



# Telehealth Programs & Webinars

Care, Anywhere

## EMPOWER CONNECT PROGRAMS DELIVERED VIA TELEHEALTH

Empower Connect Telehealth Programs include convenient virtual consultations, professional guidance to ensure safety and effectiveness.

**BENEFITS:** greater accessibility, reduced costs, and the ability to receive quality care from the comfort of home—because your well-being is our priority.

### FALLS PREVENTION PROGRAM: 15 HOURS

Personalised strategies and recommendations designed to minimise falls risk including:

- Environmental modifications
- Balance, strength, and mobility training
- Education on hydration to prevent dehydration related dizziness & confusion

### DAILY LIVING SKILLS PROGRAM: 15 HOURS

Personalised strategies and recommendations designed to promote health and wellbeing, independence in daily living skills.

- Adaptive equipment and task simplification
- Lifestyle changes to achieve functional goals or management of chronic conditions
- Education on bone health to reduce fracture risk and maintaining muscle mass through nutrition

### COPE DEMENTIA PROGRAM: 12 HOURS

Care Of People with Dementia in their Environments

- Assessment of the person, family / carer and environment
- Address up to three care challenges plus activity engagement
- Adapting activities for longer term and applying strategies to other care challenges.

# Telehealth Webinars

Unlock healthcare insights from the comfort of home. Learn from our clinician-led webinars providing valuable guidance on wellness, prevention and living a happy healthy life at home.



To register scan or visit the events page on our website

## WELLNESS WEBINARS • WEEKLY

Weekly Wellness Webinars are designed specifically for the people we care for — helping people stay well at home with professional insights, practical tips, and strategies to support health and well-being to stay at home.

### TOPICS:

- Golden Years Nutrition: Healthy Eating at Home
- Staying Steady: Falls Prevention Strategies for Home Care
- Empowering Independence: Assistive Technology for Home Care
- Safe Eating: Swallowing and Mealtime Tips

## LUNCH & LEARN WEBINARS • QUARTERLY

Quarterly Lunch and Learn webinars offer valuable guidance on when to refer clients with key insights into best practices, referral timing, and how to ensure clients receive the right support at the right time.

### TOPICS:

- Compassion in Care: enhancing end of life quality
- Step into Health: Podiatry Insights for Improved Footcare
- Breath Easy: Lung health with Physiotherapy
- Swallowing Success with Dietetics and Speech Pathology