Prescription and Assessment for Community and Residential Aged Care Podcast

Worldwide populations are ageing. With this will come an increase utilisation of health and aged care services that will have a measurable impact on health care expenditure. For older Australians, 58% of the population >65 years will require aged care services during their lifetime. Currently in Australia over 1 million older adults receive home care services and greater than 165,000 reside in residential aged care. However, by 2050 age care service utilisation will more than treble due population growth and an increased prevalence of complex health conditions and disabilities. Exercise has significant benefit for older adults independent of age, level of health or disabilities. For those with care needs exercise participation can reduce disease symptoms and falls risk, and increase physical performance capacity and quality of life. Acknowledging the value of exercise for client wellbeing, the aged care sector has recently begun employing exercise physiologist into their allied health teams. However, due to the combination of disability, care needs and comorbidities those accessing aged care services with complex health care needs require specialised attention to ensure accurate, safe and appropriate assessment and prescription.

This podcast aims to educate exercise physiologists in the accurate and reliable assessment of older and very old adults with disabilities and complex health care needs, and in exercise prescription that will promote improved/maintained functional capacity health and wellbeing in this population. In addition, motivation, adherence and delivery considerations will be discussed.

This a recording of a webinar presented by ESSA on 8 December 2014.

Presented by Miss Richelle Street and Dr Tim Henwood

Richelle Street has been working full time as an AEP within Blue Care across two sites for almost 3 years. Throughout this time, her passion and enthusiasm for the job has grown and has developed and acted on several initiatives, including the development of numerous tools for AEPS to use across their work. Within her usual working week, she conducts a variety of classes for her patients, in addition to educating residents living in independently, on exercise equipment and the importance of exercise. She also conducts short term education and exercise programs for people with Parkinson’s disease, asthma and mild cognitive impairment and works with other disciplines to deliver the most effective client centred service.

Timothy Henwood is a special population exercise physiologist with a specific interest in older adults with complex healthcare needs accessing aged care services. Timothy has extensive experience in the assessment of muscle physiology and functional capacity, and the design and delivery of programs to improve physical wellbeing and reduce disability among old and very old adults. His research emphasises the value of progressive resistance training and weight bearing exercise in the protection and rehabilitation of physical wellbeing in late and very late life. Timothy’s introduction to this research pathway commenced in 2001 in commitment to a research honours, was a continued theme through his PhD, and is the central premise in his present work among older physically and cognitively disabled adults.

Costs per person

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Registration is now available online or via the manual form attached

Important Information

Target Audience: Any Accredited Exercise Scientist, Accredited Exercise Physiologist, Accredited Sports Scientist or any allied health professional working within the ageing health sector.

Access to Podcast: You will be provided all information to access this podcast with your registration confirmation email

Assessment: To earn your CPD Points, successful completion of an assessment is required within 60 days from purchase.

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One form per person

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