



JAMES COOK  
UNIVERSITY  
AUSTRALIA



# Aged Care Symposium

## CPD FULL DAY WORKSHOP

James Cook University (JCU) and the Northern Queensland Primary Health Network (NQPHN) are hosting a full day interactive aged care symposium. Join us for a day of multidisciplinary consolidation of knowledge and upskilling for health practitioners providing care for older people living at home, receiving in-patient care or living in residential aged care facilities.

### TOPICS:

- Royal Commission into Aged Care findings and recommendations
- Overview of assessment of older people
- Minding the Mind: Ageing, Cognitive Functioning, and Social and Emotional Wellbeing
- Mobility, frailty and exercise prescription for older adults
- Understanding high risks medications in advanced age

DATE: Saturday 6 August 2022

TIME: 8.30am to 4.15pm

LOCATION: JCU Townsville, Bebegu Yumba campus, Douglas

MODE: Face to face

COST: Full price \$180; Early-bird \$150

WHO CAN ATTEND? Health care professionals in the aged care sector

REFRESHMENTS: Morning tea, lunch and afternoon tea will be provided.

Scholarships are available to help meet the costs of attending. [Find out more about scholarships available.](#)



**Register now. Please note seats are limited.**

[jcu.edu.au/cpdhealth](http://jcu.edu.au/cpdhealth)

**phn**  
NORTHERN QUEENSLAND  
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## About the workshops

### **MINDING THE MIND: AGEING, COGNITIVE FUNCTIONING, AND SOCIAL AND EMOTIONAL WELLBEING**

This workshop takes a culturally responsive approach in exploring normal and atypical ageing processes within the context of mental health. Content will cover normal cognitive decline in older persons, as contrasted to impairment in cognitive abilities (e.g., mild cognitive impairment, dementia, & delirium). An overview of assessment, and diagnosis for older persons with impaired cognitive function, and/or with psychological difficulties (e.g., depression, anxiety, loneliness, grief, loss & bereavement) will be provided. The workshop then focuses on evidence based approaches that support mentally healthy ageing, including psychological interventions (e.g., CBT, ACT, & Life Review therapies), as well as a range of prevention strategies that reduce the risk, or delay the onset, of cognitive and psychological problems in older age.

#### **Learning Outcomes**

- Understand typical and atypical ageing processes, including mild cognitive impairment and dementia
- Apply a biopsychosocial framework to assessment and diagnostic processes
- Understand psychosocial interventions and prevention strategies to enhance mentally healthy ageing

### **MOBILITY, FRAILITY AND EXERCISE PRESCRIPTION FOR OLDER ADULTS**

This workshop will allow you to develop your skills in conducting and interpreting assessments of frailty and mobility in older adults. Through case study analysis you will then work to explore best practice exercise prescription for improving strength, balance and mobility, and the utilisation of appropriate strategies to enhance safe and effective participation in exercise. Finally, referral pathways and community resources will be discussed.

#### **Learning Outcomes**

- Apply frailty and mobility assessments to older adults
- Implement evidence-based exercise prescription for frailty and mobility interventions for older adults
- Apply strategies to facilitate safe mobility and exercise participation
- Utilise resources and referral pathways available to older adults

**Register now. Please note seats are limited.**



### **UNDERSTANDING HIGH RISK MEDICATIONS IN ADVANCED AGE**

Many common use adult medications become high risk medications as the age of patients advance. This practical workshop will introduce the concept of Potentially Inappropriate Medicines (PIMs) to allied health clinicians. The workshop will explore physiological changes that occur with advancing age, discuss the highest risk and highest use medicine classes practitioners may be alert for in practice and consider the potential responses to the use of high-risk medicines in patients with advanced age.

#### **Learning Outcomes**

- Understand the concept of Potentially Inappropriate Medications (PIMs) and the major risk of the use of these medicines in advanced age
- Relate the age-related changes to the potential need for changes to medication profiles
- Identify common use high-risk drugs in advanced age patients related to sedation and falls risk
- Be able to source drug information on PIMs and understand strategies to reduce patient risk.