11TH BIENNIAL
Australia and New Zealand Falls Prevention Conference
23-25 November 2025
Sofitel Sydney Wentworth Hotel, Sydney
www.anzfpconference.com.au

Bridging the gap
RESEARCH TO IMPLEMENTATION

Conference Program
(subject to change)

Sunday 23rd November 2025

1.00pm – 4.00pm	**Pre-Conference Workshops** A. **Bridging the Gap - Implementing Falls Prevention Evidence into Practice in Hospitals,** *Professor Anne-Marie Hill, Professor Meg Morris, Ms Charlotte McLennan* B. **Design and evaluation of complex interventions for fall prevention,** *Professor Cathie Sherrington, Professor Anne Tiedemann, Associate Professor Leanne Hassett, Dr Abby Haynes* C. **Economic Evaluation of Fall Prevention Intervention: A Beginner's Guide,** *Dr Marina de Barros Pinheiro, Dr Rakhee Raghunandan, Dr Zoe Szewczyk, Ms Belinda Wang* D. **"Fall Play" Maintaining Movement, Momentum and Motivation,** *Ms Sally Castell*
4.30pm – 5.30pm	**EMCR Meet and Greet / Networking Event**
5.00pm – 6.30pm	**Registration Desk Open**
5.30pm – 6.30pm	**Welcome Reception** *Trade Exhibition Area, Level 3 Foyer* *Sofitel Sydney Wentworth Hotel* *Includes drinks and canapés.*

Monday 24th November 2025

7.30am	**Conference Registration** *Foyer, Level 3, Sofitel Sydney Wentworth Hotel*
8.45am – 10.45am	**Session 1 – Opening Plenary**
8.45am	**Welcome to Country**
9.00am	**Ministerial Welcome**
9.10am	**Welcome from the President**
9.15am	**Keynote Address: Implementing effective fall prevention strategies in real life– What do we know and where do we go from here?** Professor Kathryn Sibley, University of Manitoba, Canada
9.45am	**The Ironbark Program: Working together to improve mobility and balance in older Aboriginal people** Professor Rebecca Ivers, University of New South Wales, Sydney
10.15am	**Exercise and Falls Prevention for older people from CALD communities** Professor Cathy Said, The University of Melbourne, Melbourne

10.45am – 11.15am	Morning Tea		
Session 2 11.15am – 12.25pm	**2A: Community (risk factors)**	**2B: Residential Care**	**2C: Implementation**
11.15am – 11.27am	Predictive validity of mobility tests for future falls in community-dwelling older Canadians **Stephanie Saunders** McMaster University	Telephysiotherapy in aged care: effects and costs from the TOP UP study **Rik Dawson** Institute for Musculoskeletal Health	Falls Injuries Prevention NHMRC Centre of Research Excellence: overview of four years **Cathie Sherrington** University of Sydney/ Sydney LHD
11.28am – 11.40am	Wearable-derived daily life gait predicts injurious falls in older people **Kim van Schooten** NeuRA	Falls prevention in care facilities: a Cochrane review update **Suzanne Dyer** Flinders Health and Medical Research Institute	Taurite Tū- Indigenous Solution to Falls from Community Research to Implementation **Katrina Pōtiki Bryant** University of Otago
11.41am – 11.53am	Fear of falling predicts serious falls; new optimal assessment cut-point identified **Tewodros Yosef Mohammed** Deakin University	A Multicomponent Exercise Program to Enhance Safe Mobility in Elderly Care Facilities **Yijian Yang** The Chinese University of Hong Kong	Bridging the gap in falls prevention by community optometrists: Exploring practice patterns **Si Ye Lee** The University of Western Australia
11.54am – 12.06pm	Association of chronic pain severity with frailty, perceived health and future falls **Reshma A Merchant** National University of Singapore	Life-space mobility and falls in residential care **Catherine Bacon** Waipapa Taumata Rau University of Auckland	Are falls prevention mass media activities effective in engaging older adults? **Roisin Sweeney** Injury Matters
12.07pm – 12.12pm	**(5x5)** Falls risk assessment in adults aged 50-65 years with common orthopaedic conditions **Stuart Browne** HNELHD Population Health	System dynamics modelling of fall prevention in community and aged care **Marina Pinheiro** University of Sydney	**(5x5)** A little goes a long way in preventing falls through mass media **Shaan Bailey** Injury Matters
12.13pm – 12.18pm	**(5x5)** Perceived Balance Predicts Falls in Community-Dwelling Older Adults: A Longitudinal Study **Hanne Dolan** Arizona State University		**(5x5)** Innovation to expand fall prevention strategy reach in the United States **Matthew Smith** Texas A&M University
12:19pm – 12.24pm	**(5x5)** Cortical mechanisms underpinning balance stability during dual-tasks and their relationship with age **Chris Jin Won Kang** The University of Newcastle	**(5x5)** Operationalising the National Falls Guidelines for Residential Care Services **Jennie Hewitt** Whiddon	**(5x5)** Developing falls KPIs for Physiotherapy Team based on World Guidelines' recommendations **Chandini Gadhvi** Te Toka Tumai
12.24pm – 12.30pm	**Questions**	**Questions**	**Questions**

12.30pm – 1.00pm	Session 3 – 3MT Plenary
12.30pm – 1.00pm	Safer mobility behaviour for fall prevention in people living with Parkinson's disease **Daniel Cheung, The University of Sydney** Determining optimal balance and gait assessments for predicting falls in older people **Cameron Hicks, UNSW and NeuRA** Can treating Sleep Apnea reduce fall risk? **Rahjani Khanal, Flinders University** Cognitive-motor training improves balance and mobility in stroke survivors: systematic review **Kulvara Lapanan, UNSW and NeuRA** Developing the role of Optometrists in community falls prevention, **Si Ye Lee, The University of Western Australia** Bridging research and practice—facilitating the implementation of mobility and fall prevention interventions **Melody Cheuk Yin Leung, The University of Sydney** Understanding and implementing interventions to reduce falls in the inpatient hospital setting **Charlotte McLennan, The University of Sydney & Sydney Local Health District** Physical activity in people with health conditions: implementation and cost-effectiveness **Belinda Wang, Institute for Musculoskeletal Health**

1.00pm – 2.00pm	Lunch and Poster Viewing

Session 3 2.00pm – 3.30pm	3A: Community	3B: Clinical groups	3C: Hospital
2.00pm – 2.12pm	Multidisciplinary, home-based tailored intervention post stroke reduces rate of falls by 33% **Lindy Clemson** The University of Sydney	Safer mobility behaviour assessment and intervention for Parkinson's: A modified Delphi study **Daniel Cheung** The University of Sydney	Disinvestment from bed alarms in hospitals: 3-arm randomised trial **Terry Haines** Monash University
2.13pm – 2.25pm	Clinical effect of a frailty management program on fall reduction in Singapore **Tianma Xu** Singapore Institute of Technology	Influence of Levodopa-Induced Dyskinesia on Falls in People with Parkinson's Disease **Paulo Pelicioni** University of New South Wales	Patient falls education delivered during hospital moments of care – feasibility study **Chiara Naseri** St John of God Health Care
2.26pm – 2.38pm	Reactive balance training interventions that improve rapid stepping responses and reduce falls **Yoshiro Okubo** Neuroscience Research Australia	The dilemma of gait aid use for people with dementia: Carers perspectives **Keith Hill** Rehabilitation Ageing and Independent Living (RAIL) Research Centre, Monash University	Bridging the Gap: Staff Perspectives on Delivering Falls Prevention Education in Hospitals **Steffanie Coulter** University of Western Australia
2.39pm – 2.51pm	Dance for wellbeing and fall prevention in older adults: A pilot trial **Heidi Gilchrist** Institute for Musculoskeletal Health	Impact of DOACs on hip fracture time-to-surgery in Australia and New Zealand **Rebecca Mitchell** Australian Institute of Health Innovation, Macquarie University	Supported implementation of multicomponent fall prevention interventions in hospital: a feasibility study **Charlotte McLennan** The University of Sydney & Sydney Local Health District
2.52pm – 3.04pm	Bench-stepping improves stair negotiation, but not balance	Associations of obstructive sleep apnoea with fall-related physical performance	Falls in a feasibility study of multicomponent hospital fall prevention interventions

	performance in healthy older women **Remco Baggen** VU Amsterdam / NeuRA	**Rajani Khanal** Flinders University	**Wing Kwok** Institute for Musculoskeletal Health
3.05pm – 3.10pm	**(5x5)** Exergames for motor-cognitive rehabilitation and fall prevention **Daina Sturnieks** UNSW and NeuRA	**(5x5)** Feasibility and acceptability of a falls prevention program for people with osteoarthritis **Sze-ee Soh** The University of Melbourne	**(5x5)** Wander to Ponder: Improvement strategies for patients with wandering & absconding risk **Arjay Clamonte** Bowral & District Hospital
3.10pm – 3.15pm	**(5x5)** A novel virtual reality (VR) obstacle avoidance training programme **Yixuan He** NeuRA	**(5x5)** Risk and concern of falling among people with dementia during the COVID-19 **Maria Jasmine Silva** Federal University of São Carlos	**(5x5)** Bed alarm use in hospital and person-centred practice: A qualitative study **Kelly Stephen** Monash University
3.15pm – 3.20pm	**(5x5)** Effects of Vibrotexture insoles on reactive balance control following lateral waist-pull perturbations **Megan Trotman** The University of Queensland	**(5x5)** Preventing falls among community-dwelling older adults living with mental illness **Lynette Mackenzie** University of Sydney	**(5x5)** Use of Falls Prevention Strategies while Mobilisation Alarm Usage is Limited **Dai Pu** Monash University
3.20pm – 3.25pm	**Questions**	**Questions**	**(5x5)** Impact of Built and Ambient Environments on Adverse Patient Outcomes: Umbrella Review **Ravi Manohar** Monash University
3.25pm – 3.30pm			**Questions**

3.30pm – 4.00pm	**Afternoon Tea**
3.30pm – 4.00pm	**Hospital Falls Networking Session** *TBC*

4.00pm – 5.30pm	**Session 4 – Plenary**

4.00pm	**Empowering Active Ageing: The Impact of ENJOY Seniors Exercise Parks on Older People's Physical Activity and Health** Professor Pazit Levinger, National Ageing Research Institute, Melbourne
4.30pm	**The economics of falling safely: Strategies for a soft landing** Professor Rich Masters, Waikato University, New Zealand
5.00pm	**Using machine learning to determine falls risk among hospitalised adults** Professor Alison Hutchinson, Deakin University, Melbourne

5.30pm	**Close of Day One**
7.00pm – 10.00pm	**Conference Dinner** **(optional extra, not included in registration fee)** *The Squire's Landing*

8.00am	**Conference Registration** *Foyer, Level 3, Sofitel Sydney Wentworth Hotel*

8.30am – 10.30am	**Session 5 – Plenary**

8.30am	**Keynote Address: Can Delirium Prevention Reduce In-Hospital Falls in Older Adults?** Professor Koen Milisen, KU Leuven, Belgium
9.00am	**The right to rehabilitation for people living with dementia – addressing stigma and improving access to evidence-based interventions** Professor Michele Callisaya, Menzies Institute for Medical Research, University of Tasmania, Hobart
9.30am	**Risk factors for dementia…and falls, a novel multidomain community-based approach to risk reduction** Professor Ruth Peters, The George Institute for Public Health, UNSW, Sydney
10.00am	**Stabilising the Future: Harnessing Technology to Enhance Vestibular Function in Older Adults** Professor Denise Taylor, Auckland University of Technology, New Zealand

10.30am – 11.00am	**Morning Tea**

Session 6 11.00am – 12.15pm	6A: Symposium Chair: Kimberley van Schooten	6B: Symposium Chair: Toby Ellmers	6C: Symposium Chair: Koen Milisen
11.00am – 12.15pm	**Digitally Enabled Aged Care: Implementing Digital Health in Community and Residential Settings** An optimal implementation model for digital health solutions into community aged care, **Meghan Ambrens**, NeuRA Implementing telehealth and digital tools to prevent falls in aged care, **Rik Dawson**, Institute for Musculoskeletal Health A framework for implementing technology into home-based aged care, **Frances Batchelor**, National Ageing Research Institute Exploring acceptability of the StandingTall fall prevention app among community-dwelling older Canadians, **Kathryn Sibley**, University of Manitoba	**Cause or effect? Untangling the relationship between concerns about falling and falls** Concern about falling predicts future falls: A meta-analysis and clinical guidance, **Toby Ellmers**, Imperial College London Falls Significantly Increase Concerns About Falling in Older People, **Mira Unverzagt**, NeuRA & Maastricht University Brain activity during walking in older people with fear of falling, **Jasmine Menant**, NeuRA Development of a concern about falling scale in long-term care, **Mei Ling Lim**, NeuRA	**Evidence Lost in Translation: Addressing Implementation Gaps in Falls Prevention in Community** BE-EMPOWERed: Implementing and Evaluating Multifactorial Falls Prevention intervention in Older Community-Dwelling People, **Sara Vandervelde**, KU Leuven Evaluating uptake, implementation and scalability of an eHealth fall prevention programme, **Meghan Ambrens,** NeuRA Implementing and evaluating iSOLVE, integrating solutions for sustainable fall-prevention in primary care, **Lindy Clemson**, The University of Sydney

12.15pm – 1.15pm	Lunch and Poster Viewing		
12.30pm – 1.15pm	ANZFPS AGM		

Session 7 1.15pm – 2.45pm	7A: Balance and fall risk factors	7B: Engagement, implementation and collaboration	7C: Paramedic / ED/ hospital
1.15pm – 1.27pm	Training volunteer exercise leaders to rate balance intensity with older adults **Melanie Farlie** Monash University	What motivates women to sign up to a physical activity support program? **Geraldine Wallbank** Institute for Musculoskeletal Health	Analysis of an Electronic Medical Record Fall Order Set following Inpatient Falls **Joanna Mitropoulos** Western Health
1.28pm – 1.40pm	Collaboratively designing a floor transfer intervention within a home-based community rehabilitation program **Katrina Kenah** Monash Health	Scaling up community-based dance classes for healthy ageing and fall prevention **Abby Haynes** University of Sydney	Predicting Functional Decline After Emergency Department Falls in Older Adults **Tim Stuckenschneider** Carl Von Ossietzky University Oldenburg
1.41pm – 1.53pm	Exploring Balance Management Strategies and Fall Prevention Behaviour Among Hospitalized Older Adults **Hanne Dolan** Arizona State University	Falls prevention exercise for ethnically diverse older people: factors influencing engagement **Hannah Sharma** The University of Melbourne	Rates, characteristics and outcomes of fall presentations in a virtual emergency service **Hazel Heng** Northern Health
1.54pm – 2.06pm	Risk factors for older people re-presenting to the emergency department with falls **Charlene San Juan** Aria Health	Barriers and facilitators to implementing Balance on the Brain to reduce fall-risk **Elissa Burton** Curtin University	An evidence-based approach to falls and frailty: Improving paramedic-care of older people **Meghan Ambrens** NeuRA
2.07pm – 2.12pm	**(5x5)** Reliability of the Thai version of the Balance Intensity Scale **Thanwarat Chantanachai** Mahidol University	**(5x5**) An evidence gap map of fall-related outcomes among older adults in MENA **Karima Chaabna** Weill Cornell Medicine-Qatar	**(5x5)** Mapping Emergency Department falls prevention services in Western Australia: A cross-sectional study **Kristie Harper** Curtin University
2.13pm – 2.18pm	**(5x5)** Cognitive functions and their associations with falls in older people **Daina Sturnieks** UNSW and NeuRA	**(5x5)** Planning Implementation of Falls Education – A World Café with Hospital Staff **Cheng Yen Loo** The University of Western Australia	**(5x5)** The Queensland Ambulance Service Falls Co-Response Program **Kym Murphy** Queensland Ambulance Service
2.18pm – 2.23pm	**(5x5)** Gait speed and falls: an individual participant data meta-analysis **Cameron Hicks** NeuRA	**(5x5)** Enhancing Patient Safety, Reducing falls in a Medical Unit: A Collaborative Approach **Margie Fletcher** Central Coast Local Health District	**(5x5)** Delivering Patient Falls Prevention Education in Hospitals – The Consumer Perspective **Hazel Heng** Northern Health

Time			
2.23pm – 2.28pm	**(5x5)** Watch Walk Platform: Enabling Real-World Walking Metrics for Falls Prevention Research **Lloyd Chan** UNSW	**(5x5)** Older adults consider "being active" as a key fall prevention strategy **Hiro (Hiroko) Kiyoshi-Teo** Oregon Health & Science University	**(5x5)** Patients' perceptions of the contributing factors that led to falling in acute care hospitals during their hospitalisation **Caglayan Yasan** Victoria University
2.28pm – 2.33pm	**(5x5)** Better lower limb somatosensation is associated with better cognitive-balance dual-task ability **Suzanne Snodgrass** The University of Newcastle	**(5x5)** Do fall prevention trials recruit and report participant diversity? **Ana Helena Reis** Institute for Musculoskeletal Health	**(5x5)** Don't Fall for it! **Karlee Mueller** Prince of Wales Hospital
2.33pm – 2.38pm	**(5x5)** Socioeconomic position and falls among middle- and older-aged adults: a systematic review **Cathie Sherrington** University of Sydney/ Sydney LHD	**(5x5)** Community Strength and Balance - A Social Return on Investment **Anna Ikenaga** Age Concern New Zealand	**(5x5)** Links between patient falls and staff well-being in hospital settings: scoping review **Veethika Nayak** Institute for Musculoskeletal Health
2.38pm – 2.43pm	**(5x5)** Direct observation methods for assessing hospital inpatient movement behaviour: a scoping review **Melody Cheuk Yin Leung** The University of Sydney	**(5x5)** Economic evaluation of exercise for mobility and falls prevention after fall-related fracture **Belinda Wang** Institute for Musculoskeletal Health	**(5x5)** PreSAGE® Falls Prevention System: Preventive Intelligence at the Bedside **Hnin New Oo** Tan Tock Seng Hospital
2.43pm – 2.45pm	Questions	Questions	Questions

2.45pm – 3.10pm — **Afternoon Tea**

3.10pm – 4.30pm	**Session 8 – Plenary**

3.10pm	**Concerns about falling as a risk for future falls: New findings and clinical guidelines** Dr Toby Ellmers, Imperial College London, London, United Kingdom
3.40pm	**Seeing well in later life: disentangling the effects of age-related vision impairment, refractive and surgical treatments for common eye conditions on fall risk** Professor Lisa Keay, University of New South Wales, Sydney
4.10pm	**Announcement: 2027 Australia and New Zealand Falls Prevention Conference**
4.15pm	**Prizes** Best Student/EMCR Oral Presentation (Policy and Practice) Best EMCR Oral Presentation (Scientific) Best Student Oral Presentation (Scientific) Best EMCR Poster Presentation Best Student Poster Presentation Best 3MT (student)
4.25pm	**Farewell and Close**
4.30pm	**Close of Conference**