

HOUR TO EMPOWER - FOOD IN RECREATIONAL THERAPY PROGRAMS

FRIDAY 20TH OCTOBER 2023

12.00PM (AEST)- WORKSHOP COMMENCES

1.00PM (AEST) - WORKSHOP ENDS



Skills and knowledge relevant to Recreational Therapy. Essential information for your continued professional development provided via this virtual classroom in a 1-hour ARTA workshop.

Ways to enhance nutrition with the use of Food in Recreational therapy programs.

Join your presenter Johanna Hoare, an Accredited Practising Dietitian with a keen interest in providing patient-centered care and optimising the nutritional outcomes for individuals living in residential settings and/or with a disability.

Johanna's clinical expertise encompasses oral nutrition support, enteral feeds, and the nutritional management of texture modification; healthy lifestyle interventions in young people; weight-related concerns, type 2 diabetes, and cardiovascular disease; food intolerances, and conditions affecting gut health.

She has experience working with people with a range of clinical conditions and disabilities such as neurodegenerative conditions, intellectual disability, autism, down syndrome and acquired brain injury.

Johanna's research involvement relates to dietary interventions in young people with obesity.

She has presented her work at domestic and international conferences, with her work published in peer-reviewed scientific journals.

Johanna is passionate about helping her clients reach their nutritional goals.

If time permits Kayla Garside will share a cookbook of finger food ideas created to improve the nutrition of those living with dementia.

Leisure and Health Training in line with professional best practice and Recreational Therapy Standards

REGISTER ONLINE!

Log in as a member to receive the discount

CHEQUE:

Payable to:
Diversional Therapy Australia
ABN 84 066 487 821

DIRECT DEBIT

Acc. Name: DTA Workshops
Bank: C'wealth
BSB: 062281
Acc.: 1031 8600.

VISA or MASTERCARD

Phone 1300 113 395 or
return the registration form
with the details filled in.

A virtual learning opportunity with opportunities to network, exchange ideas and join Australian Recreational Therapy Association! ARTA members will receive 1 CPD hour for attending this virtual workshop live on the day.

INVESTMENT:

- ARTA Members \$30 (incl GST)
- ARTA Student members \$20 (incl GST)
- Non Members \$40 (Incl GST)
- **Note:** Cancellations require minimum 2 days notice to receive refund.

Cost includes handouts, material & attendance certificates sent via computer/email. A link to the meeting will be forwarded a few days before hand with information on downloading needed technology.

Direct debits **MUST** be confirmed by emailing enquiries@recreationaltherapy.au before links will be forwarded.

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Complete the registration form below and post to PO Box 83 North Ryde NSW 1670 or email to enquiries@recreationaltherapy.au

ARTA member: Y / N Name:

Address:

Phone: (.....)..... Mob..... Fax: (.....).....

Email:

Payment Options: VISA/Master Card Cheque/Money order Direct Debit Amount: \$.....

Card Number: Expiry:

Name on Card:

Invoice my work

Org Name: Fax: (.....).....

Address:

FURTHER CONSIDERATIONS:

- Following your registration and a few days out from the workshop you will be forwarded a meeting link including instructions on downloading the required platform. Please ensure that you have access to a computer/laptop/ tablet or phone with a microphone and camera to be able to participate fully. Participants may attend in groups to the workshop where applicable however all participants should be registered to attend.
- If you require assistance with setting up the technology then please contact ARTA.
- Paperwork including the run-sheet for the day with breaks will be forwarded before the virtual workshop begins- this can be printed or saved to your computer. An online evaluation will be sent to you following the workshop to get your feedback.
- PDF's of PowerPoint's and other handouts will also be forwarded before/after the workshop.
- ARTA National Education Coordinator, as the meeting facilitator will monitor the presentation sessions and participants may be muted/un-muted to ensure quality as the presentations will be recorded and edited for future access.
- Questions and comments will be encouraged through the day to enable discussions and networking opportunities.
- **While correct at printing, last minute changes to the program may take place, due to circumstances beyond the control of the organisers.**

