

Virtual Education and Information Sessions

KinCare's new Virtual Education and Information Sessions offer you the chance to learn about some important topics. Join in and gain valuable insights from our experienced speakers.

Introductory offer! Free for a limited time.



SESSION 1: Resilience - Coping in isolation

- ✓ Resilience
- ✓ Staying connected with family and friends
- ✓ Technology is our friend
- ✓ Anxiety and depression is not normal
- ✓ Meaningful days

SESSION 2: Falls and Safety in the Home

- ✓ Chair exercises
- ✓ Cardio vascular benefits
- ✓ How to ensure your home is safe
- ✓ Walking aids
- ✓ Balance and mobility limitations
- ✓ Exercises
- ✓ Vision
- ✓ Hip protectors
- ✓ Feet and footwear
- ✓ Responding to falls

SESSION 3: Nutrition for Your Health and Wellbeing

- ✓ Importance of nutrition for healthy ageing
- ✓ Risks factors and impact of malnutrition
- ✓ Key nutrients, vitamins and minerals for older Australians and which foods contain them
- ✓ Importance of fluids
- ✓ Practical tips for eating a healthy diet

SESSION 4: Continence

- ✓ Maintaining dignity, independence and well being
- ✓ Products available
- ✓ Causes and types of incontinence
- ✓ Community resources

SESSION 5: Wellness and Keeping Your Brain Active

- ✓ Maintain cognitive thinking
- ✓ Age related changes to the brain
- ✓ Keep mind active – play thinking games
- ✓ Physical fitness is important
- ✓ Eating well improves the brain
- ✓ Boosting memory
- ✓ Hobbies and learning new skills

SESSION 6: Pain Management

- ✓ Individual evaluation / assessment
- ✓ Acute pain versus chronic pain
- ✓ Light exercises, stretching, balance tasks
- ✓ Medication: Considering side effects & Medication risks in the elderly
- ✓ Acupuncture and other alternate treatments
- ✓ Cognitive Behavioural Therapy

SESSION 7: Preparing for End of Life / Future Planning

- ✓ Advanced Health Directive
- ✓ Enduring Guardianship
- ✓ Enduring Power of Attorney
- ✓ Is your will up to date?
- ✓ Funeral Directors
- ✓ Your choice

*To keep you safe at home, these services will be carried out online - this means you will be able to join each session using your tablet device or your own computer. If you would like to join but don't have a tablet device or your own computer, speak to us and we can support you to get connected. **This is an introductory offer and the sessions are currently available free to our customers and their carers.***

Speak with our Virtual Co-ordinator, Catherine, on 1300 733 510 if you would like to attend.



Wednesday 1 hour (Fortnightly) Session Dates:

SESSION 1: Resilience - Coping in isolation - Lisa Fuller (Registered Nurse, Regional Customer Care Manager)	19 August 2020 2:30 to 3:30 pm
SESSION 2: Falls and Safety in the Home - Shereen Pathmanabhan (Physiotherapist) & Emily Yates (Occupational Therapist)	2 September 2020 2:30 to 3:30 pm
SESSION 3: Nutrition for Your Health and Wellbeing – Michelle Cuttler (Dietician and Nutritionist, Head of ACT)	16 September 2020 2:30 to 3:30 pm
SESSION 4: Continence - Glynis Hourquebie (Registered Nurse, Regional Customer Care Manager)	30 September 2020 2:30 to 3:30 pm
SESSION 5: Wellness and Keeping Your Brain Active - Deb Fraser (Registered Nurse, Head of Industry and Government Relations)	7 October 2020 2:30 to 3:30 pm
SESSION 6: Pain Management - Speaker to be confirmed	21 October 2020 2:30 to 3:30 pm
SESSION 7: Preparing for End of Life / Future Planning - Glynis Hourquebie (Registered Nurse, Regional Customer Care Manager)	4 November 2020 2:30 to 3:30 pm

Presenters:

Lisa Fuller



Lisa is a Registered Nurse with a Bachelor of Nursing from Edith Cowan University. For the past 20 years, she has worked in the community setting - initially as a field Nurse who moved onto supervision and management roles. Lisa is also on the Leading Aged Services Australia (LASA) Members Advisory Committee. She is dedicated to the provision of quality aged community services.

Emily Yates



Emily is an Occupational Therapist with over 12 years of experience supporting people with disabilities to remain living independently in their homes. Emily is passionate about home safety, falls education and providing practical solutions for everyday issues. This includes recommending practical home modifications, prescribing helpful aids and equipment or helping older people after medical events like strokes.

Shereen Pathmanabhan



Shereen is a Physiotherapist with over 20 years of experience working in aged care. Shereen joined KinCare so that she could make a difference working with older people in their own homes. Her interests are in falls prevention, pain management and stroke rehabilitation. Shereen is passionate about creating tailor made exercise programs, to help customers maintain or build up strength and improve their balance.

Glynis Hourquebie



Glynis is a Registered Nurse having completed her initial qualifications in South Africa and worked in the community as a Nurse Practitioner. After moving to Australia almost 20 years ago, Glynis has worked across various roles in the community. Her focus was on Palliative Care in the aged care setting. Glynis has undertaken postgraduate qualifications in Palliative Care, Nursing Management and Primary Health Care (Aged Care Nursing).

Michelle Cuttler



Michelle is a certified Accredited Practising Dietitian and Nutritionist. She holds a Clinical Nutrition and Dietetics Honours Degree from the University of Sydney. Michelle has worked across public, private and community health and aged care settings for over 14 years - her passion is the importance of nutrition for healthy ageing.

Deb Fraser



Deb is a Registered Nurse, completing her Bachelor of Nursing at the University of Technology Sydney. Deb's focus and passion is on enabling positive outcomes for customers. For over 15 years she has managed government funded community programs, with 12 of those years working at KinCare.