

Day 1 - Wednesday 1st April

Welcome

9.00am – 9.05am	Welcome Address – Melissa McConaghy Welcome to INSIGHT 2020
9.05am – 9.35am	Invited Speaker – Prof Bastiaan Bloem Exercise matters for people with Parkinson's
9.35am – 10.05am	Invited Speaker – Prof Randy Schekman Aligning Science Across Parkinson's: A new effort to understand the basis of the disease
10.05am – 10.35am	Keynote – Dr Ray Dorsey Ending Parkinson's disease

10.35am – Morning tea

Future Frontiers

11.00am – 11.30am	Keynote – Dr David Perlmutter Leveraging Lifestyle Choices for Brain Health
11.30am – 12.00pm	Keynote – Dr Jianying Hu When Parkinson's meets AI
12.00pm – 12.30pm	Session 3 – Prof Matt Cooper Blocking harmful neuroinflammation to arrest neurodegeneration

12.30pm – Lunch

Plenary 1 - Future Frontiers 2

1.30pm – 2.00pm	Keynote – Marilyn Pattison Occupational Therapy – High touch in a high tech world
2.00pm – 2.30pm	Session 2 – Jodette Kotz Translation of research into Advocacy
2.30pm – 3.00pm	Session 3 – Katherine French The role of Parkinson's nurses: the work they do, what it takes to set up and maintain a service

3.00pm – Afternoon Tea

Plenary 2 - Exercise

3.30pm – 4.00pm	Keynote – Prof. Meg Morris Exercise to promote neural plasticity in Parkinson's disease
4.00pm – 4.30pm	Session 2 – Prof. Margaret Schenkman Why, when, and how to exercise at high intensity
4.30pm – 5.00pm	Session 3 – Dr. Matthew Sacheli Why Exercise is beneficial?

5.00pm – Close

Day 2 - Thursday 2nd April

Plenary 3 - Inspired Communities

9.00am - 9.30am	Keynote - Matt Eagles ParkyLife - The Brighter Side of Parkinson's
9.30am - 10.00am	Session 2 - Tammy Ramsey-Evans Collaboration- Our strength is not as individuals but as a collective
10.00am - 10.30am	Session 3 - Louise Ebenezer The Evolution of Nurse Education or Parkinson's in Sub Saharan Africa

10.30am - Morning tea

Plenary 4 - Nutrition and Gut

11.00am - 11.30am	Keynote - Dr. Laurie Mischley Patients as Teachers: Nutritional Habits Associated with the Slowest Rate of PD Progression
11.30am - 12.00pm	Session 2 - Dr. Matthew Phillips Parkinson's, Fasting, and Ketogenic Diets
12.00pm - 12.30pm	Session 3 - Dr. Ann Liebert Emerging research reveals a novel application of physiotherapy to influence microbiome and restore function of patients living with Parkinson's Disease

12.30pm - Lunch

Plenary 5 - Non-motor presentations

1.30pm - 2.00pm	Keynote - Dr Luke Smith Neuropsychological Symptoms of Parkinson's Disease
2.00pm - 2.30pm	Session 2 - Dr Rebecca Gilbert Tired of trouble sleeping....How to get a good night's rest with Parkinson's disease
2.30pm - 3.00pm	Session 3 - Dr Alice Cronin- Golomb Non-Motor Symptoms of PD: Seeing, Thinking, Feeling, Sleeping

3.00pm - Afternoon Tea

Plenary 6 - Balance, Motor control and FOG

3.30pm - 4.00pm	Keynote - Dr Laurie King Balance control in Parkinson disease
4.00pm - 4.30pm	Session 2 - Tara Martin Cuing for Parkinson's - What, Why and How? A guide for therapists and their clients.
4.30pm - 5.00pm	Session 3 - Dr Aasef Shaikh Freezing of gait - why and how

5.00pm - Close

Day 2 - Current Panels

LIVE - Women In PD

Chair: **Heather Kennedy**

Panelist 1	Emma Lawton
Panelist 2	Vicki Dillon
Panelist 3	Dr Maria De Leon

LIVE - Essentials of a PD-specific exercise prescription

Chair: **Melissa McConaghy**

Panelist 1	Dr Matthew Sacheli
Panelist 2	Josefa Domingoes
Panelist 3	Dr Becky Farley
Panelist 4	Claire Mclean

Plenary 5 - Role of the Carer

Keynote	Lianna Marie: Caregiving for Parkinson's
Session 2	Dr Maria Barretto: The Role of the Carer in India In the Future Frontiers Live panel Day 3 please add Dr Ray Dorsey to the list of Panelists
Session 3	Francesco De Renzis: Shining a spotlight on the challenges facing Parkinson's

Consumer demonstration

Keynote	Melissa McConaghy: PD Warrior Demonstration
Session 2	Erica Rose: Dance For PD Demonstration
Session 3	Mandy Shintani: Urban Poling for Parkinson's

Day 3 – Friday 3rd April

Plenary 7 – Lived Experience

9.00am – 9.30am	Keynote – Dr Maria De Leon Maximizing medication efficacy
9.30am – 10.00am	Session 2 – Janet Mcleod Why Do You Need A Parkinson's Nurse On Your Team?
10.00am – 10.30am	Session 3 – Victor McConvey All things between the Sheets, Sleep, sex and Parkinson's

10.30am – Morning tea

Plenary 8 – Brain and Mind

11.00am – 11.30am	Keynote – Damien Finiss
11.30am – 12.00pm	Session 2 – Melissa McConaghy Why Mindset and Movement Matters
12.00pm – 12.30pm	Session 3 – Elizabeth Ildal Goodbye Parkinson's - Hello Life / Goodbye Corona -Hello Wellbeing

12.30pm – Lunch

Plenary 9 – Advanced PD

11.00am – 11.30am	Keynote – Dr Paul Silberstein What's new in DBS for Parkinson's disease
11.30am – 12.00pm	Session 2 – A.Prof Christina Vaughan Living Well with Parkinson Disease through Palliative Care
12.00pm – 12.30pm	Session 3 – Erica De March Generations Balancing Together

Day 3 - Concurrent Panels

LIVE – YOPD

Chair:	Ben Stecher
Panelist 1	Gaynor Edwards
Panelist 2	Charlie Appleyard
Panelist 3	Kate Stone Matheson

Consumer Demonstration

11.00am – 11.30am	Samantha Elandary Improving Your Communication Skills By Speaking With Intent
11.30am – 12.00pm	Dr Jeanette Tamplin Therapeutic effects of music and singing in Parkinson's
12.00pm – 12.30pm	Laughter Yoga – Janni Goss Social Prescribing : Laugh for PD!

Live Panel – Future Frontiers

Chair:	Emma Collin
Panelist 1	John Dean
Panelist 2	Dr Ray Dorsey
Panelist 3	Kevin Krejci

3.00pm – Afternoon Tea

Plenary 10 - Living Positively with Parkinson's

3.30pm – 4.00pm	Keynote – Allison Toepperwein
4.00pm – 4.30pm	Session 2 – Christine Jeyachandran How I got back what I lost and so much more!
4.30pm – 5.00pm	Session 3 – Charlie Appleyard The Power of Sport and Exercise in PD- mental & physical health and symptoms improvement

5.00pm – Close