



Education Committee Report 2025

Members: Dianna Carlen (leader), Linda Hobbs, Bronwyn Monro, Sarah Lendon

Goal of the Education subcommittee: is the empowerment of members through education.

This year has seen us deliver education for members through our annual (online) seminar and also hands-on emergency injection training. Both initiatives have received very positive feedback, and the injection training sessions reached full capacity.

Each year the annual seminar seeks to provide members with an update from a medical professional and an allied professional living with Addisons. The seminar this year, held via Zoom on 24 May 2025, had more than 80 members attending from across Australia.

We were pleased to hear from specialist endocrinologist, Dr. Stephanie Teasdale, who spoke about the technical aspects of Addisons and relationships to other autoimmune conditions. We were grateful for her donation of time, experience and willingness to answer questions from members on the day. In keeping with the theme of "Empowering Communities Living with Adrenal Insufficiency" we also heard from Philippa Sharman, the Research and Communications Manager at the Addison's Disease Self Help Group (UK) who also lives with the condition. Her explanation of resources and advocacy work in the UK provided some great ideas.

Hands-on emergency injection training has been a key focus for education in the last twelve months. Training events for our members, with support from Pfizer, ran in Melbourne on Saturday 5th April, and in Adelaide on Saturday 3rd May 2025.

Injection training is scheduled for Western Australian members, in Perth, on Saturday 18th October 2025 and Brisbane training is proposed for early 2026.

Fact sheets maintenance are now the responsibility of the Education Committee and the review of these, and the creation of one for Aged Care, is a priority for the rest of 2025 and into early 2026.