

Positive Ageing Forum - Seniors Week Event

Presented by The Faculty of Psychiatry of Old Age (FPOA) and
The Psychogeriatric Nurses Association (PGNA)



Knowledge – Key to a Positive Old Age

Friday, 14 February 2020

9:30am – 3pm at Burwood RSL, 96 Shaftesbury Road, Burwood

Opening Address – **Dr Sue Packer**
Senior Australian of the Year 2019

Taking Control – Enduring Power of Attorney and Enduring Guardianship
– **Associate Professor Sue Field**
Adjunct Associate Professor in Elder Law

Taking Control – Advance Care Planning (ACP) in NSW and Advance Care Directives - **Anne Meller**
Clinical Nurse Consultant Advance Care Planning – Prince of Wales Hospital

Join the Dance Against Ageing – **Gwen Korebrits** - *CEO, Dance Health Alliance*

The Impact of Loneliness and What Can Be Done About It – **Dr Anne Wand**
Staff Specialist Psychiatrist, Conjoint Senior Lecturer UNSW

Using Exercise as a Medicine to Target Frailty – **Professor Maria Fiatarone Singh**
Geriatrician, Sydney University

You're Worried? Protection for the Vulnerable – **Kim Handcock**
Senior Constable, Aged Crime Prevention Officer

Ageing Well – **Marcus Riley**
Author of 'Booming' will Provide a Life Changing Philosophy for Ageing Well

Free Event
Auslan Interpreted

Booking is essential to secure a place

Register online at <https://positiveageing.floktu.com>

or check our website for more information at www.positiveageing.net.au

A light lunch will be provided - This event is Auslan interpreted

