

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*
Perth Room, Sofitel Sydney Wentworth Hotel
 - B. **Design and evaluation of complex interventions for fall prevention**, *Professor Cathie Sherrington, Professor Anne Tiedemann, Associate Professor Leanne Hassett, Dr Abby Haynes*, Sydney Room, Sofitel Sydney Wentworth Hotel
 - C. **Economic Evaluation of Fall Prevention Intervention: A Beginner's Guide**, *Dr Marina de Barros Pinheiro, Dr Rakhee Raghunandan, Dr Zoe Szweczyk, Ms Belinda Wang*
Canberra Room, Sofitel Sydney Wentworth Hotel
 - D. **"Fall Play" Maintaining Movement, Momentum and Motivation**, *Ms Sally Castell, Sandra Walker, Elizabeth McKinven*
Melbourne Room, Sofitel Sydney Wentworth Hotel

4.00pm – 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

Monday 24th November 2025

Conference Registration

7.30am

Foyer, Level 3, Sofitel Sydney Wentworth Hotel

8.30am – 10.45am

Session 1 – Opening Plenary

Perth & Sydney rooms, Chair: Kim Delbaere

8.30am

Welcome to Country
Uncle Allen Madden

8.45am

Welcome Address

Dr Michael Holland MP, Member for Bega, Parliamentary Secretary for Health, and Parliamentary Secretary for Regional Health

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 **The John Campbell Plenary Lecture**
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 – 12.30pm	2A: Community (risk factors)	2B: Residential Care	2C: Implementation
Location	Perth	Sydney	Melbourne
Chairs	Kimberley van Schooten & Cameron Hicks	Sue Dyer & Rik Dawson	Cathie Sherrington & Charlotte McLennan
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 –

Lunch and Poster Viewing

1.30pm

Session 3 1.30pm – 3.00pm	3A: Community	3B: Clinical groups	3C: Hospital
Location	Perth	Sydney	Melbourne
Chairs	Yoshi Okubo & Megan Trotman	Morag Taylor & Lloyd Chan	Venisa Kwok & Anne-Marie Hill
1.30pm – 1.42pm	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
1.43pm – 1.55pm	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
1.56pm – 2.08pm	Dance for wellbeing and fall prevention in older adults: A pilot trial Anne Tiedemann The University of Sydney	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
2.09pm – 2.21pm	Scaling up community-based dance classes for healthy ageing and fall prevention Abby Haynes 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
2.22pm – 2.34pm	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
2.35pm – 2.40pm	(5x5) Perturbation-Based Balance Training Reduces Falls and Fall Injuries in Older People Shivam Sharma 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

2.40pm – 2.45pm	(5x5) How Can Older Adults Avoid Trip and Slip Hazards on Suburban Footpaths? A Virtual Reality Study Yixuan He NeuRA	(5x5) Risk and concern of falling among people with dementia during COVID-19 Maria Jasmine Silva Federal University of Sao Carlos	(5x5) Bed alarm use in hospital and person-centred practice: A qualitative study Kelly Stephen Monash University
2.45pm – 2.50pm	(5x5) Effects of Vibrotactile insoles on reactive balance control following lateral waist-pull perturbations Megan Trotman The University of Queensland	Questions	(5x5) Use of Falls Prevention Strategies while Mobilisation Alarm Usage is Limited Dai Pu Monash University
2.50pm – 2.55pm	Questions		(5x5) Impact of Built and Ambient Environments on Adverse Patient Outcomes: Umbrella Review Ravi Manohar Monash University
2.55pm – 3.00pm			Questions

**3.00pm –
3.30pm**

Afternoon Tea

3.30pm – 4.00pm Session 4 – 3MT <i>Perth & Sydney rooms, Chairs: Meghan Ambrens and Mae Lim</i>	
3.30pm – 4.00pm	<p>Safer mobility behaviour for fall prevention in people living with Parkinson's disease Daniel Cheung, The University of Sydney</p> <p>Determining optimal balance and gait assessments for predicting falls in older people Cameron Hicks, UNSW and NeuRA</p> <p>Can treating Sleep Apnea reduce fall risk? Rajani Khanal, Flinders University</p> <p>Home-based exergames for stroke rehabilitation Kulvara Lapanan, UNSW and NeuRA</p> <p>Developing the role of Optometrists in community falls prevention Si Ye Lee, The University of Western Australia</p> <p>Bridging research and practice—facilitating the implementation of mobility and fall prevention interventions Melody Cheuk Yin Leung, The University of Sydney</p> <p>Understanding and implementing interventions to reduce falls in the inpatient hospital setting Charlotte McLennan, The University of Sydney & Sydney Local Health District</p> <p>Physical activity in people with health conditions: implementation and cost-effectiveness Belinda Wang, Institute for Musculoskeletal Health</p>

4.00pm – 5.30pm	Session 5 – Plenary <i>Perth & Sydney rooms, Chair: Anne Tiedemann</i>
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| 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
6.30pm – 11.30pm	Conference Dinner (optional extra, not included in registration fee) <i>Melbourne Room, Sofitel Sydney Wentworth Hotel</i> <i>Includes three course meal, premium beverage package and DJ</i>

Tuesday 25th November 2025
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8.00am	Conference Registration <i>Foyer, Level 3, Sofitel Sydney Wentworth Hotel</i>
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8.30am – 10.30am	Session 6 – Plenary <i>Perth & Sydney rooms, Chair: Debra Waters</i>
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| 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
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Session 7 11.00am – 12.15pm	7A: Symposium	7B: Symposium	7C: Symposium
Location	Perth	Sydney	Melbourne
Chair:	Kimberley van Schooten	Toby Ellmers	Stephen Lord
11.00am – 12.15pm	<p>Digitally Enabled Aged Care: Implementing Digital Health in Community and Residential Settings</p> <p>An optimal implementation model for digital health solutions into community aged care, Meghan Ambrens, NeuRA</p> <p>Implementing telehealth and digital tools to prevent falls in aged care, Rik Dawson, Institute for Musculoskeletal Health</p> <p>A framework for implementing technology into home-based aged care, Frances Batchelor, National Ageing Research Institute</p> <p>Exploring acceptability of the StandingTall fall prevention app among community-dwelling older Canadians, Kathryn Sibley, University of Manitoba</p>	<p>Cause or effect? Untangling the relationship between concerns about falling and falls</p> <p>Concern about falling predicts future falls: A meta-analysis and clinical guidance, Toby Ellmers, Imperial College London</p> <p>Falls Significantly Increase Concerns About Falling in Older People, Mira Unverzagt, NeuRA & Maastricht University</p> <p>Brain activity during walking in older people with fear of falling, Jasmine Menant, NeuRA</p> <p>Development of a concern about falling scale in long-term care, Mei Ling Lim, NeuRA</p>	<p>Novel Technologies to Advance Fall Prevention: Monitoring and Training</p> <p>Watch Walk Platform: Enabling Real-World Walking Metrics for Falls Prevention Research Lloyd Chan, UNSW</p> <p>Exergames for motor-cognitive rehabilitation and fall prevention Daina Sturnieks, UNSW and NeuRA</p> <p>Improving reactive and proactive balance strategies using perturbations and virtual reality Yoshiro Okubo, NeuRA</p>

12.15pm –

1.15pm

Lunch and Poster Viewing

12.30pm –

1.15pm

ANZFPS AGM, Sydney Room

Session 8 1.15pm – 2.45pm	8A: Balance and fall risk factors	8B: Engagement, implementation and collaboration	8C: Paramedic / ED/ hospital
Location	Perth	Sydney	Melbourne
Chairs	Daina Sturnieks & Melanie Farlie	Frances Batchelor & Geraldine Wallbank	Kristie Harper & Terry Haines
1.15pm – 1.27pm	<p>Training volunteer exercise leaders to rate balance intensity with older adults Melanie Farlie Monash University</p>	<p>Evaluating uptake, implementation and scalability of an eHealth fall prevention programme Meghan Ambrens NeuRA</p>	<p>Analysis of an Electronic Medical Record Fall Order Set following Inpatient Falls Joanna Mitropoulos Western Health</p>
1.28pm – 1.40pm	<p>Collaboratively designing a floor transfer intervention within a home-based community rehabilitation program Katrina Kenah Monash Health</p>	<p>What motivates women to sign up to a physical activity support program? Geraldine Wallbank Institute for Musculoskeletal Health</p>	<p>Predicting Functional Decline After Emergency Department Falls in Older Adults Tim Stuckenschneider Carl Von Ossietzky University Oldenburg</p>

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	<i>No presentation in this timeslot</i>	An evidence-based approach to falls and frailty: Improving paramedic-care of older people Meghan Ambrens NeuRA
2.07pm – 2.12pm	(5x5) Gait speed and falls: an individual participant data meta-analysis Cameron Hicks NeuRA	(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-motor training improves balance and mobility in stroke survivors: systematic review Kulvara Lapanan 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) Cognitive functions and their associations with falls in older people Daina Sturnieks UNSW and NeuRA	(5x5) Enhancing Patient Safety, Reducing falls in a Medical Unit: A Collaborative Approach Erin Perrot 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) Reliability of the Thai version of the Balance Intensity Scale Thanwarat Chantanachai Mahidol University	(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 Nwe 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

Perth & Sydney rooms, Chair: Jasmine Menant

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

Electronic Poster List

Poster screens will be numbered E1, E2, E3 and E4.
Please refer to screen number below to locate a poster.

Screen	ID	Poster title and presenting author
E1	1	Availability of Falls Prevention Programs for diverse communities in Greater Sydney: A Gap Analysis, Fatemeh Abdi
E1	2	Engaging with Social Housing for Falls Prevention – a ‘Stepping On’ collaborative, Margaret Armstrong
E1	3	Validation of SARC-F and MSRA-5 for sarcopenia at a geriatric falls clinic, Minfang Bao
E1	4	Reliability of a remote cognitive battery for people with history of falls, Paulo Pelicioni
E1	5	Our Silvercare Hub(OSH): A Community Geriatric Service to reduce Emergency Department Attendances, Vivian Barrera
E1	6	Community at the Core: Collaborating with Local Government, Suzanne Butler
E1	7	Keeping watch: Upskilling support workers to recognise and report falls risk, Suzanne Butler
E1	8	Exploring how physiotherapists consider falls risk during the management of osteoarthritis, Jessica Cahan
E1	9	Prevalence of risk and fear of falling among older adults in MENA, Karima Chaabna
E2	10	Fatigue and Back Pain as Risk Factors for Falls in Older Adults, Michelle Chan
E2	11	Activity time and balance exercise intensity during physical therapy in ambulatory care, Melanie Farlie
E2	12	Coaching as learning: Translating the Balance Intensity Scale into Community Health Practice, Melanie Farlie
E2	13	Falls Pro-Forma Enhances Inpatient Post-Fall Assessment Quality: Australian Retrospective Cohort Study, Kristie Harper
E2	14	Move It May: A clinical setting focused deconditioning and falls prevention campaign, Kristie Harper
E2	15	Mirror at a corner can reduce the stride variability for young-adult fallers, Yasuhiro Hatori
E2	16	Implementation of 5-item Dizziness Handicap Inventory in the subacute older inpatient setting, Katherine Hodgson
E2	17	Killing Two Birds with One Stone - Transfers Training and Falls Prevention, Lin Shan Melissa Khoo
E2	18	Insights from delivering OTAGO with motivational interviewing through social services, Hiro (Hiroko) Kiyoshi-Teo
E3	19	Optometrists’ Practices of Falls Prevention Management – A Mixed-Methods Review, Si Ye Lee
E3	20	Adapting and implementing an effective mobility program: a stakeholder-driven approach, Melody Cheuk Yin Leung
E3	21	Aligning fall prevention research with community needs in Australia: a priority-setting protocol, Melody Cheuk Yin Leung
E3	22	Implementing the Safe Recovery Program: Protocol for a Hospital Falls Prevention Trial, Cheng Yen Loo
E3	23	Exercise to Prevent Falls in Frail elderly: A Systematic Review and Meta-Analysis, Poonam Mehta
E3	24	Vestibular rehabilitation for reducing falls risk in the absence of vestibular dysfunction, Lauren Mitchell
E3	25	Training allied health assistants to augment hospital patient falls education, Meg Morris
E3	26	Falls Cognitive Impairment Team (FACIT) Delivering Safe Quality Person-centred Care, Karlee Mueller
E3	27	Physical exercise on motor complications in Parkinson’s disease: systematic review and meta-analysis, Priscila Nobrega-Sousa
E4	28	Functional recovery for elderly fallers in a Geriatric Day Hospital in Singapore, Kenneth Sigaya
E4	29	Associations of loneliness on evidence-based fall prevention program effectiveness in the U.S, Matthew Smith
E4	30	Prevalence of falls in older adults with cancer: a systematic review, Sze-Ee Soh
E4	31	Refining and testing a physical activity intervention. Active Women over 50 Trial, Geraldine Wallbank
E4	32	Associations between exercise habits and falls risk in older adults in Singapore, Joyce Yap
E4	33	Effectiveness of Community Fall to Fit programme in preventing falls and sarcopenia, Joanne Wun Ching Yeo
E4	34	Integrated safe mobilisation program to reduce falls in cognitively impaired older adults, Weihong Zhang
E4	35	Rethinking Walkability: Walkability definition among older adults with varying fall history, Xinyi Zhang