

19 October 2021

## Showcase explores falls, frailty and healthy ageing

Learn about the latest breakthroughs to help frail residents, the benefits of exercise, and how stroke survivors can overcome their swallowing difficulties at this month's virtual Health Beyond Research & Innovation Showcase.

South Western Sydney Local Health District's Director of Allied Health and Community Services Sue Colley will chair the live and online seminar, which will be held on Wednesday 20 October from 12pm to 1pm.

Ms Colley said the event was also a great opportunity to celebrate the achievements of Allied Health workers, and that it followed on from International Allied Health Professions Day on Thursday 14 October.

"Allied Health workers play an important role in providing specialist support to assist patients to achieve and maintain high levels of functioning. I'd encourage community members and anyone with an interest in health and research to join this seminar," Ms Colley said.

Speech pathologist Jacinda Choy will talk about her PhD research to investigate the optimal dosage of swallowing exercises in stroke rehabilitation.

The District's Chief Executive Amanda Larkin said she was delighted that noted researcher Professor Cathie Sherrington would also attend and present her work.

"Professor Sherrington is highly regarded as a National Health and Medical Research Council (NHMRC) Senior Research Fellow at the Institute for Musculoskeletal Health at the University of Sydney," Ms Larkin said.

"Professor Sherrington will talk about falls, frailty and healthy ageing. Her research interests are mobility and falls in older people and people with disabilities."

Ms Larkin said the Showcase series had moved to a COVID-safe and successful online platform this year.

"We have been covering a new theme each month to highlight the important research that is underway to benefit the south western Sydney community today and into the future," Ms Larkin said.

The District is proud to again partner with the Ingham Institute for Applied Medical Research to host the monthly Showcase. The November seminar will explore diabetes research. Community members can watch a seminar live or tune in to a previous event they may have missed by visiting [www.healthbeyondshowcase.org.au](http://www.healthbeyondshowcase.org.au)