



# Healthy Ageing & Identifying Frailty

## PHN EDUCATION SESSION

Some older Australians are entering aged care earlier than they may otherwise need to due to a lack of support for healthy ageing or ability to manage their chronic conditions in the community. There is a need for all health clinicians to support senior Australians to live in the community for longer by promoting healthy ageing, slowing decline and support the ongoing management of chronic conditions.

### Learning Outcomes

- To understand the difference between bone density and bone strength
- To be comfortable with deprescribing
- To understand the importance of prescribing exercise in older age
- To socially prescribe rather than pharmacologically prescribe for "depression" in older age.
- Making a Difference in General Practice: "Frailty as a chronic condition"
- Frailty screening tools in general practice
- Evidence for making a difference

**CHAIR:** **Dr James Wolstenholme** works at Mingara Medical Centre, Central Coast, and supports a large cohort of older patients residing at home and in Residential Aged Care Facilities

**SPEAKERS:** **Dr Chris Bollen** is currently working as a GP at Oakden Medical Centre, SA. He is also the Director of BMP Healthcare Consulting, a management consulting company helping General Practices to deliver safe and effective care.

**Dr John Ward** is a semi-retired geriatrician with an increasing interest in healthy ageing and the prevention of frailty and sarcopenia. He is Co-Chair of the Hunter Ageing Alliance

**WHO:** **GPs, Practice Managers and Practice Nurses, RACF Clinical Staff, Aged Care Providers and Allied Health Professionals**

**WHEN:** **Wednesday 19<sup>th</sup> October 2022, 6:30 pm – 8.00 pm**

**WHERE:** **Online via MS Teams**

**RSVP:** Please [CLICK HERE](#) to register