



G-TRAC News

Director Update

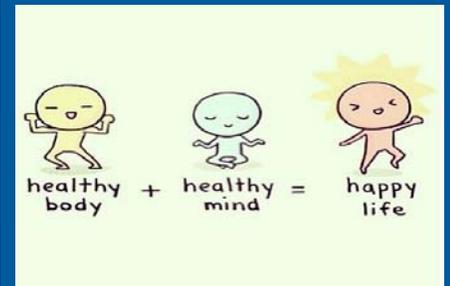


This year seems to be whizzing past quite quickly. Staff are busily implementing our academic agenda. We have had many visitors to the centre. A highlight has been the wonderful interaction between our visiting academics Professor Cesari and Dr Theou and community members.

We continue to be grateful to our community supporters. We look forward to 2018 continuing to be an active year for our centre, no different to our previous years.

Professor Renuka Visvanathan

Healthy Body, Healthy Mind— Resthaven Paradise



Resthaven Community Services at Paradise will shortly launch an exciting new program— 'Healthy Body Healthy Mind'.

The program will run for eight weeks and will cover a variety of topics including; positive thinking, stress and change, self awareness, active living, mindfulness, grief and loss and mental health.

It will be a great opportunity to meet new people whilst exploring some of life's challenges in a safe and supportive environment.

Resthaven are currently in the process of compiling research for the running of the program. If you would like to register your interest for the program please phone Resthaven Community Services Paradise on: 1300 136 633

Visitors from Aged Care Group in Malaysia

In October we had Dr Carol Yip, Chief Executive Officer, Frank Choo, Managing Director and Mahan Krishnan, Chief Strategy Officer from Aged Care Group visit G-TRAC to find out more about the work that we do here. They were particularly interested in the geriatrics training that we provide to our medical students. After learning all about G-TRAC they then toured the Resthaven Nursing Home and Resthaven Community Services.



L-R: Mahan Krishnan, Dr Kareeann Khoo, Dr Carol Yip, Frank Choo

Interview & Lunch with 5th Year Medical Students

Every 6 weeks we have a wonderful group of consumers who come to G-TRAC to volunteer their time to help teach the 5th year medical students who are undertaking their geriatrics rotation. The students are each assigned a volunteer, they then sit down with them for an hour and ask them questions about their health and lifestyle. After the interviews everyone gathers together for a light lunch and a chat. The community members who give up their time to share their stories are a central part of the program and we are very grateful to all of the consumers who participate.

If you are 65+ years and are interested in participating in one of the sessions, please contact Nina Wiltshire: 08 8313 2144 or gtrac@adelaide.edu.au



5th year medical students with community volunteers sharing a lunch

Call for Participants: Making Smart Moves Study

Studies have shown that being sedentary for long periods increases risk of falls, heart disease, diabetes, and death. The average older adult spends up to 70% of their waking time being inactive. This figure increases further after a fall. The SMART-MOVE research study intends to evaluate ways to reduce inactivity time in people with falls or at risk of one.

This research is seeking volunteers to participate for 6 months. The research is conducted at either The Queen Elizabeth Hospital, Woodville South or Adelaide Geriatric Training and Research with Aged Care (G-TRAC) Centre, Paradise.

To be eligible for this research you must be 65 years or older AND have one of the following:

- Had a fall in the past 12 months
- Feels unsteady when standing or walking
- Worries about falling

Interested or want more information, please contact Dr Kareeann Khow on 8313 2144 or kareeann.khow@adelaide.edu.au

Year 12 Work Experience Student David Liu from Prince Alfred College

As a Year 12 student who aims to study medicine at university, the G-TRAC Medical Placement Program has provided me with hands on experience of a medical student, and working as a doctor. My experiences at the G-TRAC Centre and the Queen Elizabeth Hospital has broadened my horizon about how clinical practices are delivered in Australia, which is very different to those being practiced in my hometown China.

For the first two days, I spent time my time at the G-TRAC Centre and the Resthaven Nursing Home, meeting some elderly patients staying there and carrying out file work. More importantly, I was fortunate enough to shadow a nursing staff, which enabled me to see how interaction is taken place between a nurse and a patient, and understanding the role of the nurse in the medical field.

For the rest of the days, I spent most of my time at the Queen Elizabeth Hospital. A tour of the pharmacy department of the hospital, which was guided by their head of pharmacy, has enabled me to see how drugs and medicine are delivered to the patient, and the role of pharmacists in the hospital. I was shadowing the doctors during the ward round, which was exciting as I was able to get an inner look into the doctor's life in hospital.

Overall, the G-TRAC Medical Placement program was very beneficial. This experience has provided me valuable opportunities to explore how doctors, pharmacists and nurses play their respective roles in hospital and taught me the range of abilities that are required for a doctor. I totally enjoyed the work placement program and would like to thank our College and the University of Adelaide for providing me with the opportunity to participate in this program. Fortunately, this experience hasn't scared me from studying medicine, but set my ambition to become a doctor.



Italian Community Session– 28 November 2017

On Tuesday the 28th of November 2017 G-TRAC partnered with Multicultural Aged Care SA (MACSA), Resthaven Inc and Co-ordinating Italian Committee (CIC) to deliver an education session to Italian community members in Italian. MACSA CEO Rosa Colanero hosted the session and opened with an overview of the Italian population in South Australia. Visiting international Professor Matteo Cesari from the University of Milan presented on “what is frailty, why it is important, and how to deal with it”. Gabriella and Soomin from Resthaven Inc then finished the session with some information on how to access My Aged Care. The event was concluded with some strong Italian coffee, cakes and biscuits where the participants made the most of the opportunity to ask Professor Cesari a few questions.



Rosa Colanero & Prof Matteo
Cesari



Soomin & Gabriella– Resthaven



Prof Matteo Cesari

Greek Community Session– 1 December 2017

On Friday the 1st of December 2017 G-TRAC partnered with Multicultural Aged Care SA (MACSA), to deliver an education session to Greek community members in Greek. MACSA Multicultural Learning & Development Coordinator Vicki Kanakaris hosted the session and opened with some information and statistics regarding the Greek population in South Australia. The keynote presentation was delivered by visiting international guest Dr Olga Theou, who is a gerokinesiotherapist and Assistant Professor of Medicine at Dalhousie University, Nova Scotia, Canada. Dr Theou talked to the group about the importance of physical exercise at preventing, and reversing frailty. Vicki then finished the session with some information on My Aged Care, and how to access important services.



Dr Olga Theo & Vicki Kanakaris



Dr Olga Theou



Vicki Kanakaris– MACSA

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G-TRAC at Woodville

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