

Sleep Matters



Good sleep has been recognised to be essential for our wellbeing at all stages of life. Research by the Sleep Health Foundation has found that 33 to 45 percent of Australians experience poor sleep patterns that lead to fatigue and irritability. This puts Australians at risk of low productivity and mental health issues. Meanwhile, sleep disturbances in older adults also bring about safety concerns such as increased risk of falls and injury; and is often a reason for residential care placement.



The focus of this interactive workshop will be on enabling care teams to understand how sleep can be safely supported, for the benefit of residents and staff alike.

This workshop will provide you with:

- An overview of the science of sleep
- Discussion of common sleep disorders/difficulties
- Consideration of the potential impacts of health conditions or disability
- Assessment and intervention; the unique contribution of health professionals
- Application to case studies from aged care, community and disability settings.

Presenter: Narelle Higson (OT, Sleep Specialist & Co-Founder of BedMatters OT)

Date: Friday, 25th August 2017

Time: 8.30am—1.00pm

Venue: The Boulevard Centre, Cambridge Library Building, 99 The Boulevard (Lower Level), Floreat 6014

Early Bird Price: \$150.00(GST incl.)

For registrations received by 10th July 2017

Cost: \$160.00 (GST incl.)

Morning tea provided. Parking voucher supplied on the day. Certificates of Attendance to be emailed after the workshop.

REGISTRATION FORM - Sleep Matters 17.01

Qualification (*please circle*): **OT** PT TA RN EN Carer Other:

Name: _____

Address: _____

Contact Number: _____

Email: _____

Workplace: _____

Dietary requirements: _____

PAYMENT OPTION (*please tick*)

Cash/Cheque posting on : / / 2017
made out to Atlantic Healthcare Training

EFT date: / / 2017
National Australia Bank
BSB: 086461 Acc: 492126805
Ubiquitous Holdings Pty Ltd
Reference: (your name)

Invoice to:

****5 working days notice to be given if you cannot attend.
No refunds for non attendance without notice.**

Fax your application to (08) 9388 3578 or email to training@atlantichealth.com.au

