



ASADA

AUSTRALIAN
SENIOR
ACTIVE
DOCTORS
ASSOCIATION
INC.

SENIOR DOCTOR CONFERENCE

SATURDAY 9 AUGUST 2025
VOCO HOTEL, BRISBANE

FACING THE FUTURE
TOGETHER

▶▶ Program

9am – 9.05am

President's welcome

- ▶ **Dr Barbara Woodhouse** – ASADA President, Oral and Maxillofacial Surgeon

▶▶ Ageism

9.05am – 9.40am

Keynote Plenary Speech

- ▶ **Professor Nancy Pachana** – Professor of Clinical Geropsychology, The University of Queensland

Outline

Maintaining engagement in meaningful activities and providing service and value to society is not only an aspiration but a vital component of living well in the second half of life. Ageism, organisational and systemic barriers and lack of forward planning can derail such aspirations and erode quality of life. This talk will highlight strategic planning for the process of transitioning from full-time paid employment to an 'encore' phase of life, with particular emphasis on perspectives from the medical and healthcare professions.

▶▶ The Medical Reserve Model in the USA – strategic preparedness and response

9.40am – 10.15am

- ▶ **Facilitator: Associate Professor Geoffrey Hawson** – ASADA Vice President, AMA Queensland Council Senior Doctor Representative

Speakers (recorded video)

- ▶ **Commander Samantha Spindel** PhD CDR, Deputy Director, Centre for Preparedness, Office of Medical Reserve Corps; Administration for Strategic Preparedness and Response; U.S. Department of Health and Human Services

Outline

This session will explore how the US has organised strategic preparedness and response during pandemics and disasters by the establishment of The Medical Reserve Corps following 9/11. Commander Spindel, Deputy Director, Office of Medical Reserve Corps will answer a number of questions that have been prepared by the organising committee to understand how the Corps works and how a similar Australian model might be implemented.

▶▶ Call to serve again: unlocking the lifelong value of the medical workforce

10.15am – 10.45am

- ▶ **Facilitator: Associate Professor Geoffrey Hawson**

Speakers

- ▶ **Councillor Amelia Lorentson** – Noosa Shire Council
- ▶ **Dr Catherine McDougall** – Chief Medical Officer, Queensland Health

Outline

In a time of health workforce shortages, Councillor Amelia Lorentson is passionate about boosting Australia's emergency healthcare capacity and supporting vulnerable communities. In this panel, she'll speak about her proposal to amend national health laws and create a medical reserve to empower experienced doctors to contribute. Catherine will discuss the current challenges and opportunities to support our medical workforce to ensure quality care for our community right across the state.

▶▶ Where do you stand with your medical defence organisation?

10.45am – 11.05am ▶ **Andrew Harrison** – iMed Insurance

Outline

This session will examine the origins and evolution of the federal government's Run Off Cover Scheme (ROCS), including a deep dive into how insurers apply ROCS for doctors transitioning into retirement.

11.05am – 11.30am **Morning tea**

▶▶ Transitioning out of practice

11.30am – 12.05pm ▶ **Facilitator: Desley Buchan**

Speakers

- ▶ **Nicole Brown** – Partner, Cutcher and Neale
- ▶ **Craig Hong** – Director, Hillhouse Legal Partners

Outline

The prospect of retirement or any transition out of practice comes with a number of considerations for doctors and in this panel AMA Queensland's valued corporate partners will be on hand.

Nicole from Cutcher and Neale will advise on key ATO and ASIC matters to consider, while Craig from Hillhouse Legal Partners will outline critical legal steps that need to be followed when preparing for a sale, managing contract obligations and protecting your own interests during transition.

▶▶ Finding meaning and connection after retirement

12.05pm – 12.40pm ▶ **Facilitator: Dr Barbara Woodhouse**

Speaker

- ▶ **Professor Genevieve Dingle** – Professor of Clinical Psychology, University of Queensland

Outline

For busy medical professionals, retirement may bring a sense of relief from time pressures and serious responsibilities. However, it also represents the loss of an important occupational identity and associated psychological resources. This presentation looks at evidence from research on life transitions suggests that engaging in activities that create a new social identity, meaning and purpose, as well as social connection, will help us to thrive in retirement.

▶▶ Travel safely, help freely!

12.40pm – 1pm

Speaker:

▶ **Ben Brehaut** – Avant

Outline:

This session will cover two insurance products of enormous use to Australian doctors. Avant Good Samaritan Cover provides medical assistance in an emergency for medical practitioners who no longer hold professional registration. Avant Travel Cover features benefits exclusive to Avant Practitioner Indemnity Insurance members. It provides annual, multi-trip cover for you and your family, with protection up to the date of your next Avant Practitioner Indemnity Insurance renewal. The range of benefits gives you peace of mind when travelling for business or holidays, whether here in Australia or overseas.

1pm – 1.45pm

Lunch and networking

▶▶ Let's get physical

1.45pm – 2.10pm

Speakers:

▶ **Svet Borojevic** – Director and Exercise Physiologist, Zar Athletica

▶ **Arief Hunter** – Exercise Physiologist, Zar Athletica

Outline:

Maintaining physical health is critical for professionals still practising, as well as those moving into retirement. This session will focus on the role of strength training and mobility in preventing falls and maintaining independence and fine motor skills, as well as advice on wearable tech options for tracking health and fitness. It will also include a gentle group exercise to get you moving after lunch!

▶▶ Healthy minds, healthy lives – innovations and strategies in wellness and cognitive vitality in later life

2.10pm – 3pm

▶ **Facilitator: Dr Phillip Hall** - Obstetrician and Gynaecologist

Panel

▶ **Dr Ira Van Der Steenstraten** – MD and Professional Coach, Director Vitae Wellbeing and Leadership, Breeze Life Coaching

▶ **Dr Karen Savery** – General Practitioner, Dementia Training Australia

Outline

During this interactive session, there will be opportunity to consider your wellbeing as well as strategies to reduce cognitive decline. In addition, there will be discussion and update on various aspects of dementia, treatment and support.

The prospect of cognitive decline is an understandable fear as we age. This interactive session will focus on latest research into dementia as well as treatment and support options, and give participants strategies to maintain their own wellbeing.

3pm – 3.20pm

Afternoon tea

►► Beyond the stethoscope – a look at alternative careers

3.20pm – 4.10pm

► Facilitator: Dr Dilip Dhupelia

Panel and topics

- **Major General Professor John Pearn AO RFD** – Senior Paediatrician, Queensland Children's Hospital - *Writing medical memoirs, articles and books*
- **Tony Davies** – CEO, Social Futures, Lawyer, Board Director and Advisor – *Social enterprise and support services*
- **Melanie Mayne-Wilson** – Fellow, Governance Institute of Australia, Graduate, Australian Institute of Company Directors, Board Director – *Board membership and advisory roles*
- **Dr Juan Torres** – RMO, Gold Coast University Hospital – *Mentoring International Medical Graduates*
- **Dr Faiza El-Higzi OAM** – Board Director, Research Fellow in Health Equity, University of Queensland – *Utilising medical leadership skills in multicultural and culturally and linguistically diverse communities post-retirement*
- **Dr Barbara Woodhouse** – Oral and Maxillofacial Surgeon, President of ASADA – *Volunteering opportunities in healthcare*

Outline

As retirement approaches, many senior doctors find themselves asking, “What’s next?” This session explores fulfilling and impactful pathways beyond clinical medicine. From writing and teaching to entrepreneurship, consulting, corporate roles and volunteer work, discover how to repurpose your skills, experience and passion in new directions. Hear from experts on the panel who are inspired, informed and equipped to shape your next chapter.

►► Protecting your legacy

4.10pm – 4.30pm

► Facilitator: Dr Barbara Woodhouse

Speakers

- **Robert Lamb** – Director, Hillhouse Legal Partners
- **Sav Angi** – Partner, Cutcher and Neale

Outline

This session will see AMA Queensland’s valued corporate partners outline effective ways to protect your financial legacy.

Sav from Cutcher and Neale will examine all aspects of estate planning and wealth transfer, charitable giving and considering the tax implications of early planning. Robert Lamb will discuss the importance of keeping your will and estate planning affairs up to date, including key considerations such as giving to charities.

►► Soapbox presentations

4.30pm – 4.55pm

► Facilitator: Dr Kimberley Bondeson – GP, Beach Medical Clinic

4.55pm – 5pm

Closure and acknowledgements

► **Dr Barbara Woodhouse** - ASADA President

5pm – 6pm

Networking drinks

Delegates will be given one voucher per person at the registration desk (additional drinks at delegate's cost)

We encourage those going to dinner to walk over to The Star by 6.30pm

7pm – 9pm

Conference Delegates Dinner

Delegates to pay for dinner and own drinks

Restaurant: Cucina Regina - The Terrace, Level 4

Venue: The Star Brisbane

Address: 33 William St, Brisbane City QLD - 600m from the conference venue

Registrations: Limited to 40 guests. All delegates and partners are welcome.

Cost: \$98 per person for a set menu and drinks are at own expense (not included in conference registration). Contact AMA Queensland to check availability

About Cucina Regina:

Affectionately coined Regina in honour of its prime location within Queen's Wharf Brisbane, Cucina Regina is an authentic Italian restaurant fit for royalty.

Cucina Regina welcomes you with the familiarity of elevated classic Italian comfort food and our signature dishes. Guests are rewarded with a fun blend of exceptional views, antipasto, hand-stretched pizzas and homemade pasta in a laid-back and character-filled setting.

The program is subject to change by AMA Queensland and the conference planning committee. Any questions please contact events@amaq.com.au or if you need assistance with registration contact registrations@amaq.com.au.

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SENIOR DOCTOR CONFERENCE



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