

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

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