

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

Pre-Conference Workshops

1.00pm –
4.00pm

- 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 –
6.30pm

Registration Desk Open

5.00pm –
6.30pm

Launch of the Falls Prevention Alliance Australia and Welcome Reception

Trade Exhibition Area, Level 3 Foyer, Sofitel Sydney Wentworth Hotel

Includes drinks and canapés.

6.30pm

EMCR Informal Dinner

(Pay your own way dinner, venue TBC)

Monday 24th November 2025

7.30am

Conference Registration

Foyer, Level 3, Sofitel Sydney Wentworth Hotel

8.30am –
10.45am

Session 1 – Opening Plenary

8.30am

Welcome to Country

8.45am

Ministerial Welcome

The Hon. Jodie Harrison MP, NSW Minister for Women, Minister for Seniors and Minister for Prevention of Domestic Violence and Sexual Assault

8.50am

ANZFPS President Welcome

Prof Kim Delbaere, President, Australia & New Zealand Falls Prevention Society

8.55am

Opening Address / Panel Discussion: How can we bridge the evidence to implementation gap for fall prevention?

Deb Willcox AM, Chief Executive, Sydney Local Health District; Dr Michael Holland MP; Professor Anne Duggan, CEO, Australian Commission on Safety and Quality in Health Care

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 **Delivering fall prevention programs in community settings**
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 five 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? Shaan Bailey 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 4 2.00pm – 3.30pm	4A: Community	4B: Clinical groups	4C: 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 Cheng Yen Loo University of Western Australia
2.39pm – 2.51pm	Dance for wellbeing and fall prevention in older adults: A pilot trial Anne Tiedemann The University of Sydney	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 performance in healthy older women Remco Baggen VU Amsterdam / NeuRA	Associations of obstructive sleep apnoea with fall-related physical performance Rajani Khanal Flinders University	Falls in a feasibility study of multicomponent hospital fall prevention interventions 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 Vibrotactile 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 5 – 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

Tuesday 25th November 2025

Conference Registration

8.00am

Foyer, Level 3, Sofitel Sydney Wentworth Hotel

**8.30am –
10.30am**

Session 6 – 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 7 11.00am – 12.15pm	7A: Symposium Chair: Kimberley van Schooten	7B: Symposium Chair: Toby Ellmers	7C: 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 8 1.15pm – 2.45pm	8A: Balance and fall risk factors	8B: Engagement, implementation and collaboration	8C: 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

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 9 – 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