

Looking Forward : Specialist Rehabilitation Services in Ireland How should these services be developed and delivered?

Syndicate Session 5 – Health Promotion in Disability

This presentation will address the following issues in relation to the person with a disability:

1. The effects of ageing
2. Dietary needs
3. Exercise
4. Stress management
5. Smoking cessation

Chaired by- Dr. Eimear Smith, Consultant in Rehabilitation Medicine, Spinal Injury Programme

Speakers - Lorna Fitzsimons, Senior Dietitian, NRH

Tara Lyons, Sports Therapist, NRH

Jane Lynch and Sorcha Barry who co-wrote with Tara Lyons will also attend the session