

Virtual Event | 15<sup>th</sup> November 2023

# Healthy Ageing and Identification of Risk of Frailty

Practical ways to identify and reduce the risk of frailty for your practice population

Sydney North Health Network and the UQ-Mater Research Centre for Health System Reform and Integration invites GPs, Practice Nurses, Allied Health Professionals and Pharmacists to an interactive webinar on Healthy Ageing and Identification of Risk of Frailty.

We will discuss early identification of risk of frailty and how targeted intervention can reduce, and in some cases reverse, frailty. Our work aims to prevent avoidable hospital admissions, keep people well and at home for longer. This education session will discuss a simple risk of frailty screening tool and practical management of people at risk of frailty in your practice, including case studies.

## Speakers & Learning Outcomes

**Jennifer Brittain** | Physiotherapist

Jennifer is an APA accredited Gerontology Physiotherapist with a special interest in the health and welfare of older adults. Jennifer will speak about frailty including risk factors, common misperceptions and the importance of early screening in primary care.

**Shelley Roberts** | Dietitian

Dr Shelley Roberts is an Allied Health Research Fellow and Dietitian in a conjoint position with Griffith University and Gold Coast Health. Shelley will discuss the nutritional management of frailty in the primary care setting.

### Learning Outcomes:

- Identify risk of frailty in your patients
- Resources and management options for frailty prevention and strategies to encourage healthy ageing in older patients
- Incorporate screening for frailty risk in to practice workflows

## Event Details

**Date:**

Wednesday 15<sup>th</sup> November 2023

**Time:**

- **Sydney** 7 – 8pm (AEDT)
- **Brisbane** 6 – 7pm (AEST)

**Registration:**

Please click the below link to register for this event and to receive the webinar link.

[Event registration](#)

**Cost:** Free

**Contact:**

For more information contact:  
Ruby Strauss

([ruby.strauss@mater.uq.edu.au](mailto:ruby.strauss@mater.uq.edu.au))

from the Centre for Health System Reform and Integration