

Physical Activity for Older Adults Workshop

**Seminar Room
National Ageing Research Institute
Gate 4, 34-54 Poplar Road, Parkville**

Thursday December 8, 2011

Time	Topic	Presenter/ Facilitator
8.45 am	Registration	
9.00 am	Welcome and Introduction	Dr Bruce Barber (Coordinator)
9.05 am	Overview of the evidence for physical activity among older adults, including the National Physical Activity Guidelines for Older Australians	Prof. Keith Hill (Professor of Allied Health, Latrobe University and Northern Health)
9.45 am	Measurement Matters <ul style="list-style-type: none"> • Assessment measures for Physical Activity programs • Practical demonstrations <ul style="list-style-type: none"> ⇒ Clinical assessment measures <li style="text-align: center;">OR ⇒ Physiological Profile Assessment (PPA) <li style="text-align: center;">OR ⇒ Laboratory equipment – Neurocom and Gaitrite 	Dr Liz Cyarto (Research Fellow, NARI) Dr Frances Batchelor (Research Fellow, NARI)
10.30 am	Morning Tea	
10.45 am	Research project - "Living Longer Living Stronger": Effects of a community based strength training program on functional status and quality of life in older adults	Ms Emma Renehan (Research Assistant, NARI)
11.15 am	Now that you have assessment measures, what do you do with them? Goal setting for physical activity	Ms Claudia Meyer (Research Clinician, NARI)
11.40 am	Practical demonstration of the Feldenkrais technique – Awareness through Movement	TBC
12.10	Research project - "Getting Grounded Gracefully": Effectiveness and acceptability of Feldenkrais in improving balance related outcomes in older people: an RCT	Ms Kirsten Moore (Research Fellow, NARI)
12.30 pm	Lunch	

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Program continued

Time	Topic	Presenter/ Facilitator
1.15 pm	Fitness for the Ageing Brain Study II (FABS II)	Ms Emma Renehan
1.30 pm	Gait, balance dysfunction and exercise (as related to falls prevention) for those with dementia	Ms Sue Williams (Research Clinician, NARI)
2.00 pm	Practical session of balance exercises, based on Otago and VHI programs	Ms Sue Williams and Ms Claudia Meyer
2.30 pm	Balance screening and home exercises: translating research into practice	Ms Claudia Meyer
3.00 pm Afternoon Tea		
3.15 pm	<p>Small group interactive discussions for</p> <ul style="list-style-type: none"> • Residential care • Centre-based sub-acute care • Community care <p>Discussion will be facilitated to include:</p> <ul style="list-style-type: none"> • Options/ideas for individual and group exercise • Differences among clinical groups • Motivating clients • Sustainability of exercise programs <p>The possibilities are endless...</p>	<p>Facilitated by:</p> <p>Dr Liz Cyarto Ms Sue Williams Dr Frances Batchelor</p>
4.30 pm Close		