



Part of Trans 50 group

Presents

Enhance the quality of life for the elderly

Workshop

24 February 2010 (Wednesday)

Time: 09:00 –12:00
Venue: Panorama Palms Retirement Village, Hendrik Verwoerd Avenue, Panorama
Cost: FREE (Incl Trans50 file & stationary)
Refreshments (Tea, coffee & biscuits)
Presenter : Sylvia Birkhead

Background of presenter:

- Qualified as an Occupational Therapist from Wits University
- Lectured part time at Wits University in the OT department from 2000 to present,
- Guest lecturer 3 times in the O.T department at the University of Mauritius.
- Facilitate support groups, consult and give presentations / workshops for the Multiple Sclerosis, Parkinsons, MND (motor neurone disease), Dystonia, Stroke and Alzheimer Associations.
- Have been trained by Flo Longhorn as sensory stimulation specialist in S.A.
- Member of SAGA.
- Did Masters degree in Occupational Therapy
- Have written numerous articles, a chapter in an O.T text book and compiled a booklet on low cost O.T activities. (Detailed cv included)

Take note: The workshop will be presented in English.

This exciting workshop will cover:

- The effects of aging and the benefits of activity participation relating to the residents' health
- Ideas on actual activities to enhance quality of life for the elderly. (The 7 areas of need e.g physical, emotional, social, cognitive, individual, groups, cultural)
- Sensory stimulation applied to everyday living (To be able to develop and run a sensory stimulation programme at your centre)

Who will benefit from this workshop?

It is recommended that any staff members or volunteers engaged in caring for the elderly as well as Management will benefit from this workshop.

Booking: Complete the attached form and fax to **021-930 2856** or email lifestyle@panoramapalms.co.za Contact Annemarie Heydenrych or Christelle van Noordwyk (Reception) at Panorama Palms Retirement Village for any other queries. (Tel nr 021-930 6035/53).

BOOKING IS ESSENTIAL!

CLOSING DATE TO MAKE A BOOKING: Wednesday, 17 February 2010

We look forward to your presence!

REGISTRATION FORM

I/We accept the invitation to Enhance the quality of life for the elderly- workshop at Panorama Palms Retirement Village (24 February 2010, 09:00-12h00)

Full Name & Surname:	Position	Cell nr
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
Name of organization/company: _____	Contact nr (w): _____	
Email : _____	Fax nr : _____	
Postal address: _____		

What are your expectations of the workshop?

CV of Sylvia Birkhead

Qualified as an Occupational Therapist from Wits University and worked in a Provincial Hospital as head of Rehabilitation for 10 years. During this period, did additional courses eg. Teaching certificate in braille; music therapy diploma, hospice counselling.

Lectured part time at Wits University in the OT department from 2000 to present, and co-ordinated OT Assistant training for 3 years. Examiner for HPCSA for OTT top-up exam. Teaching on Lifehealth Esidimeni OTA course. Guest lecturer 3 times in the O.T department at the University of Mauritius.

Facilitate Support groups, consult and give presentations / workshops for the Multiple Sclerosis, Parkinsons, MND (motor neurone disease), Dystonia, Stroke and Alzheimer Associations. Member of Alzheimer's Association committee - Gauteng region and do workshops, training and assessment of caregivers. Have been trained by Flo Longhorn as sensory stimulation specialist in S.A.
Member of SAGA.

Did Masters degree in Occupational Therapy on the needs of caregivers of stroke patients. Have written numerous articles, a chapter in an O.T text book and compiled a booklet on low cost O.T activities.

In 2004, won the OTASA Albie Sach's Award for making an exceptional contribution to the lives of people with disabilities in South Africa.

At present have a private practice treating children and adolescents with learning and study problems, do home visits to adults with neurological conditions, run activity groups at several old age homes, train and supervise OT Assistants and caregivers, run a creative arts and supportive programme for cancer patients and their families, a support group for recovering addicts and am involved in the OT Association of SA, as Publications co-ordinator and editor of the OTASA newsletter.

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