



Do you or would you like to provide services to older people who are at risk of falling?

Allied Health and Exercise Professionals are invited to participate in a research study involving an interactive workshop on exercise for fall prevention. The research will evaluate if workshop participation impacts clinical practice. The workshop will provide information to guide the provision of effective fall prevention exercise programs and pragmatic service delivery for older people. There will be no charge for workshop attendance if you agree to study participation (attendance normally costs \$150).

If you agree to take part in the study we will assign some people to the earlier workshop date and some to the later date, so we would need you to be available for both of the dates. We will ask you to complete a questionnaire now and also another questionnaire in 3 months' time to gauge your knowledge, confidence and behaviour regarding the delivery of fall prevention exercise to older people.

Be quick to register, numbers are limited for this training.

EVENT INFORMATION

DATE & VENUE **Tuesday, 21st June and Tuesday, 18th October, 2016**

PLEASE NOTE: you will be randomly allocated to one workshop but you need to be available to attend on either date.

Venue Gosford Golf club, 22 Racecourse Rd, Gosford NSW 2250

TIME 9.30am for registration, 10am – 4.00pm for workshop.

SPEAKERS **A/Prof Anne Tiedemann** is a Senior Research Fellow at The George Institute for Global Health and the University of Sydney. Her research focuses on risk factors for falls in older people and the implementation and evaluation of exercise-based fall prevention interventions.
Dr Daina Sturnieks is a Senior Research Officer/laboratory manager in the Falls and Balance Research Group at the Neuroscience Research Australia and the University of New South Wales. Her research focuses on understanding human balance and includes various aspects of sensorimotor contributions.

LEARNING OBJECTIVES

- Understand the epidemiology of falls in older people, the consequences and risk factors.
- Understand the components of balance, and the age-related factors that affect it.
- Apply existing evidence to design an exercise program to improve balance and reduce fall risk.
- Understand how to progress the program over time and tailor it to individual need.

COST There is no cost to attend this training if you agree to study participation.

RSVP Please register by **Monday 13th June 2016.**

ENQUIRIES Kate Purcell, Project Officer, 8052 4474 or kpurcell@georgeinstitute.org.au

Name _____ Phone _____

Address _____

Email _____ Special dietary requirements?: _____

I am a: Physiotherapist Exercise physiologist Occupational therapist Nurse Other

To register please email this form to kpurcell@georgeinstitute.org.au or fax this form to **02 8052 4400**