

Physical and Mental Health Promotion For

People with an Intellectual Disability

A workshop for families, service providers and other professionals

With Dr Seeta Durvasula and Ms Rachel Dickson

Monday 11th October 2010: 9.30am to 4.00pm

Living a healthy life is a common goal for all people in the community, including those with intellectual disability.

This interactive workshop examines the ways that families, support workers and other professionals can promote physical and mental health in people with intellectual disability.

Topics covered:

- Healthy eating
- Physical activity
- Sunlight and health – Too little? Too much?
- Preventive health - health checks, screening and immunisations
- Taking medicines safely and effectively
- Early warning signs of mental illness
- Understanding mood disorders
- Strategies for supporting someone to have good mental health
- The relationship between good physical and mental health

Presenters:	Dr Seeta Durvasula is a Medical Lecturer in Developmental Disabilities at the Centre for Disability Studies, Sydney Medical School, University of Sydney. She provides medical consultations and assessments at the NSW Developmental Disability Health Unit. Seeta also teaches and supervises medical students and general practice registrars, and conducts clinical research. Ms Rachel Dickson is a registered Psychologist and Research Fellow at the Centre for Disability Studies. She provides assessment and counselling services through the NSW Developmental Disability Health Unit and also holds a clinical position within the NSW branch of the Fragile X Association of Australia.
Fee	Family member: \$50 (includes GST) Support workers / other professionals: Non-member of CDS: \$132 (includes GST) Financial member of CDS: \$121 (includes GST) (Registration includes morning tea, lunch, afternoon tea and an information pack)
Venue	Charles Blunt Conference Room, Royal Rehabilitation Centre Sydney, 59 Charles St Ryde
Bookings	Phone: 8878 0500 Email: mcarrick@med.usyd.edu.au Fax: 9807 7053



Booking form (Closing date for registration is Tuesday 5th October)

Physical & Mental Health Promotion for People with an Intellectual Disability
 Monday 11th October 2010

Name

Address

Contact No

Email address

Organisation / Affiliation (*if applicable*)

Dietary/other special requirements.....

Family members: \$50 (includes GST)
 Service providers/ other professionals: Non-member of CDS: \$132 (includes GST)
 Financial member of CDS: \$121 (includes GST)

Method of payment

➤ Cheque/money order, made payable to: *Centre for Disability Studies*

Or

➤ Credit Card: Visa MasterCard Paypal via <http://www.cds.med.usyd.edu.au>

Amount: _____ Expiry Date: _____

Cardholder's name: _____

Card No.:

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Post to:

Attention: Margaret Carrick
 Centre for Disability Studies,
 P. O. Box 6,
 Ryde NSW 1680
 or Fax: 02 9807 7053

For queries: Ph: 02 8878 0500 Email: mcarrick@med.usyd.edu.au