



PRIFYSGOL

ABERYSTWYTH
UNIVERSITY

www.aber.ac.uk

Reducing the Harm from Falls



Falls represent the most frequent and serious type of accident for people over the age of 65. They cause injury, restrict activity, destroy confidence, increase isolation and reduce independence. The after effects of even the most minor falls can be catastrophic for an older person's physical and mental health.

Falling is not an inevitable part of growing older, there are steps that can be taken to help.

This conference and networking event brings together the work

undertaken as part of the Ceredigion 1000 Lives Plus mini collaborative and services available in the community. It will demonstrate the practical steps, interventions and services which can help reduce the harm from falls.

The conference is open to everyone, from the individual, their carer, voluntary and community groups, through to health professions based in both the community and hospitals.

Falls prevention is everyone's business.



Bwrdd Iechyd
Hywel Dda
Health Board



1000 LIVES
O FYWYDAU



Iechyd Cyhoeddus
Cymru
Public Health
Wales

Ceredigion's Reducing the Harm from Falls Conference and Networking Event

Monday 18th June 2012
Main Hall, International Politics Building,
Aberystwyth University

9:00 - 9:30	Coffee and registration
9:30 - 9:35	Welcome from Chair - <i>Dr Joanne Thatcher</i> (<i>Head of the Department of Sport & Exercise Science, Aberystwyth University</i>)
9:35 - 9:55	Key note speech - <i>Dr. Alan Wilson</i> (<i>Director of 1000 Lives Plus</i>)
9:55 - 10:10	Local perspective - <i>Janet Knill</i> (<i>Locality Services Planning Co-ordinator, Hywel Dda</i>)
10:10 - 10:40	Speed networking
10:40 - 11:00	Coffee
11:00 - 11:30	Speed networking
11:30 - 12:20	Interactive play
12:20 - 12:35	Research carried out at Aberystwyth University - <i>Dr Samantha Winter</i> (<i>Sport & Exercise Science, Aberystwyth University</i>)
12:35 - 12:40	Summary of the event - <i>Dr. Alan Wilson</i>
12:40 - 13:00	Next steps and close - <i>Dr Joanne Thatcher</i>

Attending the conference and networking event is free of charge, but you will need to register early as delegate places will be limited.

To register your place either:

- E-mail Sarah at sportexercise@aber.ac.uk giving your name, organisation, telephone number and correspondence address
- Telephone Sarah on 01970 621545