



**Movement Matters**

Leading the way in exercise for mature adults.

## Registrations and Other Qualifications

- Physiotherapist (APAM)
- Registered Fitness Leader (Fitness Australia)
- Community Educators Certificate (University of NSW)
- Trainer (Train the Trainer – Deakin University)
- Cert 4 training and assessment (NSW Health)
- Fallproof and No falls Master trainer (California State University – USA)

## Post qualification training courses

1. 2 week course in Prosthetics (Uni. NSW)
2. Aqua fitness (Healthy lifestyle)
3. Gentle Exercise (Healthy lifestyle)
4. Fitness Leaders course (Fitness NSW)
5. Developing a Healthy Lifestyle in the Community (HMEC)
6. Community Educators Training (University of NSW)
7. Good age – Sensitive issues in Health Management for older People (HMEC)
8. Planning approaches to Health Education and Promotion (HMEC)
9. Relaxation and stress management (HMEC)
10. Motivation Ideas and Technique (HMEC)
11. Feldenkrais Back Care and Training Programs (Cumberland College)
12. Train the Trainer (Deakin University)
13. Methods of undertaking Clinical Research (Cumberland College)
14. Osteoporosis and Osteoarthritis Training courses (Arthritis Foundation)
15. The Ageing Brain, Mind Mapping, The Brain and Behaviour (University of Sydney)
16. Depression in the Elderly (College of Nursing)
17. Cert4 assessor – involving training small groups/train the trainer (NSW Health)
18. Fallproof – Basic and master training (California State University – USA)
19. HCA core training (Health coaching – part 1) (Health change Australia)

# Awards

## Sally Castelle – Awards

- Finalist Baxter better health award 2001 – research undertaken concerning depression and physical activity
- Be active – Stay Strong – Heart foundation Community Award
- Established the Motivators display team – an older adults display team which provided education and demonstrations to community groups on health and exercise management issues – Senior Week Awards x2
- Finalist lifetime achievement award – Fitness Australia

## Sally – Committees

### Present day committee membership

- APA
- Fitness Australia
- Fitness network
- ISPGR – International Poster and Gait
- NSW Falls Network
- Northern Sydney Medicare local
- Moocoboola – (local council community membership)

### Former committee membership

- CASPAC – community and special populations advisory committee
- Fitness NSW
- Various health promotion committees covering falls prevention, obesity, physical activity

# Conferences – Major Presentations

## Sally Castell – Conferences/Major Presentations

- The International Falls Prevention Conference 1995
- The Filex Conferences 1996, 1997, 2004, 2006, 2007, 2008, 2010, 2011, 2012
- The International Psycho – Geriatric Conference 1996
- The Gentle Exercise Conferences 1995, 1996, 1998, 2001
- TH2Oz Conference 1996
- The Suicide Prevention Conference 2001 – Newcastle
- The Ageing at Home Conference 2002 – Sydney
- The inaugural Physical Activity conference 2003 – Perth
- Poster presentation at the National Injury Conference 2001
- Poster presentation at the International Posture and Gait conference 2003 – Sydney
- The World Congress of Physical Activity and Ageing 2004
- The inaugural National Falls Prevention Conference 2004 – Sydney. 3 posters and 2 presentations
- Carers – National conference – Darling Harbour 2006
- Residential – National residential care standards – San Soucci 2006
- Gerontology seminar – Newcastle 2012
- The National falls conference – Brisbane 2006
- The NSW falls network meetings – Sydney 2007, 2008, 2010, 2011, 2012, 2013
- The international Physiotherapy Conference 2004 – Adelaide
- APA (Australian Physiotherapy association) – National conference – Sydney
- World Congress of Physical Activity and Ageing. Glasgow – August 2012

## Conference Administration Involvement

- 5 NAGE gentle exercise conferences
- 6 Arthritis seminars during arthritis week events

# Extra Mural Experience

## Sally Castell – Extra Mural Experience

1. Teaching at an Evening College (UK)
2. Assisted in a swimming club for the disabled (UK)
3. Sports Injury Experience at a football team (UK)
4. Assistance with development of Water Exercise Program for East Sydney Health and Central Sydney for Aged and Disabled (WAVES)
5. Lecturing for ACHPER, FIA and TAFE on Gentle Exercise, Exercise & Chronic Conditions (Age Issues) & Falls Prevention Lecturing on Aqua fitness (Arthritis Foundation)
6. Consultancy work for a major insurance firm (AMP)
7. Conducting workshops on Walking programs, Exercise, Recreation, Program development, Falls prevention for the Department of Sport and Recreation, various health departments and other agencies
8. Development of Gentle Exercise programs in the community. Many exercise classes conducted over the years for all ages with special interest in developing appropriate classes for special groups e.g. Frail aged, water programs, disabled programs and for people from different cultural backgrounds
9. NAGE community exercise training
10. Multiple talks conducted over the years to community groups on health issues related to exercise
11. Worked in a consultancy capacity involving a falls project with the Arthritis Foundation as well as presenter at Arthritis seminars
12. Undertaken 2 webinars for the Arthritis Foundation
13. Involved in 3 workshops on fall issues for allied health professionals in association with Prince of Wales Medical Research Centre (re-named NEURA)
14. Consultation and training for volunteers working in Rural and Remote areas – NSW health
15. No falls and fall proof master training
16. Assisted with the development of e- book training in relation to the older adult section of the diploma course – Fitness Institute
17. Assisted with the development and delivery of the fitness leaders course for NEURA on falls prevention
18. Private business – “Movement Matters” Conducting workshops and exercise programs in the community for older adults, residential care, CALD groups and people with special needs

## Papers & Articles

1. The effects of a physical activity program on balance, strength, neuromuscular control and reaction time in older adults – Lord SR., Castell S Australian Physiotherapy Vol 40 No. 2 Pgs 83 – 87 199
2. The Effect of Group Exercise on Physical Functioning and Falls in Frail Older People Living in Retirement Villages). – Lord SR., Castell S. J. Am Geriatric Soc. 2003; 51(12)
3. Shared care an intervention on addressing depression in retirement village setting – Llewllwyn Jones R. Castell S et al
4. Staying Active Staying Strong: an evaluation of a strength training program to reduce the incidence of Osteoporosis and Falls injuries – Castell S., Bates A., Krolic P., Donaldson A., Coleman R., Lloyd B.
5. Australian Journal of Health promotion
6. Fall-proof approach: The Art of Motivation – APA In Motion Journal March 2013

## Poster Presentations

1. A smorgasbord of graded exercise options for older adults – Castell S. Armstrong M.,
2. Staying Active Staying Strong: a strength training program to reduce the incidence of falls related injuries to assist in the management of Osteoporosis – Castell S., Krolic P., Donaldson A., Coleman R., Brooks J, Anderson H
3. Staying Active Staying Strong: an evaluation of a strength training program to reduce the incidence of Osteoporosis and Falls injuries – Castell S., Bates A., Krolic P., Donaldson A., Coleman R., Lloyd B.
4. Staying active – Staying safe: exercise resources to help reduce falls for frailer aged living at home – Castell S. Armstrong M., Krolic P., Piper D., Bates A.,
5. Upright and active”: an evidences based tailored program for individuals “at risk” of sustaining a fall in a community setting – Castell S, Lord S, Sheringham C.,Tiedeman A., Murray S.
6. Staying active -Staying Safe: exercise resources to help reduce falls for frailer aged living at home – Castell S. Armstrong M., Krolic P., Piper D., Bates A.,
7. Saying active – Staying safe: the third part of an exercise resource to help reduce falls for frail aged living at home – Castell S., Piper D., Armstrong M., Bates A., Krolic P.,
8. Poster presentation at the World Congress of Physical Activity and Ageing 1999 Florida
9. 3 posters were presented on at the World Congress of Physical Activity and Ageing. London Ontario. Canada – August 2004
10. Upright and Active”: an individualised, graded, tailored exercise programs resulting from identification of specific physiological falls risk factors in community-dwellers aged 75+. – Castell S, Lord S, Sheeringham C.,Tiedeman A., Murray S.
11. Multi – cultural moves down under” consultations with diverse cultures to assist increasing physical activity options – Castell S., Krolic P., Donaldson A.,
12. Multi – cultural moves down under” working with multicultural communities to increase physical activity options – Castell S., Krolic P., Donaldson A.,
13. 1 poster and 2 papers were presented on at the World Congress of Physical Activity and Ageing. Glasgow – August 2012
14. Basic steps – Castell S., Armstrong M

# Research Work Involvement

## Sally Castell – Research Work Involvement

- Research program planned & undertaken to compare exercise classes for the older adult in a town and country setting
- Fall prevention and exercise with the Prince of Wales Medical research centre, (re-named NEURA) University of NSW x 4 – program development and delivery
- Health ageing project – 3-year research related to shared care relating to depression in the elderly
- Exercise and health promotion to address Depression issues for the older adult in 5 retirement villages under auspices of University of Sydney
- Pilot study of training and development of a falls exercise programs for the frail aged in residential care facility
- SASS (Staying Active – Staying Strong) – A community Strength training program with colleagues of the health promotion unit
- Life project University of Sydney – home based exercise program
- A one year falls exercise program working with councils for the frail isolated aged still living at home in the community