

# 6 disk DVD Series

## Healthy Ageing

### Building Optimum Health, Bone & Muscle Strength in the HACC Client Group

- ✦ nutritional needs of the frail aged person from both a rural and an urban perspective
- ✦ nutritional screening in care planning
- ✦ recommended dietary intakes for the frail aged or meal-assisted client
- ✦ building optimum health, bone & muscle strength, the role of Vitamin D
- ✦ physical activity and the geriatric client



#### Keynote Speakers

Professor Sandra Capra, Professor of Nutrition and Dietetics  
School of Health Sciences, Faculty of Health, University of Newcastle  
*Recommended Dietary Intakes in the Management of Chronic Diseases in the Frail Aged Client*

Dr Terence Diamond, Associate Professor of Clinical Medicine,  
UNSW & Staff Specialist in Endocrinology, St George Public & Private Hospital  
*Metabolism of Vitamin D*

#### Guest Speakers

Merrilyn Banks, Manager,  
Nutritionist & Operational Support Services, PA Hospital  
*Malnutrition and Nutrition Screening*

Marion Leggo, Nutritionist,  
Domiciliary Allied Health Team, Mater Hospital, Brisbane  
*Improving Nutrition for Older Persons in the Community*

Karen Abbey, Nutritionist,  
HACC Rural Health Team, Darling Downs & South West  
*Elderly Nutrition in the Rural Area - a snap shot*

Tim Henwood, PhD Candidate,  
University of Queensland  
*Physical Activity for Frail Older Adult*



Queensland  
Government  
Queensland Health



home and community care  
A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM  
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED

## Cost

\$39.95  
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