalene Rosborough  
* Aged Care Assessment Team Manager, ACT Health *

Biography

Athalene Rosborough is a Registered Nurse who has managed the Aged Care Assessment Team in Canberra over the past five years. Athalene has extensive experience in many areas of Aged Care and a special interest in Mental Health issues.

Presentation highlights

- Aged Care Assessment.

Presentation: [please click here](#)
Name  Mrs Kathy Judge  
*ROM Coordinator, ACT Health: Rehabilitation, Aged and Community Care Division*

**Biography**

Kathy moved from Adelaide in 2015 to commence the role of ROM Coordinator at Canberra Hospital after spending 14 years in Community Nursing Roles. The purpose of her role is to provide high level support and direction to the ROM team with the aim to strengthen services so that they can succeed and grow well into the future. For those unfamiliar with the term ROM, ROM is the acronym for the three services within Community & Outpatient Geriatric Services, including RADAR (Rapid Assessment of the Deteriorating Aged at Risk), Outpatients (Geriatric clinics only) and the Memory Assessment Service.

**Presentation highlights**

- The role of RADAR in supporting the aged care population and method of referral.

**Presentation:** [please click here](#)
Presenter #7

Name  Ms Mary Pekin  
CEO, Relationships Australia Canberra and Region

Biography
Mary Pekin has been working in the family relationships field for 39 years. She works as a Psychologist with children and families, a Court Counsellor/Supervisor at the Family Court of Australia, Counsellor and Mediator with Relationships Australia, before her role as CEO. She is a registered member of the APS and AHPRA.

Presentation highlights
- New counselling and mediation service designed to assist older people and their families to prevent and resolve family conflict.
- Having difficult conversations.
- Planning for the future (including medical, health, financial or living arrangements; resolve differences in ways that improve their relationships.
- Making decisions that protect the interest’s rights and safety of families.

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**Presenter #8**

Name  Ms Cristina Hurley  
*Project Officer, Partners in Culturally Appropriate Care NSW & ACT*

**Biography**

Cristina Hurley is a Project Officer working in the Partners in Culturally Appropriate Care (PICAC NSW & ACT) project. Her role includes working on policy and community advocacy for CALD people aged 65 and over. She is also currently working on a National 'My Aged Care' CALD Accessibility Project. Cristina has worked in a culturally and linguistically diverse community where she has advocated for the rights of the elderly. Cristina has extensive experience working in allied health and holds a Bachelor of International Studies (Dean's Scholar). She is currently undertaking her Masters of Public Health degree.

**Presentation highlights**

The recent aged care reforms have been difficult to comprehend by communities of people from culturally and linguistically diverse backgrounds. The Australian Government has been responsive to this particular issue and has asked PICAC NSW and ACT to engage with CALD communities and services to identify the specific barriers which significantly affect people aged 65 and over in accessing aged care services.

**Presentation:** [please click here](#)
Presenter #9

Name  Dr Sudheer Gudipalli  
*General Practitioner, Weston Creek Family Medicine*

Biography

Dr Gudipalli graduated from India in 2002. He completed his fellowship in Emergency Medicine in India in 2004. He has worked in various specialities in the UK 2004-2007. He then worked as a GP registrar in Emergency Medicine at the Westmead Hospital Sydney, then moving to working as a General Practitioner in Dubbo. Dr Gudipalli settled in Canberra in 2015 and working as a GP in Weston Creek with special interest in Aged Care, Mental Health and Preventive Medicine.

Presentation highlights

- Case Study “Elain’s Story”.

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Presenter #10

Name  Ms Michelle Bennett  
*Team Leader Community Based Rehabilitation and Aged Care Services, RACC, Canberra Hospital and Health Service*

Biography

Michelle is an Occupational Therapist who is currently the Team Leader of Community Based Rehabilitation and Aged Care services at Canberra Hospital and Health Service. Throughout her career, Michelle has worked in a variety of health services across the rehabilitation continuum.

Presentation highlights

- The impact of falls on older persons and the benefits of falls prevention for older persons.
- Falls risk factors and screening.
- Falls prevention strategies.
- Canberra Hospital and health service falls and falls prevention services.

Presentation: [please click here](#)
Presenter #11

Name  Dr Angie Fearon
Assistant Professor, University of Canberra

Biography

Angie Fearon has lived and worked in Canberra for close to 30 years. She has many years of clinical practice which is backed up with hip pain research. She currently works as a lecturer at the University of Canberra teaching "Physiotherapy and Ageing", and she consults at the AIS and is clinical assistant to Professor Paul Smith.

Presentation highlights

Physiotherapists have the knowledge and skills to assist people prevent decline or injury and to maintain, or regain maximum function. I will explore some of the obvious and less obvious roles for physiotherapy in our ageing population.

Presentation: please click here
Presenter #12

Name  Mrs Diana Harrison  
*Decision Assist*

Biography

Diana is a member of the Decision Assist Linkages team based in Brisbane at Queensland University of Technology. Diana has 35 years of experience as a Registered Nurse in the areas of Aged care, Neuroscience, Nurse Education and Clinical Nurse Consultant in Care Coordination and Discharge Planning. Diana is passionate about navigating the health care system with patients and families to receive the most appropriate and timely care according to their wishes. She is also passionate about optimal care for older people and has a keen focus on nurses and carers and their learning needs and how best to facilitate these. Her role as Project Coordinator within the Linkages team provides a platform for enhanced care delivery and the development of stronger linkage between aged care and Specialist Palliative care, Palliative approach and Advance Care planning for older people.

Presentation highlights

- Decision Assist has a range of resources for all health professionals and carers working in the aged care sector for delivering Palliative care and symptom management in the Community and the Residential setting.
- Go to [www.decisionassist.org.au](http://www.decisionassist.org.au) for resources. Try the Palliaged app or the advisory line open to all Health professionals and care workers with escalation to a palliative medical specialist if requiring specialist consultation.
- The Decision Assist Linkage’s Project strengthens and encourages links between palliative care services and aged care providers both in residential and community settings around Australia. Our projects are providing demonstration models for linkages, increased knowledge confidence and skills around aged care palliative needs and resources to enhance care delivery.

Presentation:  [please click here](http://www.decisionassist.org.au)
Presenter #13

Name  Mrs Christine Bowman  
Coordinator Advance Care Planning Program, Health Care Consumers Association

Biography
Christine joined HCCA in Jan 2015 as Coordinator of the Advance Care Planning Program 'A Conversation for Everyone.' Christine comes from a community sector background having worked across the lifespan in many and varied roles including Case Management, Training and Life Coaching. She has a deep commitment to social justice, inclusion and savouring the many ridiculous moments in life.

Presentation highlights
- Have the conversation early.
- Set the conversation around values.
- Create a life affirming atmosphere.
- Different understanding of health/death/control and choice in different cultural settings.

Presentation: [please click here]
Presenter #14

Name  Ms Emma Awizen
       Leader Advance Care Planning, ACT Health

Biography

Emma has a background in legal studies, education and health. She began her career with the Pharmacy Guild of Australia focusing on the Quality Use of Medicines. Following this she worked with the Consumers’ Health Forum of Australia, a peak body funded by the Australian Government Department of Health and Ageing. In 2008, she joined ACT Health. She joined the Respecting Patient Choices Program in January 2010 with a keen interest to help the community learn more about the importance of End of Life planning and informed decision-making. Her position has involved a number of projects.

Presentation highlights

- What is Advance Care Planning?
- Legal and non-legal Documents (Enduring Power of Attorney, Statement of Choices, Health Direction and Health Attorney).
- Role of health professionals.
- Referral Process.

Presentation: please click here