



THE UNIVERSITY  
of ADELAIDE

SPRING 2013

# G-TRAC News



## Welcome from our Director



*Assoc. Prof Visvanathan*

Welcome to our first G-TRAC Newsletter. I am very pleased with the progress of the centre since it was opened by the Minister, Hon Mark Butler in February this year. G-TRAC is now a

hive of activity with the Student Teaching program for Senior Medical students and the Research and Training programs are now beginning to take shape.

The Centre Management Group meets monthly and there are regular meetings between the University of Adelaide and Resthaven on campus. The Centre Advisory Group met for the first time in July and the G-TRAC Seminar Series – “Challenges of Care in an Ageing Population” was also launched in July and has been well supported. Our new website has helped our centre communicate effectively with stakeholders and share our work with others locally, nationally and internationally.

## Our Centre Mission

The Adelaide G-TRAC Centre mission is to contribute to the healthy ageing of older South Australians through excellence and innovation in training, research and clinical services.

## Adelaide G-TRAC Centre Launch

The Minister for Mental Health and Ageing opened the centre on the 27th February 2013. The opening was well attended and received extensive media coverage. Professor Justin Beilby, Executive Dean of Health Science, University of Adelaide in introducing the Minister said the centre was an exciting new initiative developed in collaboration with Resthaven Inc. with funds from Health Workforce Australia and the Department of Health and Ageing.

“What this enables us to do is to bring together the right mix of education and clinical practice to develop a more effective approach to Aged Care.” - Minister Mark Butler



*Prof Burt Chair of the Advisory Group with Minister Butler, Renuka Visvanathan, Richard Hearn, CEO of Resthaven and Prof Beilby Justin at G-TRAC Opening*

## G-TRAC Centre Advisory Group

The G-TRAC Advisory Group has been established to support and guide the strategic directions of the centre. The Advisory Group is chaired by Professor Alastair Burt, Dean of the School of Medicine, and University of Adelaide and has representatives from key stakeholders from health, local government, aged care, university and consumers. The group provided advice with regards to the centres mission, goals and strategic directions.

## G-TRAC Teaching and Training Program



*Dr Jeanine Teo with students*

The Adelaide G-TRAC Centre is now the base for senior medical students from The University of Adelaide. We have 4th and 5th year medical

students doing Geriatrics and General Practice placements as well as electives in aged care topics. The students learn from and are exposed to the full range of health and aged care services operating across the continuum of care, from community to aged care to rehabilitation to hospitals across Adelaide. This partnership between health services, aged care services and universities is a timely innovation and will build capacity into the future ensuring that older Australians will be able to access quality health and aged care.

2013 has seen the medical student training program continue to expand and improve. We have been able to build on the program, adding to it and providing the medical students with a dynamic learning environment.



*Student with Community members*

The students have responded well to having a home base at the Adelaide G-TRAC Centre and continue to give positive feedback about their experiences in Aged Care.

We look forward to 2014 and continuing to improve and expand our student teaching program at the Adelaide G-TRAC Centre.

## G-TRAC Seminar Series Begins

The major training initiative for 2013-14 is the establishment of an on-going G-TRAC Seminar Series: 'Challenges of Care in an Ageing Population' aimed at increasing skills and knowledge in aged care. Leading experts in health and aged care are contributing to the seminars to support the translation of best practice into everyday practice. The first seminar was delivered in July.

The seminars running each month in 2013-2014 are on key Aged Care topics including Dementia, Delirium and Depression, Behavioural and Psychological Symptoms of Dementia, Healthy Ageing, Nutrition, Physical Activity, Pain Management, Consumer Directed Care, Oral Health, Medications, Spirituality and Continence. The seminars so far have received very positive support and feedback.



*Centre Manager, Rosie Bonnin introducing the first seminar*

Information and bookings for the seminars and workshops can be found at the University of Adelaide G-TRAC Website.

### Did You Know?

\*The world's population of people 60 years of age and older has doubled since 1980 and is forecast to reach 2 billion by 2050 (WHO, April 2012)

\*Many more Australians are living to old age. A large proportion live a healthy life without diseases and disability.

\*Society needs to break stereotypes and develop new models of ageing for the 21st century. Everyone benefits from communities, workplaces and societies that encourage active and visible participation of older people.

\*Creating "age-friendly" physical and social environments can have a big impact on improving the active participation and independence of older people.

## Innovation and the Longevity Revolution



*Dr Alex Kalache, Ms Josephine Boylan, Mr Peter Tsokas, Dr Kate Barnett, Prof John Spoehre and Skye Jacobi, SA Health*

G-TRAC in collaboration with Office for the Ageing, SA Health presented the Innovation and Longevity Revolution event at the University of Adelaide in October. Dr Alexandre Kalache, Adelaide's recent Thinker in Residence, an internationally renowned expert on active ageing, gave the keynote presentation. Dr Kalache gave his insights into our ageing population, how we can create a society friendly to all ages and reiterated the four key pillars of active ageing – health, life-long learning, participation and security. Dr Kalache also joined an Innovation in Ageing Initiatives Panel discussion with moderator Prof John Spoehre and panel members Dr Kate Barnett, Mr Peter Tsokas and Ms Josephine Boylan. The panel presented on some of the new and innovative work happening in Adelaide.

## G-TRAC Hub



*Central Adelaide Local Health Network Geriatricians meet in June at G-TRAC*

Adelaide G-TRAC Centre has become a Hub for aged care activities, with our new seminar room with new IT and videoing facilities. We have welcomed a large number of partners in running collaborative events at G-TRAC. We also have welcomed many local as well as interstate and overseas visitors who are keen to see our programs first hand.

## G-TRAC Research

Resthaven Inc. has demonstrated their on-going commitment to aged care training and research, by investing \$50,000 per annum over the next 3 years to the University of Adelaide to establish the 'Adelaide G-TRAC Centre-Resthaven Grant Scheme'.

The first grant has just been awarded to Dr Stijn Soenen from the NHMRC Centre for Research Excellence, Translating Nutritional Science to Good Health at the University of Adelaide.

Assoc Prof. Simon Bell in collaboration with Assoc. Prof Visvanathan have commenced their Alzheimer's Australia funded project on pain management within residential aged care.



*Resthaven Board members visit G-TRAC*

## Journal Club

We now have a Journal Club meeting each month where students and clinicians meet to discuss the latest evidence based articles.

Dr Neha Mahajan is collaborating with ACH and Southern Cross Care in a research project exploring the relationship between the religious and spiritual beliefs and physical, psychological health of aged care residents.



*Students sitting at Journal Club with Dr Neha Mahajan and Dr Ruth Teh*

## Community Engagement

Community members were welcomed to a consumer open day event at the centre on 15 October.

The day enabled consumers to find out about the centre as well as how they can be involved in our teaching, research and evaluation activities.



Consumers at the Consumer Day event

Over 40 consumers have given their valuable knowledge and time to the Medical student program in 2013 and the event and afternoon tea was an opportunity to thank them and to welcome others to become involved with the centre in 2014.

Health and Aged Care consumers are central to our centres activities and a Consumer Advisory Group is being created to advise the centre on its activities.

## Gerry and Terri Arrive



Our Simulation mannequins have been a great addition to the centre. The students have been able to use them for examinations and demonstrations.

The Medical Students presented the mannequins at the consumer event.

They showed how they were used to take blood, blood pressure and listen to heart sounds.



Students demonstrating mannequins at the Consumer Day

## Get Involved

Community members who would like to be involved with the centre activities or get involved in our Medical student teaching program, please contact Rosie Bonnin at the centre.



Consumer, Lola, with students at 5th year Consumer Day

## Feedback and Evaluation

We value your views, opinions and comments and we welcome your feedback at any time you engage with us for any purpose.

Our consumers and partners are a central part of the centre's programs and we thank you for your participation and interest. Please fill in a feedback form available at the centre or give us a call.

## The Centre Team



The Centre Management Team: Ruth Teh, Jeanine Teo, Renuka Visvanathan, Neha Mahajan, Rosie Bonnin, Jennie Lenman

## Contact Us

Adelaide G-TRAC Centre  
The University of Adelaide  
61 Silkes Rd  
PARADISE SA 5069 Australia



Telephone: +61 8 8313 2144  
Fax: +61 8313 2155  
email: [gtrac@adelaide.edu.au](mailto:gtrac@adelaide.edu.au)  
web: [health.adelaide.edu.au/medicine/g-trac](http://health.adelaide.edu.au/medicine/g-trac)