

Centre for healthcare
KNOWLEDGE & INNOVATION
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HEALTHY RETIREMENT:

ACTIVE AGEING WITH MOBILE TECHNOLOGY

MONDAY 6 MAY 2019 | 5:30 – 8:45PM

UNIVERSITY CENTRE FOR RURAL
HEALTH LISMORE

\$25pp

Do you want to support seniors to manage their own health in retirement?

Join us for dinner in Lismore on May 6 and discover the theory behind some of the smart technologies promoting the health and wellbeing of older people living at home.

Key note speakers



**Professor
Andrea Maier**

Divisional Director of Medicine
and Community Care,
University of Melbourne

Professor Andrea Maier's research is driven by her passion to unravel ageing mechanisms and the interaction of ageing and age-related syndromes and diseases. As part of her mission to prolong the healthy lifespan of our ageing Australians, she was part of the recently completed three-arm feasibility trial of PreventIT – a personalised ICT based intervention designed to change behaviour, supporting older adults in the early stages of retirement to form long term physical activity habits at a point of major lifestyle change.



**Associate Professor
Kim Delbaere**

Research Scientist
at NeuRA

Kim Delbaere is a Principal Research Scientist at NeuRA, a leader in brain and nervous system research. Kim's research has contributed to the understanding of physical, psychological and cognitive factors causing falls and her multidisciplinary approach incorporates elements from physiotherapy, psychology, brain imaging and software engineering towards preventing falls and promoting healthy ageing. Developing novel apps assists in this research and Kim will be speaking to Standing Tall and other apps currently in development.

Visit: www.thecentrehki.com.au/events/healthy-retirement to learn more about PreventIT and Standing Tall

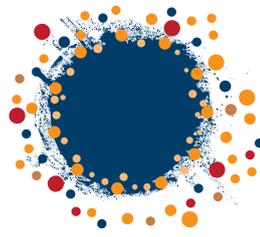
Healthy Retirement: Active Ageing with Mobile Technology
will also hear from the Be Connected program about how your local library can:

- Help seniors get used to apps and mobile technology
- Keep seniors safe and savvy when using smart phones and tablets

REGISTER NOW

www.healthy-retirement.eventbrite.com.au

See overleaf for event program.



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Who should attend?

Healthy Retirement: Active Ageing with Mobile is relevant to any persons working to support younger older adults to manage their own health during retirement. Whether you're a child of ageing parents or you work in primary health, the hospital setting, community and social services, allied health, in-home care, home and concierge services or transportation services, this networking event will give you the evidence, knowledge and skills to help the seniors you care about adopt mobile technology for better health.

LEARN HOW MOBILE TECHNOLOGY CAN

- Shift focus from treatment to prevention
- Empower people to self-manage their own health and function
- Challenge balance, muscle strength and physical activity into daily lives of young older adults
- Predict future functional and cognitive decline
- Enable monitoring and evaluation of long-term adherence to smart phone-based and paper-based interventions
- Help you collect data that will drive future innovation

EVENT AMBASSADOR



Jonathan Freeman
 Founder of Club Active



Club Active is wellness centre changing the way people age. Its unique facilities and service offerings cater specifically for the over 50s market, assisting them to move forward with confidence, prevent common health concerns, and slow the ageing process. Learn more at www.clubactive.com.au

THE CENTRE

The Centre for Healthcare Knowledge & Innovation (the Centre) aims to drive integration and innovation on the North Coast by delivering knowledge on the ideas and technologies shaping the future of health and social care. The Centre is supported by

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