

Living Well: Mentally, Physically and Emotionally in the Elderly

Workshop and Interactive Session

Monday 2nd July 2018



The Anxiety Disorders Association of Victoria presents a workshop and interactive session for professionals and carers working with the elderly, with Fiona Batchelor, Health Psychologist.

Overview

In this workshop, Fiona will explore the follow questions:

- Who are the elderly?
- What does living well mean to all of us now? How does it change over the life span?
- Does living well depend on good mental, physical, and emotional health?
- How can you tell if an individual or group is living well?
- How can you promote and improve quality of life? Who should be involved?
- What if living well is no longer possible? Can you prepare/prepare others to die well?

Handouts will be provided to take home with you after the session.

Presenter

Fiona Batchelor is a Health Psychologist with extensive clinical experience, having worked in private practice in London and Melbourne, and previously in the National Health Service in Scotland. Fiona initially trained in nursing – being a triple certificate nurse in General and Psychiatric nursing, and as a Clinical Nurse specialist in Behaviour Therapy.

In 1992 Fiona obtained her M.Sc. with Distinction in Health Psychology from City University, London. Fiona's therapeutic approach combines an expert medical knowledge with clinical skills in Cognitive Behaviour Therapy (CBT).



She provides assessment and treatment to children, adolescents, adults, older adults, and couples. Fiona provides health psychology input to the Epworth Hospital Heartsmart Cardiac Rehabilitation Program. In addition to her clinical treatment skills, Fiona has presented workshops at conferences in the United Kingdom and Australia and has lectured at City University (London), La Trobe University (Melbourne) and The Australian Catholic University (Melbourne).

Fiona is a member of, The Australian Psychological Society College of Health Psychologists and The British Psychological Society, respectively.

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Please note:

APS Members can accrue Continuing Professional Development (CPD) hours by participating in CPD activities that they determine to be relevant to their individual professional skills, learning plans and goals. These may be self-initiated. CPD activities do not need to be endorsed by the APS.

Date	Monday 2 nd July 2018 10.00am-2.00pm (Registration at 9.30am)
Presented by	Fiona Batchelor
Venue	The University of Melbourne, Hawthorn Campus, Conference Room 422 Auburn Road, Hawthorn 3122
Additional details	<ul style="list-style-type: none">- Includes presentation handouts and reference materials- Certificate of Attendance upon completion- Tea/coffee and snacks provided
Cost*	Standard/Non-members: \$125.00 ADAVIC Members: \$100.00 <div>*ADAVIC does not charge GST</div>
Booking details	Bookings are limited to 32 professionals Bookings close Friday 22 nd June 2018 (or until bookings exhausted)
How to book	ADAVIC Online Store: www.adavic.org.au/product-view.aspx?Id=296 Registration form below
Enquiries	Phone: (03) 9853-8089 Email: adavic@adavic.org.au

Proceeds from this event help to maintain ADAVIC services

ADAVIC is a not-for-profit organisation providing community-based support, information and resources for anxiety and depression.

PAYMENT & REGISTRATION FORM



I would like to register for:

- ☐ **Workshop and Interactive Session: Living Well: Mentally, Physically and Emotionally in the Elderly** presented by Fiona Batchelor on Monday 2nd July 2018.

ATTENDEE NAME(S)		
POSITION TITLE		
ORGANISATION		
EMAIL		
POSTAL ADDRESS		
CONTACT NUMBERS	1	2
HOW DID YOU HEAR ABOUT THIS EVENT?		
WOULD YOU LIKE TO RECEIVE OUR E-NEWSLETTER?	<input type="checkbox"/> YES <input type="checkbox"/> NO	
YOUR LEVEL OF KNOWLEDGE ON THIS TOPIC	<input type="checkbox"/> LOW <input type="checkbox"/> MEDIUM <input type="checkbox"/> HIGH	
DO YOU HAVE ANY SPECIAL DIETARY REQUIREMENTS?	<input type="checkbox"/> NIL <input type="checkbox"/> VEGETARIAN <input type="checkbox"/> GLUTEN FREE <input type="checkbox"/> OTHER (please specify):	
PAYMENT AMOUNT	<input type="checkbox"/> \$125.00 – Standard/Non-Member <input type="checkbox"/> \$100.00 - ADAVIC Member PLEASE NOTE: A 25% administration fee applies for refunds requested before Wednesday 13th June 2018. No refunds or credits will be issued after this date.	

PLEASE FIND ENCLOSED MY:																	
<input type="checkbox"/> Cheque / Money Order (Made out to <i>Anxiety Disorders Association of Victoria</i>)																	
<input type="checkbox"/> Credit Card details:																	
Name on Card: _____																	
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