

“Fall risk factors and intervention strategies: recent findings from Neuroscience Research Australia”

Speaker: Scientia Prof Stephen Lord, University of New South Wales and Neuroscience Research Australia, Sydney



Stephen Lord is a Scientia Professor at the University of New South Wales and a Senior Principal Research Fellow at Neuroscience Research Australia, Sydney, Australia. He has published over 500 papers in the areas of applied physiology, instability, falls and fractures in older people and clinical groups with balance impairment. His research follows two main themes: the identification of neuropsychological, sensorimotor and balance risk factors for falls and the development and evaluation of fall prevention strategies. His current projects include cognitive-motor intervention studies using new technologies to prevent falls and studies addressing fall risk in clinical groups at high risk of

falls including people with dizziness, multiple sclerosis, Parkinson’s disease and dementia

Synopsis:

Falls in older people are a major health care problem for older people. This talk will present findings from recent research work conducted at NeuRA relating to the understanding of key fall risk factors. Topics will include: every day gait (assessed remotely with inertial sensors), the role of stepping tests combining physical and cognitive tasks in predicting falls, gait adaptability as a model for fall risk, and the efficacy of voluntary and reactive balance training for preventing falls in older people. The presentation will also summarize the findings of effective interventions for fall prevention in this population.

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