

PURPOSE /N ACTION

Issue 2: 2018/19



UNIVERSITY
OF WOLLONGONG
AUSTRALIA

/NNOVATION
CAMPUS

Leading the healthcare revolution



PLUS

ADVANTAGE WOLLONGONG

Wollongong positions
itself for a digital
revolution

BRIDGING THE GAP IN MENTAL HEALTH

Improving mental health
in regional areas is a
complex and critical
challenge

200 YEARS OF BENEVOLENT INNOVATION

The Benevolent Society has
celebrated innovation ever
since its beginnings in 1813

PURPOSE /IN ACTION

Issue 2: 2018/19

In its second issue, *Purpose in Action* continues to celebrate the successes and achievements of businesses and individuals who make up our UOW Innovation Campus Community. This time we focus on Health & Wellbeing, and how the Illawarra will address the health challenges we face now and in the future. It is produced by the Innovation Campus Management Team within the UOW Commercial Developments Unit.

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UOW Innovation Campus

UOW Innovation Campus

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Front cover: Health & Wellbeing Precinct intoHealth concept



Transforming health care

The University of Wollongong is deeply committed to transforming healthcare in our region and beyond. We are proud of our ever-growing reputation as a leader in health research and education, and of our robust track record of partnering with government, industry and communities to translate our ideas and knowledge into better human health outcomes.

Health and wellbeing is not simply about absence of disease. Our society faces new and evolving issues such as an ageing population, a pressurised health system, antibiotic resistance and escalating mental health challenges.

The UOW Health and Wellbeing Strategy is a transformational package for health and wellbeing that addresses future learning and teaching, research, clinical and workforce development needs in the Illawarra and further afield. We seek to harness the collective talent within UOW and our partners to drive healthcare innovation and quality across the full spectrum of physical and mental wellbeing, creating new levels of best practice and community-centred care.

The strategy features a raft of interconnected initiatives. The Health and Wellbeing Precinct we are developing at Innovation Campus, which will be home to UOW intoHealth and integrated aged care and seniors living, is central to achieving our bold vision for the future.

This edition of *Purpose in Action* reveals the scope and potential of what we have planned for the Health and Wellbeing Precinct. It also showcases some of the incredible work already happening in the health and wellbeing space across the campus, from our own research teams through to our iAccelerate residents and the commercial and not-for-profit organisations that are an integral component of our thriving innovation ecosystem.

We look forward to sharing more information with you as the strategy and the precinct take shape.

PROFESSOR ALISON JONES

University of Wollongong

Deputy Vice-Chancellor (Health and Communities) and Executive Dean, Faculty of Science, Medicine and Health

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Our diverse and ever-expanding program of initiatives create valuable opportunities for our community to connect socially and professionally.



Leading the healthcare transformation

The Innovation Campus' \$500-million Health and Wellbeing Precinct will revolutionise the integration of research, clinical practice and patient-led care and deliver sustained benefit to the Illawarra. UOW Commercial Development Director, Chuck Stone, reveals just how.

Rapid urban growth and an increasingly ageing population are major challenges facing governments, businesses and communities into the future. The University of Wollongong is a leader in health and research education, committed to delivering real and substantial benefit for people and communities.

The UOW Health and Wellbeing Precinct, which will soon transform 7.5 hectares of the southern end of Innovation Campus, is a key driver in this strategy.



The Health and Wellbeing Precinct will include the \$50-million intoHealth facility, Australia's first primary and community health clinic to offer truly integrated, patient-centred healthcare. It will also be home to independent and supported retirement living and cutting-edge aged care facilities. Our research and teaching is deeply embedded throughout, translating research into action and training a new generation of innovative and transdisciplinary healthcare professionals.

The bold aim of the precinct is to dramatically improve the level of community-designed and preventative healthcare in the Illawarra and Shoalhaven. It also offers many opportunities beyond advancing health, incorporating supporting retail, child care and commercial facilities with resulting social and economic benefit.

Plans are progressing well, with the university finalising commercial negotiation with Lendlease as our development partner for the project in early 2019. Construction is tentatively

planned to commence in 2020, with the first facilities potentially operationally by 2022.

Setting new standards in integrated care

UOW intoHealth will be the beating heart of the precinct, connecting the adjacent network of community, research, residential and aged care facilities. Modelled on the successful



patient-centred approach of international leaders including the Mayo Clinic in the United States, it will be a centre of excellence in integrated healthcare. It will have a clear mandate to address key health issues facing the Illawarra, from chronic lifestyle diseases such as diabetes and obesity to mental health, disability and mortality rates.

Designed to complement the region's existing hospitals and health services, intoHealth will deliver exceptional non-surgical care focused on preventative health issues to both public and private patients. It brings together general practitioners and medical specialists, physiotherapists, dietitians, dentists, pharmacists, pathologists and more – all in one location, collaborating with our world-leading researchers.

The facility will enable widespread community access to a continuum of healthcare for every stage of life, all within a technology-enabled context. It will also engage the broader local population more actively with the campus, creating a hub for wellbeing and extending our lively, connected community.

Powering translational research and applied education

Our teaching and research are integral components of this unique model of care. intoHealth opens unlimited possibilities for translation of research into clinical practice, and will be closely linked with UOW's Illawarra Health and Medical Research Institute (IHMRI) to enable innovation in healthcare technology.

The precinct will enhance UOW's already strong multidisciplinary focus on aged care. It will empower new opportunities for innovation in research and teaching in fields such as nursing, nutrition, physical activity and rehabilitation, psychological wellbeing and mental health, and technological and environmental development for supported living.

For students and supervisors in our medical, nursing and allied health schools, it offers a unique opportunity to engage more directly with patients across the full range of services,

including aged living, for the development of better patient-centred models of care. There is also great potential for students and researchers from other disciplines to learn and contribute, particularly in fields such as engineering, information technology and the social sciences.

Collaboration is a fundamental aspect of the development, and UOW will actively engage with a wide range of strategic partners to deliver on the particular health challenges and needs of our region.

Redefining retirement living

Providing exceptional aged care while maintaining independence and quality of life can make a meaningful difference to our wellbeing as we grow older. The first stage of the Health and Wellbeing Precinct will incorporate an 108-bed aged care facility, with future stages to include 199 independent retirement living units, all supported by integrated and innovative on-site aged care services. Operated in partnership with an aged living services provider,

it will link research, teaching and learning with exceptional care and generate in excess of 200 job opportunities. Residents will also be able to tap into a vibrant, intergenerational on-campus community supported by organised activities and clubs, academic courses, swimming and gymnasium facilities, entertainment and cultural and cafés and restaurants. By offering the full spectrum of care and living facilities on site, residents can transition through various levels of care while being able to live in the same home as part of a cohesive community for the rest of their lives.

Beyond health

The UOW Health and Wellbeing Precinct is poised to make a significant positive impact on health and wellbeing in the Illawarra, supporting an overburdened local health system and offering innovative, integrated care. By focusing on preventative health in particular, it has the potential to make real inroads into tackling avoidable diseases, both locally and further afield.

But the lasting benefits extend far beyond this primary objective. Our economic modelling predicts that each year over a ten-year period, the precinct will be responsible for avoidance of around \$2 million in private care costs, save hospitals approximately \$0.8 million incurred as a result of avoidable emergency department presentations and deliver \$5.2 million in patient health benefits.

It will also generate a wealth of local employment opportunities in aged care, healthcare and research, and in the retail and hospitality sectors. By building on the retail and commercial

prospects available at Innovation Campus, it offers businesses abundant growth potential, which in turn creates further investment.

A strategy for wellbeing

The Health and Wellbeing Precinct is a key element in UOW's overall Health and Wellbeing Strategy, which aims to address global and regional challenges related to healthy living. It is a comprehensive plan to advance the future of learning and teaching, research, clinical and workforce development needs for our region and beyond, building on the collective talent of UOW's people and partners.

The facilities under development here at Innovation Campus will set new benchmarks in healthcare. Importantly, the Health and Wellbeing Precinct will provide an inspiring model for other regional areas across Australia and the globe – a crucial step in leading the change.



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campus
partners



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Growing economic health

UOW's Health and Wellbeing Precinct is poised to transform the healthcare sector in the region and beyond, delivering a wealth of economic benefits in the process.

The Health and Wellbeing Precinct (HWP) is a powerful response to the demographic challenges of the region's ageing population and health service needs. The project is expected to deliver significant benefits to the precinct's future residents and the Illawarra population more proudly, but also to the regional economy.

The precinct will generate economic benefits for the community through improved access to quality services, with a flow-on impact for the hospital network through reduced

avoidable admissions and presentations. There will also be beneficial impacts for in-demand residential aged care services through additional supply.

It is expected that greater than 25 per cent of the region's population will be aged over 65 years by 2031, driving greater demand for residential aged care (RAC) and retirement living. The first phase of the HWP delivers an 108-bed residential aged care centre and 199 residential village apartments, resourcing capacity to meet this growing need. Living



better in later years enables residents to remain more engaged with the local community, resulting in a raft of social and economic benefits.

Our intoHealth facility will deliver equitable and affordable access to quality healthcare in one location and reduce the disability burden for patients through faster access to more and bulk-billed services. Its focus on early intervention and preventative care will reduce the need for expensive hospital-based care. The facility will also benefit the industry and region through developing greater capacity in research, education and public and private sector partnerships and through generating leasing revenue from contracted health services and commercial tenants.

Projections reveal that the precinct will bring an annual combined value of more than \$7 million in economic service delivery and supply benefits for the region by 2026/27.

Importantly, the HWP will also create significant regional employment opportunities. The build alone will create nearly 2,000 jobs across construction and production-induced employment, with flow-on impacts for related industries and service providers. Estimates place the economic output of construction at more than \$600 million.

With a wide range of employment opportunities arising once the facilities are operational, the potential to stimulate the local economy is boundless. The first stage of the development will also open up 82 new childcare places on the campus, expanding the region's potential for productivity and employment growth.



HEALTH & WELLBEING PRECINCT ECONOMIC CONTRIBUTION

2031

25% of the regions population
will be aged over 65



CONSTRUCTION PHASE



\$600m
construction

+



2000
jobs in construction
and production
induced employment



PHASE ONE



108
bed RAC
centre

+



199
residential
village
apartments

+



82
new
childcare
places



\$7m
Annual combined value

High tech the heartbeat of new precinct

There is an incredible array of digital technology planned for the Health and Wellbeing Precinct. What are some of the most innovative and exciting?

It's very broad; we've got everything from the Internet of Things (IoT) using 5G technology right through to artificial intelligence, virtual reality, smart robots, virtual assistance, biomedical engineering – a whole range of innovations. Healthcare is an area very much at the tipping point when it comes to technology use, and we're establishing a tech hub for experimentation with new and exciting applications. We're in high-level discussions with a number of large international technology players to explore possibilities and deliver on the strategy, and they've been really inspired by the vision.

How does this digital ecosystem support UOW's vision for the precinct?

It ties in closely with a number of initiatives that we already have underway. The technology and related infrastructure will be the digital foundation supporting and connecting initiatives under our Health and Wellbeing Strategy, including the new Molecular Horizons facility for molecular and life sciences. It will also link our MIND the GaP suicide prevention facility at the Shoalhaven

Campus, our nursing education and research centres at Western Sydney and Bega, the Health and Wellbeing Precinct and the Illawarra and broader state primary health networks. That's one of the key initiatives and investments we're making right now.

How does UOW plan to leverage and maintain the security of the huge volume of data the technologies will generate?

The data is going to be critical; how we use it, what insights can be gained from a practitioner perspective and what that translates to. We are establishing the UOW Health Analytics Centre to ensure we're at the leading edge in data use technology, which will impact not only research and education but have flow-on effects in terms of industry, regional employment and global collaboration.

Personal health data is really the top tier in terms of security requirements, and we will be investing heavily in the overall security and data structures. Alongside standard practices like deidentification and encryption of data, we'll be working with cybersecurity experts to really lock the data down so it is absolutely secure and can be used in research without any aspect being traced back to the individual.

How will the technologies enable the expansion of UOW's research and teaching capabilities?

There is a lot of high-end health research already happening at Innovation Campus in research centres including the Australian Institute for Innovative Materials (AIIM), and new facilities planned for the precinct will add to the production of big data. The systems and technologies will support the storage, analysis and use of that data. The communications networks and hybrid of cloud and on-premises storage is a critical component of the overall digital ecosystem.

There are ambitious and exciting plans for teaching and learning too. With access to so much big data, deidentified for patient anonymity, students will be able to engage with real case examples of real patient issues in near real time. Combining health information with data on the impact of socioeconomic, environmental and other factors on a range of health conditions will aid the discovery of new insights.

How will the precinct work to increase digital literacy among patients, practitioners and the broader community?

Digital literacy is a significant barrier, particularly for lower socioeconomic

The Health and Wellbeing Precinct will be a stunning showcase for health technologies – a complex digital ecosystem designed to deliver an exceptional new standard in patient-centred care. We sat down with **Fiona Rankin, UOW's Director of Information Management & Technology Services**, to find out more.



groups and older people. We will be able to harness the data to trial new ideas and give everyone access to the advantages technology can offer in a way that makes it easy, a part of their lives. Patient-centred care is about empowering people with information and choices in ways that they're comfortable with. For example, we could provide patients in our aged care facility with an iPad or tablet standardised to their needs and preferences: one dementia patient might prefer large icons while another may not; one may wish to connect their families with their healthcare providers

digitally to track their information while another would rather maintain privacy. This hyperpersonalisation of technology, supported by a knowledge management database with information and tools customised to an individual's condition – could mean a better quality of life, rather than simply longevity.

UOW is hosting The Higher Education Technology Agenda (THETA) Conference in 2019. What opportunities do you hope that will bring?

It's very exciting for us and for Wollongong. THETA is the biennial flagship conference for the higher

education sector in Australia and the region and will bring 650 delegates into the area. It's a fantastic opportunity to showcase what we're doing now, what we're planning and the Innovation Campus itself. We're aiming to connect with like-minded universities embedded in the health space, strike up collaborations for the precinct and share the success of our Health and Wellbeing Strategy.

Stay tuned for more details in future editions of *Purpose in Action*.



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Rebecca with Paul Scully MP

Fighting the good fight

Rebecca Lachlan was just 26 years old when she suffered a blood clot to the brain stem in March 2008, resulting in a stroke that affected her mobility, right arm and speech.

It came seemingly out of nowhere – she was fit, healthy and active. When she awoke, eye movement was her only response; she was to spend the next seven and a half months in hospital and a further two and a half years in intensive rehabilitation.

"It makes you look at things a little differently and realise what's important," she says. "I face challenges every day, from getting ready in the morning to navigating obstacles and stairs, driving with a spinning wheel and working out."

Known for her positive outlook and never-give-up attitude, focusing solely on her own recovery was never on the cards for Bec. She has given countless

hours to raising awareness and advocating for other stroke sufferers on behalf of the Stroke Foundation Australia and the StrokeSafe Consumer Council.

"After surviving such a major stroke, I felt I should share the knowledge I have with others as it may help them too; you never know which trick will work in the recovery process."

Equitable community access to transport is an issue that is particularly close to her heart. Bec established and leads a highly active community access group lobbying for the installation of lifts at Unanderra station to enable access for the elderly, families with prams and people living with disability.

"It's all about equality for those currently unable to use their local station and needing to travel seven kilometres or more to the nearest accessible station. This has been in the making for more than a quarter of a decade; no-one should have to wait that long for infrastructure improvements."

Her tireless commitment to helping others saw her named the 2018 Wollongong Electorate Woman of the Year.

Bec is an administrator at the Innovation Campus-based Australasian Rehabilitation Outcomes Centre, part of UOW's Australian Health Services Research Institute (AHSRI). She says that the centre is working hard to drive quality and outcome improvements in the healthcare sector for a range of impairments, including stroke.

"I'm so glad to be part of this work, which is critical to making sure stroke patients receive the best possible treatment and care to assist in their recovery. It gives me real hope for the future."

Enabling a better quality of life

For the more than 353,000 Australians currently living with dementia, negotiating the simplest functions of everyday life can be a terrifying and confusing ordeal. But a supportive environment that eliminates obstacles and promotes independence can make all the difference.



Artist's impression of the Desert Rose House



As Australia's population continues to age at an alarming rate, the number of our citizens living with dementia will only increase. The unsettling nature of the condition means that patients often need quite intensive care, with little option other than to enter the already strained residential aged care sector.

Research demonstrates a strong link between the health and wellbeing of people living with dementia and their living environment. UOW's Professor Richard Fleming, Executive Director of Dementia Training Australia, has partnered with Alzheimer's WA and a host of academic and commercial collaborators to develop a set of guiding principles for the optimal design of enabling environments, from homes to residential care facilities.

Known as the Dementia Enabling Environment Project, or DEEP, the innovative project translates research into practice to inform architecture, interior design and garden landscaping that supports the independence and wellbeing of people living with dementia. It is an Australian first, providing architects, designers, landscapers, aged care staff, families and those living with dementia with advice and assistance to refurbish existing environments, and to better design future spaces and buildings that respond to and eliminate key environmental challenges.

The focus is on practical, inexpensive and useful ideas and recommendations, supported by physical and online tools and resources to aid and evaluate the transition. It addresses key issues facing those living with dementia, such as disorientation in time and place as a result of short term memory loss, perception impairment leading to difficulty in defining objects and spaces, poor concentration through uncontrolled stimuli and an often incapacitating loss of identity.

A poorly designed environment can be confusing, disorientating, disabling and even dangerous, but one designed with cognitive impairment in mind can help maintain abilities and safety while facilitating meaningful engagement in life. DEEP offers an exciting way forward for boosting the independence, quality of life and wellbeing of people living with dementia.

Dementia Enabling Environment Principles

1. Unobtrusively reduce risks: internal and external environments should be safe and easy to move around, without obvious safety features and barriers that lead to frustration and agitation.

2. Provide a human scale: the scale of a building and its components should not be intimidating or confronting, but enable the user to feel in control.

3. Allow people to see and be seen: clear visual access to key areas such as the bedroom, kitchen or bathroom builds confidence to explore the environment and minimises confusion and anxiety.

4. Reduce unhelpful stimulation: minimising exposure to unhelpful stimuli across the full range of senses to account for stress resulting from diminished ability to filter stimulation.

5. Optimise helpful stimulation: providing cues to enable the user to see, hear and smell things that give them cues about where they are and what they can do, minimising confusion and uncertainty.

6. Support movement and engagement: well-defined pathways free of obstacles and complex decision points facilitate movement and create opportunities for interaction.

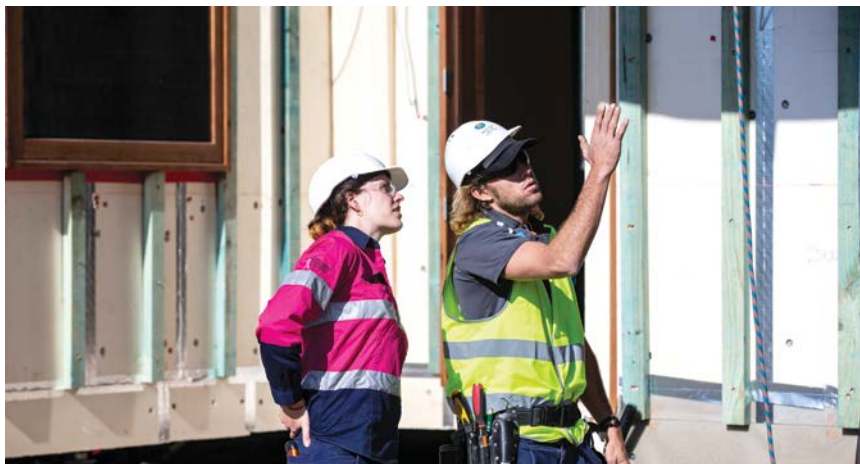
7. Create a familiar space: personalising the environment through the design of buildings, furniture, fittings and colours that are recognisable from the early life of the person living with dementia.

8. Provide opportunities to be alone or with others: provision of a variety of spaces to facilitate quiet conversation in small or larger groups and spaces to be alone, with cues to stimulate appropriate activities and responses.

9. Provide links to the community: reinforcing sense of identity through well-integrated spaces for residents, their visitors and the broader community to interact.

10. Respond to a vision for way of life: creating buildings and spaces that reflect meaning and value and embody the philosophy of care of the facility, such as a focus on healthy lifestyle or spiritual reflection.

Find out more at
www.enablingenvironments.com.au



Testing the principles on the world stage

A team of more than 200 people, primarily students from UOW and TAFE NSW Illawarra, are putting DEEP into action in the innovative Desert Rose house – a purpose-designed model home that aims to keep people living with dementia enjoying life in their own homes for as long as they choose.

Tipped to revolutionise the global building industry, Desert Rose creates a supportive, welcoming environment for people living with dementia and other age-related disabilities. The team aims to change the way the world builds homes for the elderly by designing a house that adapts to their changing needs while being architecturally inspiring.

The home features a range of dementia-friendly design elements alongside sustainability innovations developed at UOW's Sustainable Buildings Research Centre, such as heating, ventilation and an air-conditioning system that takes advantage of passive design.

Desert Rose is in the end stages of preparation for the Solar Decathlon Middle East finals in November, where the team will compete against others from around the world in the development of solar-powered homes

that are cost-effective, energy-efficient and attractive. Designed, built and tested at Innovation Campus, the home will be dismantled and shipped to Dubai in late August to be rebuilt at the competition site. Following the competition, it will return home to Innovation Campus and be rebuilt for permanent display.

"It has been an incredible experience thus far, with students from across a breadth of disciplines gaining real skills in solving problems for the benefit of people living with dementia – something they'll take with them into their future industries," says Team UOW Australia-Dubai Project Manager, Clayton McDowell.

"We're hoping that the exposure gained through the competition will help the construction industry see that we can be doing things that are not just beautiful, but that significantly improve quality of life for the elderly."

To learn more, visit
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*Conditions apply



A city transformed: Wollongong positions itself for a digital revolution

Close cooperation with stakeholders and a focus on technology are at the heart of Wollongong's smart-city strategy.

Outstanding collaboration between the Wollongong region's councils, the University of Wollongong, peak business groups and industry is driving innovation in the Illawarra-Shoalhaven and strengthening its economy.

Wollongong, 80 kilometres south of Sydney, is a case study in how councils are working with universities and other stakeholders across their region to create industries and jobs, modernise economies and quicken smart-city transformations.

'Wollongong can become one of the world's great regional smart cities,' says Wollongong City Council Economic Development Manager Mark Grimson. 'We are embracing the digital

revolution, supporting research and thinking globally. The result is more companies choosing to co-locate and invest in Wollongong; greater opportunity and jobs; and a stronger community.'

The region's smart-city strategy extends across the Illawarra-Shoalhaven, which includes Shoalhaven City Council, Kiama Municipal Council, Shellharbour City Council and Wollongong City Council. Through the Illawarra Shoalhaven Joint Organisation, the region's four councils and two regional development authorities endorsed a Smart Region Strategy in June 2018.

Thirty representatives across government, academia and industry worked on the strategy to understand the region's unique strengths, opportunities and challenges; build a shared vision; and crowdsource ideas and initiatives to create a leading smart region.

The strategy has six pillars: economy, mobility, living, governance, environment and community. Projects include:

- smart work hubs across the region that facilitate telework and drive innovation
- an integrated smart water-management system that helps the region better plan for and respond to significant rainfall events and natural disasters
- a driverless shuttle bus in Kiama to improve mobility options for an ageing population
- a health and wellbeing precinct (due for completion in 2022) at UOW's Innovation Campus that will inject \$600 million into the region's



Facility's leadership team.

'Through an evidence-based approach and latest technologies, we can innovate infrastructure and help the community and environment.'

Perez says UOW has an important role in regional innovation. 'Great global innovation clusters often form just outside of large capital cities and have a high-performing university at the centre of the ecosystem,' he says. 'In Australia, larger innovation clusters are forming in Wollongong, Newcastle, Geelong and parts of South East Queensland. Regional universities are playing a key role.'

The SMART Infrastructure Facility's work on Vision Illawarra is an example. UOW combines publicly available data on the region's economy, demographics, transport and utility usage through a regularly updated online dashboard. The data is used to project the region's needs and guide council decision-making.

UOW's Digital Living Lab helps prototype smart-city innovations. Projects include a 3D Smart Sensing Model that uses sensors and IoT technology to provide 3D modelling of temperature, motion and other variables in real time. The model is part of a collaboration between SMART, Nube IO and Devika.

Emerging tech company Briometrix is working with the Facility to develop smart wheelchairs that use sensors to capture data and map optimal routes for users. The app visualises the terrain from the user's perspective, tracks journeys and displays interactive maps.

The Facility is also developing machine-learning technology to count people and cars at key locations via IoT

economy and address key health and liveability issues

- Vision Illawarra, a digital information dashboard providing evidence-based planning and integrated development across the region
- a Digital Living Lab that is a testbed for new smart solutions and long-range, wide-area network (LoRaWAN) that uses sensors to capture data, and positions the region for the Internet of Things (IoT), where devices talk to each other online.

These and other projects highlight the region's smart-city momentum and the benefits of a coordinated, future-focused planning approach.

'Wollongong itself is being reinvented from a city traditionally known for steel and coalmaking to a knowledge services hub, globally connected trade hub and leading university city,' says Grimson.

Higher education underpins Wollongong's success

The region's longstanding relationship with UOW reinforces the benefits of councils and universities working together on regional issues. Local councils have funded several UOW projects and have drawn on the university's expertise in smart-city planning.

UOW's SMART Infrastructure Facility is leading several projects in the Illawarra Shoalhaven Smart Region Strategy, and helping develop and commercialise other innovations.

Established in 2011, the \$62 million Facility's focus on regional innovation and council collaboration is unique. 'We're capturing data across the region and working with councils to solve complex problems,' says UOW Senior Professor Pascal Perez, part of the



Senior Professor Pascal Perez, Director, SMART Infrastructure Facility; Corinna Doolan, Science Research Coordinator, Sydney Water; and David Farmer, General Manager, Wollongong City Council at the launch of Vision Illawarra.

technologies. The Smart Cities, Smart Liverpool, Smart Pedestrian Project, developed for Sydney's south-west, could help the Illawarra-Shoalhaven plan for population growth and mobility.

The Facility's work on an IoT network for the region has great promise. Created by UOW, the free-to-air network covers 90 per cent of the region. The plan is to install sensors on more council facilities, such as wastewater drains, to better understand the region's needs in real time and optimise council infrastructure for the community.

Other projects being developed through the Facility include apps and drones to prevent shark attacks, 3D-printed surfboard fins, a campus safety app, smart hydrants, and Binary Beer's smart kegs that monitor beer quality and locations.

'These are potentially game-changing projects,' says Perez. 'In time, they could lead to new industries, companies and jobs in Wollongong, and add to the region's technology capability.'

UOW's success in teaching and research is another Wollongong asset. UOW, rated in the top two per cent of world universities, has 34,000 students and offers 340 degrees.

UOW's Innovation Campus, an award-winning, internationally recognised business park that includes some of Australia's largest commercial and not-for-profit organisations, forms part of a triangle extending to UOW and the southern part of Wollongong's city centre.

As the region's capital, Wollongong is an important source of job creation. The CBD has undergone a

significant transformation, with \$1.3 billion in investment since 2012 and another \$600 million in the pipeline.

Smart-city approach complements existing strengths

Wollongong has several industry attractions. The city is a 90-minute drive to Sydney's CBD, and its proximity to Sydney International Airport and the planned Western Sydney Airport is another strength.

'The Illawarra-Shoalhaven is a big market in its own right, and Sydney is just over an hour away,' says Grimson. The region is New South Wales's third largest economy, contributing \$22.8 billion to the state annually (according to REMPLAN).

A 2015 Deloitte study found that Wollongong is highly competitive in the shared services sector compared to Sydney, with 15 per cent lower salary costs, 50 per cent lower rents and a 95 per cent staff retention rate (compared to 75 per cent in Sydney).

The region's population is expected to reach 472,000 by 2036, with Wollongong's population estimated to grow to 254,805 in the next two decades.

Urban densification, congestion and high property prices are expected to continue to encourage more Sydneysiders to relocate to the region. Wollongong houses and units are 35 to 40 per cent cheaper than the greater Sydney average. Thousands of new homes are being built.

'Wollongong residents benefit from a family-friendly coastal lifestyle and better housing affordability compared

to Sydney. They have good local job opportunities or can commute to Sydney,' says Grimson. About 20,000 residents from across the region commute to Sydney for work.

Wollongong has a fast-growing footprint in the knowledge services sector, including ICT, superannuation and shared services. More companies and government organisations in this sector are co-locating in Wollongong to reduce operating costs and access an expanding, skilled workforce while servicing national and global markets. ICT giant NEC opened its corporate office in Wollongong in 2016 and now employs more than 150 people. International wealth-management firm Mercer employs 600 people. 'These and other firms are benefiting from our local skilled workforce,' says Grimson.

Wollongong is also making gains in advanced manufacturing and tourism, and investment in its industrial base is rising. A \$75 million investment in Port Kembla, five kilometres south of the Wollongong CBD, has boosted the port's export capacity. Port Kembla is New South Wales's largest motor vehicle import hub and grain export terminal, and its second-largest coal export port.

'Wollongong has come a long way from a city hit hard by the steel downturn in the '90s, and has a long way to go,' says Grimson. 'There's never been a better time to invest in Wollongong and one of the world's great emerging smart regions.'

Find out more

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Bridging the gap in mental health

Improving mental health in regional areas is a complex and critical challenge, with significant impact on individuals and communities. An initiative led by the University of Wollongong is providing an innovative hub to turn the tide in the Illawarra Shoalhaven and beyond.

Each year, almost one in five Australians experience a mental illness – most commonly depression, anxiety and substance use disorders. The Shoalhaven area is particularly burdened by mental health conditions, experiencing greater levels than the state and national averages. Over the last decade, death and hospitalisation

rates from suicide in the Shoalhaven have consistently been 25 per cent higher than in the remainder of NSW, making trauma recovery and suicide prevention a pressing local concern.

UOW has partnered with Shoalhaven Council and the Commonwealth Government on a new purpose-built \$2.5-million Mental Illness in Nowra

District: Goals and Prevention (MIND the GaP) facility, with the aim of developing new, more coordinated models of care. Part of UOW's Health and Wellbeing Strategy, MIND the GaP seeks to improve the lives of people living in the Shoalhaven – particularly young, vulnerable residents – through clinical services, research, community



Professor Alison Jones at the opening of MIND the GaP

Uncle Gerry Moore at the opening of MIND the GaP

SPOTLIGHT ON COORDINAIRE

Working from its base at the Innovation Campus, COORDINAIRE is one of UOW's key partners in the MIND the GaP facility. As the South Eastern NSW Primary Health Network, the project is just one arm of the organisation's extensive commitment to suicide prevention in the Illawarra Shoalhaven region.

COORDINAIRE is one of more than 20 organisations working alongside lived experience advocates to tackle this critical community issue as part of the Suicide Prevention Collaborative, established in 2015. The Collaborative was successful in making the region a trial site for Lifespan, Australia's largest integrated suicide prevention program being rolled out in four locations across NSW with the aim of reducing suicide attempts by 30 per cent and suicide deaths by 20 per cent.

With many people experiencing suicidal thoughts paying a visit to their doctor in the weeks or days before suicide, equipping general practitioners with the skills and resources to identify and support people in distress is a valuable component of the Collaborative's work. Led by COORDINAIRE, universal screening programs and suicide prevention training for general practice staff offer deeply promising interventions for reducing instances of suicide.

COORDINAIRE has also rolled out extensive suicide prevention training programs among its own staff, delivering online and face-to-face guidance based around three simple steps: Question, Persuade, and Refer (QPR). The user-friendly program is designed to equip everyone with the skills to help save a life from suicide.

Find out more:

www.coordinare.org.au

outreach and training of future practitioners.

An integrated mental health and wellbeing precinct, MIND the GaP includes therapeutic space and outreach services in partnership with health care professionals, researchers and frontline support services to provide patient-centred, holistic care. It is designed to complement the existing services in the area and cater to requirements beyond its current capacity.

Construction of the facility began at UOW's Nowra-based Shoalhaven campus in March last year ahead of the grand opening on 3 July 2018. The 720 square metre site includes research, consultation and assessment rooms, meeting spaces, a 60-seat conference and training room, outdoor courtyard and children's play area. There is also provision for future expansion.

With the Shoalhaven Campus already home to UOW's leading Graduate School of Medicine and School of Nursing, MIND the GaP empowers highly differentiated professional training programs by coordinating cross-disciplinary and community collaboration to solve mental health issues occurring in disadvantaged populations, with Aboriginal communities a key beneficiary.

While the initiative is supported by the cutting edge new facility, MIND the GaP's reach extends far beyond its walls. In partnership with a range of organisations, among them the Innovation Campus-based COORDINAIRE, Lifeline South Coast and Noah's Inclusion Services, the initiative reaches out into the community in ways never before seen in the region, building a strong foundation for community health and wellbeing. Through its various interactions with the community, it will refer and help people navigate relevant services relating to their mental health, physical health, and social and other needs.

Improved mental health can have a transformative effect on the resilience, wellbeing and economic prosperity of communities. MIND the GaP will identify and explore the nature of the problems contributing to mental health and wellbeing in the Shoalhaven, how we can empower the community to address these issues and how to best evaluate the effectiveness of education and treatment options.

Critically, the initiative could generate outcomes that can be applied to other parts of rural and regional Australia.

200 years of benevolent innovation

As Australia's first charity, The Benevolent Society has celebrated innovation ever since its beginnings in 1813. It has carried this pioneering spirit through its 200-year history and into the present day, where it continues to make a positive impact in all the communities it services.

The Benevolent Society set itself apart from other charitable organisations from the outset, when the organisation formed to provide support not just to those in need, but to society's disenfranchised people. Unaffiliated with any religious group, the organisation helped people like single mothers, unwed pregnant women and abandoned children.

"During the era of our fledgling nation, The Benevolent Society's vision of a fair and just Australia for all was rather ground-breaking," says Jo Toohey, CEO of The Benevolent Society. "It's this ethos of innovation and forward thinking that has seen us earn our reputation as one of Australia's most beloved not-for-profits."

Efforts by The Benevolent Society led, among many other reforms, to Australia's first old age pension and NSW's first maternity hospital. Today, The Benevolent Society has grown into one of the largest providers of specialist services for people living with disability in NSW, QLD, ACT and SA.

The organisation's multi-disciplinary team includes psychologists, nurses, speech pathologists, dietitians, occupational therapists, behaviour support specialists, support coordinators and many other disability specialists, all of whom are registered or hold memberships with professional industry bodies.

Perhaps one of the group's largest achievements to date has been the successful merger of staff from the NSW Government's Department of Family and Community Services (FACS) into The Benevolent Society. This move, as part of the disability sector's initiative to provide consumer-directed care through the NDIS, has been the most significant industry reform since Medicare.

Since FACS's Disability Community Support Teams transitioned from the government sector and into The Benevolent Society, the organisation has expanded its service offerings, both across the country and in the Illawarra area. The Benevolent Society offices in Wollongong are now based at the Innovation Campus, which means another step in the direction of innovation for the organisation. The hub allows the organisation's staff to liaise and partner with experts in the field of community services. It also facilitates the integration of high-level knowledge with service delivery.

"Being so close to the academics in this world-class university is just wonderful," says Toohey. "For those of us working in ageing and disability, the ability to draw from their wealth of knowledge is invaluable."

With NDIS roll-out nearing completion in NSW, The Benevolent Society has witnessed the profound



impact of this reform on people with a disability, their families and carers. Participants now have access to more support than ever before, with more choice and control that enables them to reach life goals.

Among the organisation's recent innovations is the adoption of a mobile working environment for its multi-disciplinary teams.

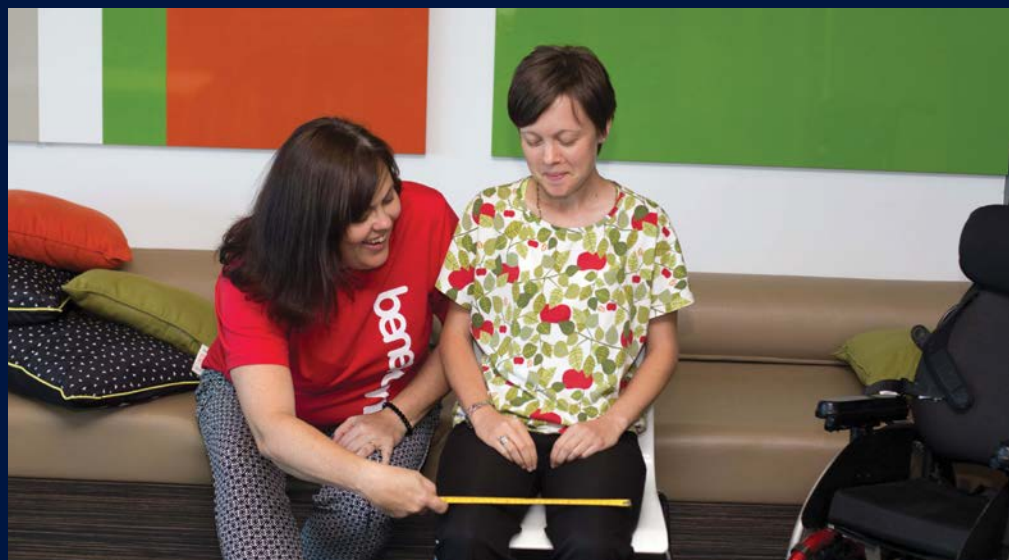
"Our staff love this approach, as it allows them to work from their place of choice, whether it be their own home, their client's home, at The Benevolent Society community hubs, or somewhere else entirely. Clients also love the flexibility and the opportunity to receive services within the comfortable and familiar



surroundings of their home or school.”

Clients, staff and the wider community are all looking to technology, particularly through devices and the internet, to share ideas, gather information and built support networks. In response to this, The Benevolent Society has become a major sponsor of the increasingly popular platform, My Disability Matters, and even has its own dedicated community within the platform called The Benevolent Hive.

Embracing the spirit of innovation has been critical in The Benevolent Society not only remaining relevant over its long history in Australia, but in ensuring its community impact continues to grow – now and into the future.





Accelerating wellbeing

Since iAccelerate's doors opened back in 2012, the purpose-built incubator's residents have been solving the world's problems in new and exciting ways. As Innovation Campus prepares to roll out the new Health and Wellbeing Precinct, we shine a light on two resident startups making waves in the sector by putting people at the heart of innovation.

Life Our Way

For families and carers of people living with disability, the process of creating an independent and rewarding life for their loved one can be complex and all-consuming. An innovative life management and communication app, Life Our Way, is taking the stress out of coordinating the people and services essential in providing self-managed, personalised care.

Life Our Way founder Maree Becker drew on first-hand experience in creating the app; her brother Nick was born with Tuberous Sclerosis causing disability, low-functioning autism and epilepsy, and group care activities simply weren't working for him. The family decided to give Nick more control over his daily life and self-manage his support, but pulling together all the necessary elements was complicated. Becker's search for a tool to help came up empty.

"It got me thinking that if this is time consuming for me and I've been doing this for five years, how are those families and carers stepping into the NDIS going to find self-managing for their loved one?" she recalls.

Life Our Way was created to give families and carers support and guidance, with a clear mission to alleviate stress and anxiety, make connecting easy and simplify caring, planning and administrative responsibilities.

More than simply a scheduling app or management tool, Life Our Way has people and relationships at its heart. The sophisticated, user-friendly platform simplifies coordination and day-to-day sharing of information between support staff and family members. It featured a personalised profile that clarifies personal and health goals and needs for monitoring, a shared planner for ease of coordination and a communication function to upload stories and pictures to keep families connected to their loved one's activities.

The app also has applications in aged care, mental health, children with special needs attending school and more.

"Through coordinated support, my brother is actively living a life of purpose and meaning, and ultimately one that brings him joy," says Becker. "Through Life Our Way, we're aiming to make this the reality for as many others as possible."



Our campus partners



Twinkl

Twinkl provides online learning materials and tools for educators across the world. When it came time to open an office location in Australia, the UOW Innovation Campus stood apart as a hub of innovation and creativity. Today, the company continues to grow in the Illawarra creating new jobs for our region.

'To help those who teach' is the driving force of Twinkl who provides home and professional educators with instant access to over 525,000 materials including interactive PowerPoints, worksheets, complete lessons and full schemes of work.

Twinkl's Australian materials are aligned to the Australian Curriculum and state curricula and are targeted at a range of different markets; from primary teachers, home educators and Early Childhood educators to parents, Special Educational Needs and English as an Additional Language.

www.twinkl.com.au

Recovery Camp

Time away from everyday life to focus on mental health can not only be very therapeutic, it can make a real difference in future quality of life. Recovery Camp delivers life-changing, evidence-based programs whereby health students work with people living with ongoing illness towards their recovery.

The person-centred initiative sees people with a lived experience of mental illness take part in a five-day recreation camp in the Australian bush, alongside health students. Camps are facilitated by mental health nursing and education academics, and up to 100 camp participants enjoy a wide range of structured activities as part of a community supporting each other's mental health learning and recovery.

Christopher Patterson is Director and Co-founder of Recovery Camp, working with Professor Lorna Moxham and Dr Dana Perlman to develop and deliver the transformational program. He says that ongoing research supports Recovery Camp's positive contribution to individuals' wellbeing and mental health recovery.

"By focusing on and promoting hope and strengths at camp, people are empowered, and carry this with them post-camp into the community," he explains.

Students from nursing, psychology, dietetics and exercise physiology attend each camp, gaining first-hand experience in community-based mental health care and treatment. It offers an innovative and immersive professional placement opportunity through which students gain from a lived experience of mental illness.

"Recovery Camp has provided more than 30,000 hours of clinical placement to health students across Australia since our camps commenced in May 2013," says Patterson.

Available nationwide, the multi award-winning program has significant anecdotal and documented evidence of a profound effect on its participants. Published, peer-reviewed research has demonstrated increased student clinical confidence and clinical competence and decreased stigmatising attitudes when compared to other workplace experience placements.

Recovery Camp is part of *Living Well, Longer*, the UOW Global Challenges Program examining how we can live well throughout the course of our lives and improve quality of life in later years.

"By the end of 2018 we will have run 16 camps taking around 400 people with mental illness and over 500 students," he says. "We are working to enhance and transform the lives of people who are living with mental illness by empowering them now, and by preparing health professionals of the future."





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greencaffeen.com.au

Wollongong

Following \$1 billion of investment over the past four years, and a further \$300 million investment in the pipeline, Wollongong is prime to continue its economic transformation. Alongside wider infrastructure improvements, these investments are collectively supporting the growth and transition of our major university city.



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Doctor in the house

Receiving specialised, face-to-face care at home can make a real difference to patients and their families – but with a health system under pressure it's often not a viable option. One company's bold new vision is bringing quality in-home care to Australians, with the help of innovative mixed reality technologies.

Imagine your specialist or GP could be transported holographically to your home, supporting qualified, experienced nurses to deliver the very best in care without ever having to leave your bed? Though it may sound like the stuff of science fiction, Silver Chain Group's Enhanced Medical Mixed Reality (EMMR) service could potentially be just around the corner.

Currently being piloted in Western Australia, EMMR is an exciting technology-based project that fuses real life, projected holograms and video conferencing to allow nurses, clinicians and patients to interact in real time.

"One of the stand out features of EMMR being trialed is the ability to 'holoport' health professionals, such as a doctor, into people's homes via the use of a Microsoft HoloLens headset," explains Michelle Noort, Silver Chain Group Executive General Manager of Health Care.

"Nurses visiting patients take the headset to a client's house and help them use the device to have a conversation with a holographic doctor in their own living room."

While face-to-face interaction will always be the gold

standard of care, the limitations of geography and physical health can make it difficult for some to get to appointments with a specialist or doctor. In our culture, having a doctor available is important in maintaining patient confidence that they can safely remain at home.

"With EMMR, clinical specialists will be able to remain in central locations but still provide personalised care in the home," says Noort.

"Our nurses wear the device and stream live video to a doctor or specialist at a remote location for further expert advice. It's the next evolution of a video conference call."

Via the mixed reality headset, a doctor in a remote location can see in real time what the nurse sees. It also leaves the nurse's hands free to clinically assess and document the patient's condition.

It's a win for patients and for the profession; EMMR will eliminate the need for many patients to travel to appointments and prevent unnecessary hospital admissions, save the healthcare system time and money and build capacity for nurses to practice at the very top of their field.



It will also allow clinicians to contribute beyond the walls of hospitals and consulting rooms without having to waste valuable time travelling.

As Australia's population rapidly ages, EMMR has boundless potential to shift the landscape for delivery of in-home care, putting patient experience at the forefront. It enables the healthcare sector to proactively monitor patients in the community in a way that is more personalised and convenient, meeting increasing demand for healthcare while relieving physical and financial pressure on the health system.

Through the trial, Silver Chain Group has become the first company in the world to holoport a health professional into patient homes. Noort says that EMMR is just the beginning in its vision to harness new technologies to advance in-home health and aged care.

"We're always looking for new and innovative ways to deliver care to our clients."

Silver Chain brings to EMMR extensive capability and a long history in Australia, delivering around two million hours of care each year to support more than 95,000 clients across the country. The not-for-profit organisation's 'hospital in the home' services are a significant part of this, enabling patients to receive hospital level care and other support services at home and separating Silver Chain from other community-based health and aged care providers.

"At any one time, Silver Chain has more than 600 virtual hospital beds across the country. It is a cost effective, flexible and sustainable solution to help manage the increased demand on acute hospital services, keeping hospital beds free for those who need them most."

With 110 years in Western Australia and more than 120 years as RDNS in South Australia, Silver Chain now has bases in New South Wales, Victoria and Queensland. Noort says that the east coast is a priority growth area, and that establishing its regional base at UOW Innovation Campus in 2016 has facilitated access to a vibrant and connected learning environment.

"We are surrounded by great facilities and have access to likeminded people who are working towards improving health and wellbeing for all Australians. There is a strong focus on healthcare on campus, and there is a real benefit to being located alongside colleagues from the Primary Health Network, Cancer Council and Australian Health Services Research Institute."



To learn more about EMMR and Silver Chain, visit silverchain.org.au

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Professor Alison Jones

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1. 16th in the world – QS Top 50 Under 50 Rankings 2019. 2. 201-205 band – 2019 Times Higher Education World University Rankings and 218th in the world – QS World University Rankings 2019. 3. 2019 QS Graduate Employability Rankings. 4. QS World University Rankings 2018. 5. Highest ranked university in NSW overall on QILT 2018

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Creating opportunities: a snapshot of 2018

We believe that innovation comes down to people and great ideas. Our diverse and ever-expanding program of initiatives create valuable opportunities for our community to connect socially and professionally. Come join us and be part of something big.



Big Top Series

The Illawarra is home to a vibrant live music events scene, and the Big Top Series – a partnership between UOW Innovation Campus and Yours & Owls – was the delicious cherry on top of a huge 2018. More than 5000 punters shook off the winter chill over three massive concerts in our circus tent-like pop-up venue, rocking out to the likes of Liverpool pop icons The Wombats, indie folk musician Xavier Rudd and multi-platinum sibling group Sheppard.

Pilates

Wellness at work is vital to a happy workforce. Supporting our community to stay fit in mind and body is a fundamental part of the Innovation Campus philosophy and ongoing success. Our community met at lunchtime each Thursday in September to stretch, strengthen and exercise the Pilates way. It's just one of many sporting and exercise programs we support including soccer, yoga and cycling.



Illawarra Business Chamber

The Illawarra Business Chamber (IBC) is the region's leading business organisation, committed to representing the interests of its members through providing a powerful voice to key decision makers. In May, UOW Innovation Campus partnered with IBC to unite our two communities and create deep connections between business, industry and education. Business After Hours, IBC's flagship event, is an ideal forum for local businesses to network, hear from inspirational speakers and learn more about the University, our research and our big plans for the future.



Ai, i3net and IC Breakfast

Our July Industry Breakfast, in partnership with industry bodies Ai Group and i3net, focused on the changing expectations and demands on industry as we charge headlong into a world forever changed by climate change and an ageing population. Our guests heard from industry leading experts Daikin, world-class researchers at the Sustainable Buildings Research Centre and Team UOW Australia on industry changes, new technologies and the social and environmental impact of these adaptations on our society.



Illawarra Assistants Network

The Illawarra Assistants Network (IAN) is one of Wollongong's newest networking groups, supporting executive assistants in making connections and furthering their education. Our SmartSpace office hosted IAN in July as the group celebrated its first birthday with a special event, with guests treated to a presentation on Emotional Intelligence in the workplace by UOW Faculty of Business Lecturer Dr Laura Rook. Our Leasing Manager was also on hand to unveil the next stage of Innovation Campus' exciting future.



Puckey's Night Market

On the last Wednesday evening of every month, an eclectic band of traders descend on UOW Innovation Campus. Puckey's Night Market is a new adventure, drawing a diverse crowd from across the Illawarra to enjoy an eclectic range of music, crafts, people, handmade products, second hand and vintage wares, and delicious food vendors. It's all about creating a neighbourhood for the Innovation Campus and Illawarra community that highlights our stunning University space, showcases local talent and builds community.



SCARF Trivia Night

Strategic Community Assistance to Refugee Families, better known as SCARF, helps participants build a sense of belonging and navigate the practical and personal challenges of starting a new life in Australia. Our campus community came together in August to help SCARF raise much-needed funds to continue their efforts across the region. More than \$11,500 was raised by our campus and business community in a night of food, wine and mind-boggling fun.



Desert Rose Sunset Social

Our Sunset Social sessions are free, informal networking events designed to bring together our campus community and businesses across the Illawarra in an informal setting. Our July Social was made particularly special with the unveiling of the Desert Rose House. In partnership with UOWAlumni, our guests enjoyed delicious Middle Eastern food, drinks and great live music, along with a fascinating panel of speakers including industry and education partners looking at the future of health in our region.

Shining a light on Wollongong

Advantage Wollongong, a partnership between Wollongong City Council, NSW Government and the University of Wollongong, seeks to attract new business to our City of Innovation. In June, we partnered with UOW Alumni to present guest speaker Eammon Bell, Accelo co-founder and alumnus, to talk about why Wollongong is the perfect home for his rapidly expanding global technology business. With the spectacular light displays of the Vivid Festival as a backdrop, our guests networked with businesses from across the Illawarra and Sydney area and shared their experiences of our gorgeous region.



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A plan to transform health

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UOW's health initiatives:

1. **UOW intoHealth** – UOW clinician-led 'one-stop diagnostic shop'
2. **Aged Living** – A stimulating living environment for the Illawarra's older population
3. **MIND the GaP** – Improving mental illness in the Nowra district
4. **Rural & Regional Health** – Committed to quality care in regional NSW
5. **Nursing Education & Research** – UOW Nursing Education facilities in western Sydney and Bega
6. **Molecular Horizons** – Providing scientists with high-end technologies to deliver research outcomes

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