



PACT 2018 Seminar

"Living your best life now"

9.00am – 4.45pm Thursday 29th November 2018

Corinna Ballroom, Southern Cross Club, Phillip, ACT

9.00 - 9.30	REGISTRATION Coffee and mini-market place open
9.30 – 9.35	OPEN AND WELCOME Mr John Sheldrick , President PACT
9.35 – 9.40	NATIONAL UPDATE: PARKINSON'S AUSTRALIA Mr Steve Sant , CEO Parkinson's Australia
9.40 – 10.20	KEYNOTE 1: TREATMENT PATHWAYS – From diagnosis to advanced therapies Dr Yash Gawarikar , Consultant Neurologist and Senior Staff Specialist, Calvary Public Hospital, VMO Calvary Bruce and Clinical Lecturer Neurology ANU Medical School
10.20 – 10.30	QUESTIONS FOR DR GAWARIKAR
10.30 – 11.00	MORNING TEA / COFFEE BREAK
11.00 – 11.45	KEYNOTE 2: PARKINSON'S BLUES: Are anxiety, depression, paranoia, or hallucinations holding you back? Dr Linton Meagher , Specialist Neuropsychiatrist, Northside Cremorne Clinic, VMO Sydney Parkinson's and Movement Disorders Surgical Clinic, North Shore Private Hospital
11.45 – 12.00	QUESTIONS FOR DR MEAGHER
12.00 – 12.10	PARKINSON'S ACT SUPPORT GROUPS – OVERVIEW Ms Sallyann Ducker , former PACT Committee Member and Publicity Officer
12.10 – 12.20	YOUNG AT PARK – PACT'S NEWEST SUPPORT GROUP Mr Anthony Overs , Coordinator PACT Y@P
12.20 – 12.30	CARERS ACT , Ms Lisa Kelly , CEO Carers ACT
12.30 – 1.30	LUNCH BREAK <i>Painting with Parkinsons art exhibition and Service Providers' mini-market place</i>
1.30 – 2.00	MOVE IT! OFF BEAT: Dance for people with Parkinson's in the ACT Mr Philip Piggini , Creative Program Officer, Belconnen Arts Centre, & tutors & class members
2.00 – 2.45	KEYNOTE 3: RESEARCH: Early diagnosis and slowing disease progression Associate Professor Antony Cooper , PhD, Head, Division of Neuroscience, Head of Neurodegeneration and Neurogenomics Program, Garvin Institute of Medical Research
2.45 – 3.00	QUESTIONS FOR ASSOCIATE PROFESSOR COOPER
3.00 – 3.30	AFTERNOON TEA / COFFEE BREAK
3.30 – 4.15	KEYNOTE 4: EXERCISE AS MEDICINE: The power of neuroplasticity to slow down the development of and manage PD symptoms Ms Gilly Davy , Clinical Director and Lead Neurological Physiotherapist, Connect Neuro Physiotherapy, NZ. Australian Award for contributions to Neurological Physiotherapy. Introduction by Mr Ian Ruff, Olympic Medallist
4.15 – 4.30	QUESTIONS FOR GILLY DAVY
4.30 – 4.45	CLOSING REMARKS – Mr John Sheldrick



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Mini Market Place Participating Organisations

The Mini Market Place will be located in the foyer immediately outside of the main seminar room. It provides an opportunity where people living with Parkinson's and their families and supporters can explore a range of services that they might not be aware of or familiar with and how they might assist in managing PD symptoms and improving quality of life

1. Parkinson's ACT
2. Carers ACT
3. Pilates Canberra
4. Capital Hydrotherapy
5. World of Wellbeing
6. Ki Acupuncture
7. The Walking Clinic
8. Neurospace and the University of Canberra student-led neurological physiotherapy clinic
9. Capital Nordic Walking

Painting with Parkinsons and OFFBEAT (Dance for people with Parkinson's) will also have display tables set up at the rear of the main ballroom near the refreshments tables where the art exhibition will be located