

The New Face of Ageing: Implications for Nursing & the Future of Healthcare

CRUISING TANGALOOMA, MORETON ISLAND DEPARTING SYDNEY

20-24 June 2027 | 12 CPD Hrs

NURSES FOR NURSES

EDUCATION *at* SEA

WHAT THIS CONFERENCE IS ABOUT

When we hear the words 'aged care', many of us picture a nursing home. Yet only around four per cent of older Australians actually live in residential aged care. The other ninety-six per cent are the people we see every day in emergency departments, medical wards, operating theatres, oncology units, renal services, general practice, rehabilitation, community nursing and outpatient clinics.



This conference isn't about residential aged care. It's about the people who are quietly reshaping every part of our healthcare system.

Australia is experiencing one of the most significant demographic shifts in its history. People are living longer than previous generations, often with multiple chronic conditions, greater functional complexity and higher expectations of the healthcare system. At the same time, advances in technology, artificial intelligence, personalised medicine and new models of care are transforming how health services are delivered. Together, these changes are reshaping nursing practice across every clinical setting.

Nurses working in emergency departments, primary care, acute care, perioperative services, mental health, rehabilitation, community nursing and specialist services all provide care to older adults with increasingly complex health needs. Understanding the physiological, psychological, social and technological influences on ageing has become an essential component of contemporary nursing practice.

This conference explores the changing face of ageing through a future-focused lens. Participants will examine the impact of population ageing on healthcare delivery, challenge ageist assumptions, explore contemporary approaches to chronic disease management, frailty, medication safety and cognitive health, and consider how consumer expectations are influencing person-centred care. Emerging technologies, including artificial intelligence, remote monitoring and digital health, will also be explored alongside new models of care that support independence, healthy ageing and ageing in place.



Importantly, this conference asks participants to look beyond today's healthcare system and consider what nursing may look like in the decades ahead. As science, technology and society continue to evolve, nurses will play a central role in ensuring that care remains evidence-based, compassionate and responsive to the needs, values and expectations of future generations of older Australians.

By combining contemporary evidence with practical strategies and forward-thinking discussion, The New Face of Ageing will equip nurses with the knowledge and confidence to provide an exceptional nursing service to the people who will increasingly shape the future of healthcare.

LEARNING OUTCOMES

At this conference, attendees will:

- Analyse the impact of population ageing, chronic disease and changing consumer expectations on nursing practice and healthcare delivery across diverse clinical settings.
- Apply contemporary evidence to the assessment, planning and delivery of person-centred care that promotes healthy ageing, independence, safety and quality of life for older adults.
- Evaluate the influence of emerging technologies, artificial intelligence and evolving models of care on the future of nursing and healthcare for an ageing population.
- Integrate ethical, person-centred and age-inclusive principles into clinical decision making to optimise outcomes for older people, their families and carers.

"*Sue is an outstanding educator. The pace and content of this seminar was fantastic. Participants were encouraged to participate as able. I took away quite a few items for use later.*" – Janet

YOU WILL ALSO LEARN

- The demographic, social and technological trends transforming healthcare for an ageing population.
- How changing patterns of chronic disease and multimorbidity are reshaping nursing practice across all healthcare settings.
- The difference between healthy ageing, frailty and disability, and strategies to promote independence and functional wellbeing.
- How unconscious ageism can influence assessment, communication and clinical decision making, and practical approaches to providing age-inclusive care.
- Contemporary approaches to comprehensive assessment and person-centred care for older adults with complex health needs.
- Evidence-informed strategies to reduce medication-related harm through safe prescribing principles, medication review and deprescribing.
- The impact of changing consumer expectations, health literacy and shared decision making on the nurse-patient relationship.
- Emerging technologies, including artificial intelligence, wearable devices, remote monitoring and digital health, and their potential to enhance nursing care.
- Innovative models of care that support ageing in place, integrated community services and the future of residential aged care.
- Best practice approaches to promoting cognitive health and recognising and responding to delirium, dementia, depression and other conditions affecting older adults.
- Practical communication strategies for navigating advance care planning, goals of care, ethical decision making and other challenging conversations.
- Contemporary, evidence-based approaches to falls prevention that focus on maintaining mobility, confidence and independence.
- How future developments in genomics, precision medicine, artificial intelligence and healthcare delivery are likely to influence nursing practice over the coming decades.
- Practical strategies that can be immediately applied to improve the safety, quality and person-centredness of care for older people across diverse healthcare settings.

DETAILED ITINERARY



DAY 1: 20/06/2027 | Depart Sydney | 1530

1530: We set Sail
Whether you're departing or arriving in Sydney, you'll be surrounded by icons. The Harbour Bridge and Sydney Opera House provide the perfect backdrop for all your selfies. Make sure you are on deck to say bon voyage.

1700 - 1800: Conference Registration and Welcome Function | Guests are Welcome
Enjoy this opportunity to mingle with the other attendees at the complimentary drinks and Conference Registration function.

All delegates are required to attend the Conference registration session to collect their Conference pack and confirm registration details to ensure the correct issuing of their CPD certificate.

DAY 2: 21/06/2027 | Conference Day

0800 – 0900: The New Face of Ageing
Australia's population is ageing, but today's older person is very different from previous generations. Advances in medicine, improvements in public health and changing lifestyles mean people are living longer, often with multiple chronic conditions while remaining active, engaged and determined to maintain their independence. As the number of older Australians continues to grow, nurses across every healthcare setting will increasingly care for people with complex and evolving health needs.

This opening session explores the demographic changes shaping healthcare, challenges common myths about ageing and examines the opportunities and challenges created by increased longevity. Participants will gain an understanding of why ageing has become one of the defining healthcare issues of the twenty-first century and why every nurse, regardless of their clinical specialty, needs a sound understanding of contemporary ageing.

DAY 2 Continued:



0900 – 1000: Ageism: The Bias We Rarely Talk About
Unlike many other forms of discrimination, ageism often goes unnoticed in healthcare. Assumptions about what is "normal" for older people can influence assessment, diagnosis, treatment decisions and even communication with patients and families. These unconscious biases may lead to poorer health outcomes, reduced independence and diminished quality of care.

This session examines how ageism presents in everyday nursing practice and explores practical strategies for recognising and challenging age-related stereotypes. Participants will reflect on how language, attitudes and clinical decision making can either support or undermine the dignity, autonomy and wellbeing of older adults while promoting a more inclusive approach to healthcare.

1000 – 1030: Break

1030 – 1130: Living Longer with Chronic Disease
Many older adults now live for decades with one or more chronic health conditions, making complexity rather than diagnosis the defining feature of modern healthcare. Nurses are increasingly required to coordinate care across multiple conditions while balancing treatment goals, quality of life, functional ability and patient preferences.

This session explores the realities of caring for people living with chronic disease and highlights the importance of comprehensive assessment, multidisciplinary collaboration and person-centred care. Participants will consider how nursing practice can move beyond treating individual diseases to supporting people to live well despite ongoing health challenges.

1130 – 1230: Frailty: More Than Just Age
Frailty is not an inevitable consequence of ageing, nor is it simply a reflection of chronological age. It is a clinical syndrome that increases vulnerability to illness, functional decline and adverse health outcomes, yet it can often be identified early and managed effectively.

This session explores the biological and functional changes associated with frailty, including the important roles of nutrition, sleep, physical activity and sarcopenia. Participants will examine strategies to maintain function, promote recovery and support healthy ageing while recognising opportunities to intervene before frailty leads to significant loss of independence.

1230 – 1430: Break

Afternoon Self-directed via the Online Library

The online library is provided to attendees one week before the sail date and two weeks after the conference has finished. Attendees can watch the sessions at any time during that period.



The New Consumer
Today's older adults are changing the relationship between healthcare professionals and consumers. Baby Boomers and early Generation Xers have different expectations from previous generations, with many seeking greater involvement in healthcare decisions, increased access to information and personalised care that reflects their individual values and preferences. Future generations are likely to expect even more.

This session explores how changing consumer expectations are reshaping nursing practice and considers the importance of shared decision making, health literacy, cultural diversity and respectful partnerships in delivering contemporary healthcare. Participants will examine how nurses can adapt to these changing expectations while maintaining safe, evidence-informed care.

Medicines in an Ageing Population
Medicines play an essential role in managing chronic illness, yet they also represent one of the greatest risks to older adults. Polypharmacy, altered pharmacokinetics, adverse drug events and inappropriate prescribing contribute significantly to hospital admissions and reduced quality of life.

This session examines the unique challenges associated with medication management in older people and explores strategies to reduce medication-related harm. Participants will discuss medication review, deprescribing principles and practical approaches to supporting safe, effective medicine use across a range of healthcare settings.

1800 – 1900: Networking Session
Join us at the designated meeting spot to catch up and discuss the events of the day. The conference Facilitators and Presenter will be at the venue to answer any of your queries.

DAY 3: 22/06/2027 | Tangalooma, Moreton Island

0800 – 1800: Explore at Your Leisure

When you step off the ship at Tangalooma on Moreton Island, you have access to a variety of activities that showcase the island's natural beauty and marine life.

Here are a few things you can do:

- Snorkelling at the Tangalooma Wrecks
- A Marine Discovery Cruise
- Wild Dolphin Feeding
- ATV Quad Bike Tours
- Sand Tobogganing and Desert Safari

Remember to check with your cruise line for the availability and booking of these activities, as they may vary depending on the cruise schedule and weather conditions.

1800 – 1900: Networking Session

Join us at the designated meeting spot to catch up and discuss the events of the day. The conference Facilitators and Presenter will be at the venue to answer any of your queries.





DAY 4: 23/06/2027 | Conference Day

Morning Self-directed via the Online Library

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Technology, AI and the Future of Ageing

Healthcare is entering an era where technology is transforming the way care is delivered. Artificial intelligence, wearable devices, smart homes, remote monitoring and virtual healthcare are creating new opportunities to support independence, detect deterioration earlier and improve access to services. At the same time, these innovations raise important ethical, professional and practical questions for nurses.

This session explores how emerging technologies are changing the experience of ageing and considers how nurses can embrace innovation while ensuring technology complements, rather than replaces, compassionate, person-centred care.

Rethinking Aged Care

The future of aged care extends far beyond residential facilities. Increasingly, healthcare systems are supporting people to remain independent and live safely in their own homes for as long as possible. Community-based services, Hospital in the Home programs, new accommodation models and integrated care pathways are changing how care is delivered.

This session examines the evolving landscape of aged care and explores innovative approaches that place independence, choice and quality of life at the centre of service delivery. Participants will consider how nurses can contribute to models of care that better meet the expectations of current and future generations.

1100 – 1300: Break

DAY 4 Continued:



1300 – 1400: Brain Health and Cognitive Ageing
Healthy ageing involves far more than physical health. Cognitive, emotional and psychological wellbeing are equally important in maintaining independence and quality of life. Older adults may experience delirium, dementia, depression, anxiety or social isolation, each presenting unique challenges for assessment and care.

This session explores common conditions affecting brain health and highlights the importance of early recognition, effective communication and evidence-based nursing interventions. Participants will examine strategies to promote cognitive health while supporting both individuals and their families through often complex healthcare journeys.

1400 – 1430: Difficult Conversations
Some of the most important conversations nurses have with older people involve uncertainty, changing health status and planning for the future. Discussions about decision-making capacity, goals of care, advance care planning and end-of-life wishes require skill, empathy and confidence.

This session explores practical communication strategies that support respectful, person-centred conversations while helping individuals and families make informed decisions that reflect their values, preferences and priorities. Participants will also consider the ethical principles that underpin these discussions and the nurse's role in advocating for patient-centred care.

1430 – 1500: Break

1500 – 1600: Falls Prevention: Beyond the Checklist
Falls remain one of the leading causes of injury, hospitalisation and loss of independence in older adults, yet effective prevention requires much more than completing a risk assessment tool. Falls are often the result of multiple interacting factors including frailty, medication use, impaired balance, environmental hazards, vision changes and acute illness.

This session explores contemporary approaches to falls prevention that move beyond compliance-based strategies to focus on comprehensive assessment, early intervention and maintaining mobility. Participants will examine practical, evidence-informed approaches that reduce falls while supporting confidence, function and independence.

1600 – 1700: The Older Person of 2040
The final session looks beyond today's healthcare system to consider what ageing and nursing may look like over the next two decades. Advances in precision medicine, artificial intelligence, genomics, robotics and predictive healthcare are likely to transform how disease is prevented, diagnosed and managed. At the same time, changing demographics, consumer expectations, workforce pressures and climate change will continue to influence healthcare delivery.

This forward-looking session encourages participants to reflect on the opportunities and challenges that lie ahead and to consider how the nursing profession can continue to lead compassionate, evidence-based healthcare in an increasingly complex and technologically advanced world.

1700 – 1800: Farewell Function | Guests Welcome
Our last night together, so it's a time to celebrate what we have learnt, the new friends we have made, and the fabulous profession of Nursing. Complimentary drinks will be served, and you are welcome to bring your travelling companion with you.

DAY 5: 24/06/2027 | Sydney

Disembark – safe travels!

> "*Travel education with nurses for nurses and education at sea is a wonderful experience. For me personally, it allows me to have my family with me or the feeling of safety and company if I am travelling solo.*"
> - Carla, Public Health, Cruising Asia

OUR PRESENTER

SUE WALKER, RN, BN, BN (ADMIN), MPHC (PALCARE), MACN, Specialist Nurse Educator



Sue is an Australian nurse educator, conference director and CPD specialist with extensive experience in clinical practice, leadership, education and public health. She is the Director and Co-Founder of Nurses for Nurses and a key contributor to Nursing CPD, where she helps deliver evidence-based education and professional development programs for nurses and midwives across Australia and internationally.

Sue holds qualifications in nursing, health administration and public health, along with postgraduate studies in gerontology, psychiatry of ageing, chemotherapy administration and training and assessment. Her career has included frontline nursing, senior management and education leadership.

At the heart of her work is a simple belief: nurses and midwives are not just the backbone of healthcare, they are critical decision-makers whose knowledge, judgement and advocacy directly influence patient outcomes and system safety. Sue's goal is to ensure nurses and midwives are supported and professionally empowered to meet the growing complexity of modern healthcare while sustaining long, fulfilling careers.

REGISTRATION COSTS

Contact the Team at Education at Sea for a personalised quote.

General Registration: $990.00 (NB: Registration cost doesn't include travel, accommodation, or travel insurance.)

Non-practising Nurse: $290.00

We've realised that many past customers still want to travel with us. We have created a customer classification called Non-Practising Nurse.

It is for Retired Nurses who want to travel with our group but no longer need CPD hours. They like to travel with like-minded people, people who get them because they have had similar experiences, and there is a shared connection that creates friendships quickly. Also, travelling as part of a group provides an extra level of support and safety.

The non-practicing registration is only available for our cruise conferences, as the study tours are all-inclusive.

INCLUSIONS

General registration includes:

- A comprehensive conference program based on current best practice and meets the same exacting standards as anything offered in an Australian land-based program
- Access to experienced presenters eager to share their skills, knowledge, and passion with attendees
- Welcome function with drinks (travelling companions welcome)
- Farewell function with drinks (travelling companions welcome)
- Conference pack including a bag, pen, and lanyard (plus lanyards for guests) (this is important on a cruise ship to attach your room key, which becomes your lifeline on a ship) and additional information to support a fantastic conference experience
- Access to an online conference library with educational content, allowing you to complete pre-conference learning activities and tailor your own learning experience
- A conference transcript outlining each session, including session synopses and presenter details
- The opportunity to meet as a group in various conference open forums, in one of the many fabulous locations on the ship
- A Certificate of Completion for you to include in your CPD Portfolio

INCLUSIONS

Non-practising nurse registration includes:

- Inclusion in the Education at Sea / Nurses for Nurses travel group
- Welcome drinks on the first night at the registration function for you and your travelling companion
- Conference pack including a bag, pen, and lanyard (plus lanyards for guests)
- Access to any networking events held onboard
- Opportunity to book shore tours, including hospital visits
- Ability to attend a maximum of five conference sessions that pique your interest – you may not need CPD points, but you could still be interested in various health related topics
- Farewell function on the final night for you and your travelling companion
- Subscription to newsletters to stay informed about future travel events

Additional Information:

- There is no additional charge for your travelling companion

INSURANCE

The Nurses for Nurses Network and Education at Sea strongly recommends customers take out travel insurance at the time of registration for an event to cover any unforeseen circumstances that may prevent them attending and thus incurring any financial loss.

VENUE

Carnival Splendor

The Carnival Splendor is a floating paradise of fun and relaxation, perfect for all ages. With space for over 3,000 guests, it offers cozy staterooms, dazzling shows, a comedy club, and even poolside movies under the stars. Add in thrilling water slides, delicious dining options, and spa retreats, and you've got everything you need for an unforgettable adventure at sea!



HOW TO DRESS ON A CRUISE SHIP



Most cruise lines offer a casual atmosphere onboard. Casual attire is the norm during the day, and there is no formal dress code at night. However, many passengers choose to change into something slightly less casual for dinner.

At least once per sailing, during which passengers are encouraged to dress up. While you rarely see tuxedos or evening gowns, suits and cocktail dresses are quite common.

Additionally, ships usually host several themed nights, such as White Parties, '70s, or '80s Night, Hawaiian or even Mexican during each sailing. It's a good idea to bring along a few themed items.

NB: Closer to your sail date you will be able to see what the exact theme nights are being held via your cruise companies app.

OFFICE CONTACT

Payments | Receipts | Refunds | Travel Arrangements
Education at Sea
02 7908 7774
enquries@educationatsea.com.au
BH: Mon – Fri | 1000 – 1700

Program | Online Library | Certificates
The Nurses for Nurses Network
07 4151 3884 (Select Option 3)
enquiries@nfnn.com.au
BH: Mon – Thu | 0900 – 1500

CONDENSED ITINERARY

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LIKE WHAT YOU SEE - JOIN US FOR MORE WAYS TO LEARN, GROW, AND CONNECT

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