



Healthy, Wealthy and Wise(r)

# Down Syndrome NSW Annual Health and Ageing Conference



Monday 10th July –  
Tuesday 11th July 2023

Sydney and Online

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We are so glad you're here!

We know that health is one of the biggest issues facing our community. From prenatal through to ageing, good health management is key to a fulfilling life.

Our role at Down Syndrome NSW is to bring together experts, researchers, medical professionals and health specialists to share their knowledge and build our capacity as a community, as parents, as siblings, as an organisation.

Knowledge is power.

Covering the full life span, our conference covers key topics such as regression, dementia, sleep apnea, talking to your GP, mental wellbeing, prenatal and new baby diagnoses, early years interventions and so much more.

So, it is with great pride that I bring to you our conference with a theme of "Healthy, Wealthy and Wise(r)". Information on health shared by experienced and highly skilled health professionals and researchers leads to healthy, wealthy and wise(r) families, medical professionals and the broader community which in turn, delivers healthy, wealthy and wise(r) lives for our loved ones with Down syndrome. Families of loved ones with Down syndrome do not have to go through life without relevant information to support them in navigating through some of the health conditions associated with Down syndrome.

Thank you for joining us, thank you for your support. It means the world and together, we are stronger.

I look forward to seeing you in person or online at our upcoming conference.

**Emily Caska**  
Chief Executive Officer  
Down Syndrome NSW



Thank you for your interest in our annual Down Syndrome NSW Health and Ageing Conference to be held in Sydney on Monday 10 and Tuesday 11 July 2023. Informed by our members' feedback as well our own expertise and lived experiences, this Conference will cover various topics on health and ageing brought to you by industry leaders.

- As a statewide organisation, we have worked hard to accommodate our regional members. The Conference has been organised on a Monday and Tuesday to allow regional delegates to travel on the weekend prior.
- We are thrilled to partner with the Castlereagh Boutique Hotel to offer affordable, accessible accommodation with a special discount at a high-quality hotel in the heart of the city.
- We offer the Health and Ageing Conference as a hybrid conference. This means members can access the discussions either in person or remotely, via a livestream of the conference or via recording.

We encourage you to attend in whichever format works best for you, as well as share this program with your families, networks, support staff, your health practitioners and organisations that support your loved ones so as to build their knowledge and enhance their capacity to provide better support. We are with you, every step of the way.





Our Down Syndrome New South Wales Health and Ageing Conference this year will cover health and ageing issues related to general common health conditions for loved ones with Down syndrome such as regression, sleep disorders, mental health, dementia, and dental health.

Our speakers will also present on early childhood support, nutrition for better concentration and more energy, promotion of health and wellbeing by our General Practitioner, and how to best support ageing loved ones with Down syndrome.

We will also hear about the 'Congratulations Initiative', the Down Syndrome NSW Australian Financial Review Finalist program.

The conference is for:

- Parents
- Carers
- Siblings
- Adults with Down syndrome
- Support Workers
- Government Departments
- Health Practitioners
- Medical Professionals
- Support Coordinators

Monday 10 July: 10am – 5pm  
Networking Drinks: 5.00pm – 7.00pm  
Tuesday 11 July: 9.00am – 4.00pm

### Audience:

This conference is for:

- Parents, Families, Siblings, Carers
- People with Down Syndrome
- Disability Support Workers
- Accommodation Support Workers
- Government Officials
- Health Professionals
- Support Coordinators
- Medical Centres
- Therapists

### Venue and Location:

Wesley Conference Centre, 220 Pitt St, Sydney NSW 2000 (map)



### Inclusions and Pricing:

Full Conference, including Networking Drinks

DSNSW Member	\$299
Non-Member	\$399

Full Conference online: Monday 10 – Tuesday 11 July

Livestreaming	\$198
Recording	\$178

### Register here:

<https://events.humanitix.com/dsnsw-annual-health-and-ageing-conference-healthy-wealthy-and-wise-r>

### Accommodation:

Down Syndrome NSW is proud to partner with Castlereagh Boutique Hotel, (169 Castlereagh St, Sydney NSW 2000). A stylish, perfectly located and affordable hotel close to the Conference venue.'

Conference delegates can go to

[www.thecastlereagh.com.au](http://www.thecastlereagh.com.au) select tab: BOOK, select tab: HAVE A PROMO CODE, and enter the discount code: DSNSW10 for a 10% discount

### Nearest Train Station:

Town Hall Station

### Nearest Parking Stations:

Piccadilly Secure Parking

Hilton Secure Parking

### Nearest Landmarks:

Australian National Maritime Museum

Sydney National Maritime Museum

Sydney Eye Tower

The Sydney Fernery

**Day One in-person:** Monday 10 July: 10am to 5pm, including Networking Drinks 5-7pm

Member \$159

Non-member \$259

**Day One online:** Monday 10 July: 10am to 5pm

Livestreaming \$ 99

Recording \$ 89

**Day Two in-person:** Tuesday 11 July: 9am to 4pm

Member \$119;

Non-member \$219

**Day Two online:** Tuesday 11 July: 9am to 4pm

Livestreaming \$ 99

Recording \$ 89




### Networking Drinks and Canapes:



Monday 10 July, 5-7pm

Additional guest: \$35, See registration link for NDIS ticketing

# Day One:




Time	Speaker	Topic	Details	Photo
<b>9.00am - Registrations open</b>				
10.00am	<b>Jessica Dallender-Jones,</b> COO Down Syndrome NSW	Welcome	N/A	
10.05am	<b>The Hon. Kate Washington,</b> NSW Minister for Families and Communities NSW Minister for Disability Services	Official Opening by the NSW Minister	N/A	
10.15am	<b>Dr. Cathy Franklin</b> Psychiatrist Leader, Mater Intellectual Disability and Autism Service, Brisbane	Down syndrome Regression Disorder – what it is, and what to do about it	Down syndrome Regression Disorder is a recently defined entity that affects some adolescents and adults with Down syndrome. This presentation will explain what to look for and what to do if you, or someone you support, develops symptoms of regression.	
<b>11.00 am – 11.20am - Morning Tea</b>				
11.20am	<b>Prof Nick Lennox,</b> Senior Medical Advisor, Primary Care Branch, Department of Health Professor (Hon) Mater Research Institute, The University of Queensland (UQ)	The national roadmap and what it may mean for people with Down Syndrome	This talk will explain the national roadmap and its effects for people with Down syndrome.	


12.00pm	<p><b>Nicky Clark,</b> Nutritionist, Nicky Clark Nutrition</p>	<p>Boosting brain, memory and cognitive function with food</p>	<p>This talk will explain how you can use food to boost your brain, memory and cognition. It will describe how food influences brain function and the impact it can have – from energy lows to reduced memory. We will describe foods you should try include more of in your diet and foods you should try to avoid in order to boost brain function. This talk will be relevant to everyone, but targeted towards improving memory and cognition in individuals with Down syndrome.</p>	
12.45pm	<p><b>Prof Julian Trollor,</b> Chair, Intellectual Disability Mental Health &amp; Head, Department of Developmental Disability Neuropsychiatry Professor and NHMRC Leadership Fellow Discipline of Psychiatry and Mental Health, UNSW Medicine &amp; Health</p>	<p>Ageing well: tips, tricks and traps</p>	<p>“It’s not how old you are, but how you are old”. This is one of my favourite quotes about ageing, by the French author Pierre-Jules Renard. How we are when we are old is not always something we can control. But there are some things we can do that increase the chance of us ageing well. Key challenges as we age include becoming frail and developing dementia. There are some things we can do to reduce the chance of these things occurring. In this talk I hope to help people living with Down syndrome and their family and supporters understand positive steps that can be taken to support ageing well.</p>	
<p><b>1.45pm - 2.30pm - Lunch</b></p>				
2.30pm	<p><b>Prof Brendon Yee,</b> Staff Specialist in Respiratory and Sleep Medicine at Royal Prince Alfred Hospital, Head, Discipline of Sleep Medicine at Sydney Medical School, University of Sydney</p>	<p>Down Syndrome and Sleep Disorders</p>	<p>This talk will discuss the various sleep disorders associated with Down syndrome, and provide information on management.</p>	



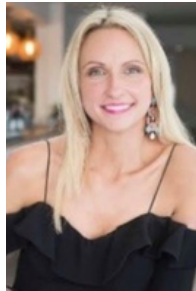

3.15pm	<p><b>Dr Aline Smith,</b> General Practitioner, and Family Doctor, Village Medical Practice</p>	<p>Promoting Health and Wellbeing in General Practice - what can your GP do for you?</p>	<p>This presentation will provide an overview of how to best partner with your GP for quality health outcomes.</p>	
<p><b>4.00pm - 4.15pm - Afternoon tea</b></p>				
4.15pm	<p><b>Dr Antonia (Toni) Scott,</b> PhD Candidate Sydney Medical School Faculty of Medicine and Health The University of Sydney</p>	<p>Looking Down in the Mouth: The links between oral health and general health for ageing parents, carers, and adults with Down syndrome</p>	<p>The talk will describe the types of dental disease, prevention, diagnosis (including use of OPG x- rays) and the links of dental disease to general health conditions of cardiovascular, diabetes, osteoporosis and thyroid disease.</p>	
<p><b>5.00pm – 7.00pm Networking, Drinks &amp; Canapes at Sun Parlour at The Castlereagh Club. (199, Castlereagh Street, Sydney)</b></p>				



# Day Two:

Time	Speaker	Topic	Details	Photo
<b>8.30am - Registrations open</b>				
9.00am	<b>Dr. Brian Chicoine, MD,</b> Brian Chicoine, MD Medical Director, Advocate Medical Group Adult Down syndrome Center Faculty, Family Medicine Residency, Advocate Lutheran General Hospital	30 Years of Change in the Health of People with Down Syndrome	Today, people with Down syndrome are living longer and healthier than ever before. Over the last several decades, life expectancy has increased significantly as well as opportunities and options in education, employment, residential living, community participation, and other areas. In this presentation, Brian Chicoine, MD, will discuss the past, present, and future of health of people with Down Syndrome and share insights from his more than 30 years of experience as a physician and advocate for people with Down syndrome.	
<b>10.00am – 10.20am - Morning Tea</b>				
10.20am	<b>Kerry Dominish,</b> Speech Pathologist, CEO for EarlyEd Early Childhood Intervention Service  & <b>Dee Barrow,</b> Physiotherapy, Practice Leader, EarlyEd Early Childhood Intervention Service	Early Childhood Intervention: Practice Makes Progress	By exploring the current research evidence for best practices in early childhood intervention, this session will provide a framework for families and practitioners to evaluate supports and services currently being provided for children, families and the communities they are part of.	 

<p>11.05am</p>	<p><b>Melissa Cotterill,</b> Prenatal and New Baby Manager/Congratulatio ns Initiative Manager Down Syndrome Association of NSW</p> <p>&amp;</p> <p><b>Julie Louden,</b> Business Support Manager / Information and Support Team Member Down Syndrome Association of NSW</p>	<p>The Down Syndrome NSW Congratula tions Initiative</p>	<p>Learn about our innovative project aimed at ensuring congratulations not sorry by partnering with medical professionals and families. We will share an overview of our project as well as learnings to date. Melissa and Julie are both parents of children with Down syndrome, bringing unique lived experience and perspective to this important project</p>	 
<p>11.55am</p>	<p><b>David Thompson,</b> Clinical Nurse Consultant/Coordinator, Statewide Intellectual Disability Mental Health Outreach Service, NSW</p>	<p>Mental Health for Adults with Down syndrome</p>	<p>This talk will look at why some adults with Down syndrome may not have good mental health. This includes reasons which are shared with other adults, but also some extra risks linked with having Down syndrome. Information will be provided about what can help and where to get support.</p>	
<p><b>12.40pm - 1.30pm - Lunch</b></p>				
<p>1.30pm</p>	<p><b>Dr. Seeta Durvasula,</b> Medical practitioner in intellectual disability health and Senior Research Fellow at the Department of Developmental Disability Neuropsychiatry, UNSW</p>	<p>Health Monitoring and Screening in People with Down syndrome</p>	<p>People with Down syndrome can have multiple and complex health conditions and regular health monitoring is important for early detection and treatment of the conditions. In this presentation, the health monitoring and screening recommended for adults and older people with Down syndrome will be discussed.</p>	


2.10pm	<p><b>Prof Vivienne Riches,</b> Clinical Professor, Snr Research Fellow, Psychologist Centre for Disability Studies</p>	Trauma Awareness and Trauma- Informed Care	<p>This Presentation will address the what and why of trauma awareness and trauma-informed practice and why they are needed across services. The importance of safety and stabilisation for those who have experienced a trauma or complex trauma will be addressed too.</p>	
2.50pm	<p><b>Trevor R Parmenter AM PhD,</b> Professor Emeritus Sydney Medical School Faculty of Medicine and Health University of Sydney Adjunct Professor, School of Rural Medicine University of New England</p>	A Support Framework for People with Intellectual Disabilities Who Are Ageing	<p>The presentation reports a comprehensive exploration, across metropolitan and rural regions of NSW and Queensland, in collaboration with four disability and aged care agencies, to identify ageing-in-place concerns of a sample of people with intellectual disabilities who are ageing and whose needs had not been adequately researched.</p>	
3. 30pm	<p><b>Emily Caska,</b> CEO Down Syndrome NSW</p>	Way-Forward	N/A	
3.40pm	<p><b>The Hon. Susan Carter</b> MLC, Shadow Assistant Minister for Attorney General, Shadow Assistant Special Minister of State, and Shadow Assistant Minister for Corrections</p>	Official Closing by NSW Shadow Minister	N/A	
<p><b>4pm - Conference Close</b></p>				


**For more information please visit our website** - <https://www.downsyndrome.org.au/blog/event/2023-annual-health-and-ageing-conference-healthy-wealthy-and-wiser/>

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