



WE CORDIALLY INVITE  
YOU TO JOIN THE



# *Nutrition Essentials* for Residential & Community Care

Education Meeting 2018

9:00AM - 3:35PM

TUESDAY 8TH MAY

WATERVIEW BICENTENNIAL PARK  
BICENTENNIAL DRIVE,  
SYDNEY OLYMPIC PARK,  
NSW 2127

*Invitation*



# Meeting agenda

<i>Time</i>	<i>Program</i>	<i>Speaker</i>
9:00am	Registration	
9:15am	Welcome	
9:30am	<b>Nutrition and sarcopenia</b>	<b>Jane Winter</b> Medical Affairs Manager, Nestlé Health Science
10:30am	Morning tea	
10:45am	<b>Falls and fractures: Reducing the risk for an ageing population</b>	<b>Daina Sturnieks</b> Research Fellow, Neuroscience Research Australia Conjoint Senior Lecturer, UNSW Medicine
11:45am	<b>Wound care management in the real world</b>	<b>Wendy White</b> Nurse Consultant and Educator Wendy White Woundcare
12:45pm	Lunch	
1:30pm	<b>Identifying and managing dysphagia</b>	<b>Colleen Kerr</b> Speech Pathologist
2:30pm	<b>Meeting the needs of people living with dementia</b>	<b>Andrew Austin</b> Educator / Facilitator Dementia Australia
3:30pm	Close	

Food and beverages will be provided.

# Speaker biographies



## Jane Winter

Medical Affairs Manager, Nestlé Health Science

Jane is Medical Affairs Manager at Nestlé Health Science. She is an Accredited Practising Dietitian and recently completed her PhD on the topic of nutritional risk in community dwelling older adults.

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## Daina Sturnieks

Research Fellow, Neuroscience Research Australia  
Conjoint Senior Lecturer, UNSW Medicine

Daina is a Research Fellow in the Falls, Balance and Injury Research Centre at Neuroscience Research Australia and Conjoint Senior Lecturer at UNSW Medicine. Her research focuses on understanding sensorimotor, biomechanical and neurocognitive contributions to falls in older people and clinical groups, and trialling novel interventions to prevent falls.

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## Wendy White

Nurse Consultant and Educator, Wendy White Woundcare

Wendy is a Nurse Consultant and Educator in private practice based on the Central Coast NSW, Australia. Since the late 80's, she has focused her practice in the specialty of wound management working with those living with, or those caring for acute and chronic wounds.



## Colleen Kerr

Speech Pathologist

Colleen has worked as a Speech Pathologist for more than thirty years with extensive experience in adult communication and swallowing disorders in acute, rehabilitation and community settings. Her interests include Aged Care, Traumatic Brain Injury, Stroke and Neurodegenerative Disease. Colleen is committed to translating research findings into everyday practice. She is a strong advocate of personalised, multidisciplinary management of people living with dysphagia.

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## Andrew Austin

Educator / Facilitator

Andrew graduated from The University of Western Sydney as a Registered Nurse in 1993 with a Bachelor of Nursing. Since then Andrew has worked in numerous clinical settings some of which are:

- As a psychiatric nurse at Cumberland Hospital.
- Paediatric Intensive Care at The Children's Hospital, Westmead.
- The correctional environment working in maximum and minimum security gaols providing primary health, drug and alcohol and mental health support for the inmates.
- Aged care since 2010. Manager of a dementia specific Residential Aged Care Facility. Joined Dementia Australia (Alzheimer's Australia NSW) in 2013 as an Educator / Facilitator.

Andrew has gained a Graduate Certificate of Dementia from the University of Wollongong in 2017, Diplomas of Business and Management in 2015, and a Cert IV in Workplace Training and Assessment in 2011.

*Register your attendance  
below by 1st May 2018*

<https://arinex.eventsair.com/ltc-grand-events/ltc2018>