



AUSTRALIAN ASSOCIATION OF GERONTOLOGY

Issue 12: June 2010

In this Issue:

Regular Features

National Activities

State Activities

Student Space

Gerontology News

Looking Back

Upcoming Events



Welcome to the twelfth edition of the AAG e-newsletter!

In recent national activities and news, The National Council met for a two day meeting in May at the National Ageing Research Institute in Melbourne. The meeting provided an opportunity to reflect upon the research activities from different states and review current national activities such as strengthening our membership base, improving education and dissemination through our website, newsletter and position papers, and engagement with government through the newly developed Policy Advisory Committee and through media and public relations. The meeting also focused on developing the strategic direction of the AAG to ensure current key strategies and new initiatives strongly reflect the AAG's mission to expand knowledge in ageing.

One of these new initiatives is the 'Hot Topic' which aims to focus attention on priority issues in ageing and position the AAG at the leading edge of research. This year's Hot Topic is Housing and Older Australians and as highlighted in this edition of the newsletter a number of states have already held successful events to promote this important area of research. You will also find details below for your chance to vote on the Hot Topic for 2011.

In terms of upcoming events, be sure to mark both the AAG's Northern Territory (www.aagntconference.com.au) Conference in Darwin and the Annual National Conference (www.aagconference.com.au) in Hobart in your diaries. Both of these events are sure to be highlights on the AAG's calendar, and, as always, stimulate debate and critical engagement amongst the AAG's diverse membership. For students, there is also the Emerging Researchers in Ageing Conference (ERA) which will be held in Newcastle from the 21-22 October at the Newcastle City Hall. There are also many other events planned at a state level so be sure to visit the AAG website (www.aag.asn.au) for further details and stay up to date.

Membership renewals have now also gone out to members and we strongly encourage you to renew early so that you can start earning membership points from 1 July. The AAG points program is designed to encourage members to become more actively involved in the Association. The premise is the more AAG events you attend, the more points you earn; and the more points you earn, the more benefits you receive. Where members achieve 20 points or more over the course of a financial year (i.e., 1 July to 30 June), they will be upgraded to the status of Associate Fellow in the following financial year and enjoy privileges such as greater savings to attend conferences and other AAG activities beyond regular member savings. More information can be found with your membership renewal packs. If you have any questions regarding membership or the points program, please don't hesitate to email them to enquiries@aag.asn.au.

So please read on and be sure to get involved with AAG national and local activities and support ageing and aged care research and debate!

National Activities

Members Survey

The AAG is continually looking at new ways to improve its services to members as well as garner a better understanding of our members' views on issues relating to ageing and aged care. For this reason, the AAG will be seeking input from members on a range of AAG matters via surveys released through our newsletters.

A special thank you goes to all those who participated in the last survey posted in the March 2010 newsletter. The responses indicated that people were generally happy with the format of the newsletter and the information provided. Regarding the website, two thirds of people who responded stated that they would like to see more up-to-date news related to ageing and aged care listed on the website, and over 80% wanted to see employment and research opportunities posted on the site. In response to this, the AAG is now regularly posting news and ageing research information both on its home page and under the news section, as well as listing employment opportunities. Be sure to visit the website regularly to keep abreast of the latest news.

Each year, the AAG focuses special attention on a topical issue, or 'Hot Topic', in order to:

- a) focus attention on priority issues in ageing,
- b) drive research in areas of need, and
- c) position the AAG at the leading edge of research.

To do this, the AAG drives the Hot Topic through seminars and workshops and publishes papers promoting outcomes and gaps in the research evidence base to highlight areas of need. This year's Hot Topic is Housing and Older Australians, and a number of events have been planned to highlight this important area of research (see website for details of upcoming events).

In this newsletter, the AAG is conducting a survey asking members to state their preference for the 2011 Hot Topic from a set list of four topics. To submit your preference for the 2011 Hot Topic, please click on the link below and complete the survey. The survey will close on 16 July 2010. We will announce the 2011 Hot Topic at the 2010 AAG National Conference in Hobart.

<http://www.surveymonkey.com/s/XNYBTM3>

R.M. Gibson Research Fund Recipients

Congratulations to the winners of the RM Gibson Research Fund for 2009 - Isaac Selva Raj for his project titled *The effects of eccentrically-biased and traditional resistance training on force-velocity characteristics, muscle architecture, functional capacity and arterial stiffness in older people*, Thorlene Egerton for her project *The effect of fatigue on attentional resources required for the postural stability of older people*, and Haiping Tan for his project *A pilot study on prevention of caries in older adults in residential aged care*. Thorlene Egerton's Project is outlined below, should you wish to learn more about the other two projects, these are described in the March 2010 edition of the Newsletter. We encourage other early career researchers to consider applying for this grant. For more information see page 4 - applications close 30 June 2010.

Thorlene Egerton, PhD, Research Physiotherapist, Clinical Research Centre for Movement Disorders & Gait, Kingston Centre, Melbourne

The effect of fatigue on attentional resources required for the postural stability of older people

Many falls among older people are attributed to loss of balance and this is certainly an area of great concern and ongoing research. There are many causes for losing balance. My study will investigate one possibility relating to the attentionally-demanding aspects of balancing and the possible interference of fatigue on these processes.

Many studies have shown changes to postural stability among young people following high intensity or long duration fatiguing exercise. Fewer studies have investigated this occurrence in older people, but changes have been demonstrated after fatiguing calf raises (Adleron & Moritz, 2002) and resistance training exercises (Moore *et al.*, 2005). These studies are limited in their relevance to understanding falls in older people because falls frequently occur when older people are performing their daily activities at home (Lord *et al.*, 2001) and older people do not normally exercise to fatigue during their usual daily activities. In addition, the duration of physical activity bouts undertaken by older people are typically shorter than the exercise protocols reported in the previous studies.

I recently investigated the effect of 14 minutes of moderate-intensity, whole body physical activity on postural stability in older people (Egerton *et al.*, 2009a). This investigation showed a small, but statistically significant, increase in amplitude of displacement of centre of pressure (COP), in the mediolateral direction after the activity. This change is thought to indicate increased instability. However, this same exercise protocol had no effect on participants' ability to generate force with their leg muscles (Egerton *et al.*, 2009b). The cause of the increased COP motion is not known. One possibility is that the changes may be due to the subjective feelings of tiredness impacting on attentional resources required for effective postural control.

Attention has been defined as "the information processing capacity of an individual" (Woollacott & Shumway-Cook, 2002, p1). This approach to understanding attention assumes that it is a limited resource and that whilst attention can be directed towards more than one task, if the attention requirements exceed the capacity, then performance on at least one of the tasks will deteriorate. Reduced stability in standing by older people has been repeatedly demonstrated in the presence of a concurrent attention-demanding cognitive task (Woollacott & Shumway-Cook, 2002). The findings are thought to be due to reduced capacity to re-allocate attention or other cognitive resources to balancing tasks when required (Maki *et al.*, 2001), impaired ability to inhibit attention to less important tasks when required for a priority task such as maintaining or regaining balance, reduced attentional resources with aging, and/or increased demand for attentional resources by postural control systems (Woollacott & Shumway-Cook, 2002). Subjective feelings of fatigue have the potential to further modulate postural stability when combined with an attention demanding concurrent task, and this has thus far received little attention in the literature.

Fatigue can result from physical activity, mental activity, insufficient sleep or from a range of diseases, and has both subjective and objective manifestations. The processes involved are complex, multifactorial, and, especially in the case of the subjective feelings of fatigue, not well understood. In this investigation I use the term physical tiredness to indicate the *subjective* feelings that develop as a result of a period of physical activity. Similarly, mental tiredness indicates the *subjective* feelings that develop due to sustained performance of tasks requiring mental effort.

My study aims to determine if physical and/or mental tiredness, at levels that are typically experienced by older people, causes changes in their postural stability by impacting on attentional resources required for optimal balance. To achieve this aim, COP motion will be recorded in a challenging standing position when concurrently performing an attention demanding cognitive task in the presence of both physical tiredness and mental tiredness.

The findings may provide an explanation for the changes found in postural stability immediately following physical activity, and may provide valuable insight into a potential cause of falling.

References

- Adleron, A. K. and U. Moritz (2001). "How does calf-muscle fatigue and age affect vibration-perturbed one-leg stance?" *Advances in Physiotherapy* 3: 179-187.
- Brown, W., B. Fuller, *et al.* (1999). "Never Too Late: Older peoples' perceptions of physical activity." *Health Promotion Journal of Australia* 9(1): 55-63.
- Egerton, T., S. Brauer, *et al.* (2009a). "The immediate effect of physical activity on standing balance in healthy and balance-impaired older people." *Australasian Journal on Ageing* 28(2): 93-96.
- Egerton, T., S. Brauer *et al.* (2009b). "Fatigue after physical activity in healthy and balance-impaired elderly". *Journal of Aging and Physical Activity* 17: 89-105.
- Lord, S. R., C. Sherrington, *et al.* (2001). *Falls in older people: risk factors and strategies for prevention*. Cambridge, Cambridge University Press.
- Maki, B. E., A. Zecevic, *et al.* (2001). "Cognitive demands of executing postural reactions: does aging impede attention switching?" *Neuroreport* 12(16): 3583-7.
- Moore, J. B., T. Korff, *et al.* (2005). "Acute effects of a single bout of resistance exercise on postural control in elderly persons." *Percept Mot Skills* 100(3 Pt 1): 725-33.
- Woollacott, M. and A. Shumway-Cook (2002). "Attention and the control of posture and gait: a review of an emerging area of research." *Gait Posture* 16(1): 1-14.



AUSTRALIAN ASSOCIATION OF GERONTOLOGY

RM Gibson Scientific Research Fund

CALL FOR 2010 APPLICATIONS

CLOSING DATE 30 JUNE 2010

A total of \$15,000 is available for the award of up to three grants to members of the AAG for medical research. Research can include any investigative project undertaken by a person practicing in the field of gerontology. Research projects must be related directly to issues or disorders associated with ageing. Projects must be innovative. There is no age limit for applicants but grants are intended for early career researchers. Applicants must be able to supply evidence that appropriate supervision will be available.

The fund supports research projects by contributing to salaries, equipment and materials, computing charges and other essential expenses. Grants are in the form of a single amount and will not be repeated for the same project. Grants may contribute to a larger project. Grant awardees will be expected to present the results of their research project at an AAG National Conference. A free registration will be provided and additional support for travel may be granted for this purpose.

The RM Gibson Scientific Research Committee will make the final decision regarding the award of grants. Application forms are available from:

Australian Association of Gerontology
Suite 154, 236 Hyperdome
Loganholme QLD 4129

Email: enquiries@aag.asn.au
Phone: (07) 3103 1391
Fax: (07) 3829 9730

Or can be downloaded from the web at www.aag.asn.au

IAGG Newsletter

The second IAGG newsletter describes the workshops to be held in partnership with the International Association of Gerontology and Geriatrics, the World Health Organisation and the French Society of Geriatrics and Gerontology and also describes the IAGG/WHO Global Research Network on Health & Ageing.



To find out more you can access the newsletter at:

http://www.novoviva.fr/sites/www.novoviva.fr/files/public/iagg/NEWSLETTER-IAGG_April2010.pdf



Asia-Pacific Geriatrics News



The Australasian Journal on Ageing and the Geriatrics and Gerontology International Journal have launched their inaugural newsletter, "Asia-Pacific Geriatric News" which aims to update you with the best of academic publishing from the region's two leading journals on ageing. The newsletter features several articles that can be freely accessed until June 30th as part of the Editor's Selections and also provides information on how to submit to both journals. You can access the newsletter at the following link:

<http://dmmsclick.wileyurope.com/view.asp?m=ksar4pp2x3hw5iidx640&u=659627&t=1&f=h>

Emerging Researchers in Ageing (ERA) Conference

21 & 22 October 2010 - Newcastle

Come and visit surprising Newcastle, gateway to the internationally renowned Hunter Valley vineyards. Discover our world class beaches, explore our lush, rainforest hinterland, and enjoy the largest salt water lake in the southern hemisphere.



The Priority Research Centre for Gender, Health and Ageing at The University of Newcastle will be hosting the Emerging Researchers in Ageing Conference in Newcastle on 21 & 22 October 2010.

The ERA Conference is the only national conference in Australia that showcases exclusively the work of postgraduate students doing research in ageing. The conference will feature three postgraduate student workshops to be held on the morning of Thursday 21 October, followed by 1 1/2 days of conference activities. The conference will be held within the Newcastle cultural precinct.



ERA
Emerging
Researchers in
Ageing
Australia



The workshops will include:

- Issues in mixed methods research, presented by Dr Pat Bazeley, A/Prof Centre for Primary Health Care and Equity, University of New South Wales and Director/ Research Consultant, Research Support Pty Limited, an internationally renowned expert on mixed methods research. This workshop is being sponsored by the HMRI Public Health Program Capacity Building Group.
- Issues in quantitative research, presented by Prof Catherine D'Este, Chair in Biostatistics, Centre for Clinical Epidemiology and Biostatistics, University of Newcastle
- Writing and reviewing for publication, presented by A/Prof Lynne Parkinson, Senior Research Fellow, Research Centre for Gender, Health and Ageing, University of Newcastle; Editor in Chief of "Australasian Journal on Ageing" and Dr Lauren Williams, Senior Lecturer, School of Health Sciences, University of Newcastle; Associate Editor of "Nutrition & Dietetics".

International keynote speaker Dr Gita Mishra, Programme Leader at the MRC Unit for Lifelong Health and Ageing, at the University College of London will open the conference with her talk entitled: "New directions in ageing research: life course epidemiology and cross-cohort comparisons".



Dr Gita Mishra

For more information about the conference and how to register visit the ERA website:

www.era.edu.au/ERA+2010

Close of abstract submissions: extended until Friday 16 July 2010

Earlybird registration (until 31 July): \$130

Full registration: \$180



Asia / Oceania Regional Congress of Geriatrics and Gerontology update

23-27 October 2011, Melbourne

At a recent Planning Committee meeting with representatives of the Australia and New Zealand Organising Committee, and the Regional Executive, and scientific chairs from across the region, many of the key plans for the conference have been endorsed. The majority of keynote speakers and invited symposia have been confirmed, final budget and registration fees have been finalised, and pre-conference workshops are being firmed up.

Several of the key dates have been modified by the Planning Committee. Main timelines to mark in your diary are:

Open Submitted Symposia submissions	2 nd August 2010
Close Submitted Symposia submissions	24 th September 2010
Notification of Submitted Symposia acceptances	November 2010
Open free paper / poster submissions	1 st November 2010
Close free paper submissions	25 th February 2011
Notification of free paper acceptances	April 2011

The conference website (www.ageing2011.com) will be updated with the information on speakers, invited symposia, workshops and registrations in the next 6 weeks, so make sure to check it out.

Are you attending overseas conferences in 2010?

If any AAG members are presenting at international conferences throughout 2010, particularly in the Asia / Oceania region, could you please contact me (keith.hill@latrobe.edu.au) to discuss the opportunity to use a conference promotional slide at the end of your presentation, and to take some promotional information with you.

Sponsorship

A variety of sponsorship and exhibition opportunities are available, make sure your agency or organisation is part of this major event! The Sponsorship & Exhibition Prospectus is available on the website.

See you in Melbourne in 2011!

Professor Keith Hill (Chair of the Conference Organising Committee)

State Activities

ACT Division

On June 16, the ACT division is holding a public seminar on the 2010 hot topic of housing, looking specifically at Older Canberrans and Housing. Speakers representing the ACT Government, the aged care industry, and the Australian Institute of Health and Welfare will discuss the issues broadly, with a focus on models, strategies and policies that may best be applied in the ACT. Lots of time will be set aside for questions and public discussion. The committee is delighted to have Barbara Squires (NSW AAG) on the panel. Barbara will talk about service integrated housing in the context of her involvement with the ACT Sustainable Housing Taskforce, and with reference to her work with Apartments for Life in Sydney.

Ellen Skladzien, Newsletter Representative, ACT Division

NSW Division/Hunter Chapter

Interview with Daniel Dowers, recipient of 2009 AAG (NSW Division) Prize (University of Wollongong)

Virginia: Congratulations on winning the AAG NSW Student Prize for your University in 2009! Can you tell us a little bit about your background, and how you came to be working in the ageing field?

Thank you. I currently work for a transitional care team on the beautiful south coast – Shoalhaven Transitional Aged Care Service (STACS) – as a physiotherapist. We get to travel to people's homes and - hopefully - set them up as best as possible in order to remain at home. I have been a physiotherapist for close to twenty years and have worked in all facets of the profession. I enjoy my job.

Virginia: What motivated you to consider studying gerontology, and how did you find out about the UOW course?

A colleague at work started the course a year before me and it looked both interesting and really appropriate to my daily clinical practice. I was nervous about the challenge ahead, mainly trying to balance life, kids, work, and study.

Virginia: What stands out most for you about your experience of studying gerontology at UOW?

The steep learning curve initially stands out – as I had not studied using online / internet methods. There is a seemingly endless amount of information on any given subject using the internet. Learning to find RELEVANT information is a skill I am still trying to master – a work in progress. I have praise for the high standards of teaching at Wollongong University and class debate and interaction stands out – mainly in the way I felt encouraged and supported at all times - many times totally lost!

Virginia: How has undertaking formal qualifications in gerontology improved your practice in working with older people?

One of the best parts of my job is that I have remained a clinician – I enjoy interacting with our aged clients. The course has empowered me to take on many staff education sessions, and to be a much better, up-to-date clinician. Dementia, Falls, Health Promotion, and Parkinson's Disease are just some of the subjects I now teach to staff.

Virginia: Do you hope to continue to work or study in the ageing field?



AUSTRALIAN ASSOCIATION OF GERONTOLOGY

The ageing field is a growing population. We need to address this issue now and set up processes and services to meet future needs. I want to move forward in this field. There is a real need for the physiotherapy profession to be skilled at treating older clients.

Virginia: Do you have any thoughts on our society's ability to respond to population ageing in the coming decades?

As I mentioned earlier – it is today that society should be addressing this growing population. Some key elements in coping with an ageing population are addressing the value that older people have and can contribute. For example, allowing people to remain in the workforce (with reduced hours) and therefore retaining the ultimate knowledge – that of *experience*. Aged people should not be considered as a burden but rather a vast resource of skills, abilities, and experience; this way they may be considered for their great value to society. Having completed this course I am optimistic regarding coping with an ageing population.

Virginia: Danny, thanks for sharing your thoughts with us.

Thank you

“Ageing at home: sustainable housing and communities for older people”, NSW AAG Rural Conference, 15-16th April 2010, Ballina RSL Club



Report by Professor Julie Byles

This conference explored some of the issues surrounding the importance of housing and community for older people in maintaining their sense of self, their independence, and their health and well-being as they age. The conference also challenged people to start to think about how homes and communities might be redesigned, redeveloped and supported to meet the needs of our ageing population; and how older people can be supported within their environments to age well and with dignity.

The conference was opened by the Honourable Paul Lynch, Minister for Ageing, Disability Services and Aboriginal Affairs, and attracted 108 delegates. Excellent Keynote addresses were provided by:

- Professor Andrew Jones, from the Australian Housing and Urban Research Institute,
- Professor Hal Kendig, from the University of Sydney
- Professor Catie Bridge, Director of the Home Information Clearing House,
- Professor Colleen Cartwright, from Southern Cross University
- Mr Pino Migliorino, Chair of the Ministerial Advisory Committee on Ageing.

There were 29 proffered papers, 2 symposia, and a panel discussion (sponsored by NSW Ageing, Disability and Home Care) and a research Skills Workshop presented by Professor Lesley Barclay and Dr Sabrina Pitt from the Northern Rivers University Department of Rural Health. A full report on the conference outcomes will be forthcoming.



AUSTRALIAN ASSOCIATION OF GERONTOLOGY

We are especially grateful to our major sponsors NSW Human Services Ageing Disability and Home Care for their support of the conference and their partnership in this round table discussion. We are also grateful to our conference committee for putting together the conference program, and for all the behind the scenes planning and wheeling and dealing:

- Julie Byles
- Barbara Squires
- Jill Pretty
- Paul Sadler
- Anthony Brown
- Lorraine Poulos
- Felicity Barr
- James Grealy
- Rebecca Nelson
- Jan Herbert
- Pip Carter
- Sigrid Patterson
- Julia Bellamy
- Deb Kuhn
- Jane Howarth and Jayne Hindle (ECC)



*Professor Julie
Byles*

Professor Julie Byles, President, NSW AAG Committee

Report by Irena Veljanova

As a recipient of the AAG NSW conference attendance financial assistance I was able to attend the AAG Rural Conference: 'Ageing at home: sustainable housing and communities for older people' and I am very pleased that I can share my experience with the AAG newsletter audience.

After a long drive from Sydney, Diana (the co-author and the co-presenter of the paper) and I didn't take too long to reenergise. We were warmly greeted and encountered a very supportive environment. We were able to expand our networks and strengthen existing ones; learn of developments in the relevant academic and industry fields and receive encouragement for perseverance in respect to our research interests. Personally, I was delighted to attend addresses from senior academics whose works I hold in high esteem, and which have more or less informed my studies in the field of ageing. I was also pleased with the opportunity to identify researchers with like research interests and approach them with ideas for future research/conference papers requiring mutual commitment. In reference to the location, the accommodation and the venue ... Hmm, who wouldn't enjoy sunny Ballina and the wonderful seaside, the five minutes seaside stroll from the Ramada Spas and Suites to the conference venue, and the friendly staff of both the accommodation and conference venue and the organisers of the conference.

The whole experience has left me looking forward for the next AAG event. I hope the rest of the conference attendees have had similar experiences as mine. If you are an emerging researcher in the field of ageing, such as I, a conference like this is not to be missed! Until next time, then!

Irena Veljanova, Doctoral candidate, Human Welfare Studies and Services, School of Social Sciences, University of Western Sydney, Bankstown Campus

2010 RM Gibson Oration & dinner – 6.30 pm, Wed 30th June 2010

AAG Hunter Chapter is pleased to announce that the 2010 Gibson Oration will be delivered by Prof Stephen Leeder, Professor of Public Health and Community Medicine at the University of Sydney and currently a Director of the Menzies Centre for Health Policy. Professor Leeder has some controversial views on the COAG health reform agenda and will discuss the relevance of the proposed reforms to the care of older people. The title of his talk is "Reform or reformation? The future for ageing health in the new health vision".



*Professor
Stephen Leeder*



AUSTRALIAN ASSOCIATION OF GERONTOLOGY

All welcome to join us at Travelodge Newcastle City, Cnr King and Steel Streets, NEWCASTLE. The price of \$49.50 (AAG members) or \$55 (non-AAG members) includes two-course dinner and a welcome drink. Enquiries to Nicola Rosenthal - Ph: 4920 9579 or Nicola.rosenthal@aue.salvationarmy.org

“The Silver Century: Prospects and Problems” AAG-COTA forum

A forum to discuss the practical challenges of mature age workforce participation ...

The Keynote Address will be given by The Hon. Barry Jones AO

9am – 2.30pm

Thursday 19th August 2010

The Salvation Army, 4th Floor, 140 Elizabeth Street, Sydney

The Hon. Barry Jones will provide the keynote address at the joint AAG and COTA forum to be held in Sydney on 19th August 2010. Julian Disney will speak on engineering a just social inclusion agenda that facilitates the participation of vulnerable workers. Peter Shergold will address fiscally-sustainable policy and practice that will enable mature age employment. A whole of community approach to mature age participation will be the subject of Pino Migliorino’s address. Panellists Priya Saratchandran (Australian Human Rights Commission), Alison Peters (CEO NCOSS) and Emeritus Professor Sol Encel (UNSW) will consider the practical challenges of enabling mature age participation. The AAG NSW Annual General Meeting will follow immediately after the Seminar finishes at 2.30 pm, and we welcome you to join us.

Cost: Non-Member: \$50.00
Member (AAG or COTA): \$40.00
Concession (student/senior card holders): \$25.00

For more information or to register, contact:

Janet Gilchrist, Executive Officer, AAG (NSW)

Phone: (02) 9767 7158

Email : janet.gilchrist@sydney.edu.au

IFA 10th Global Conference

Report by Barbara Squires, The Benevolent Society

The International Federation on Ageing and Council on the Ageing, Victoria, hosted the 10th Global Conference on Ageing in Melbourne, from 4 - 6 May. The IFA has a membership base of NGOs, professionals, academics, business organisations, government and individuals, and has ‘General Consultative’ status at the UN. The conference attracted about 1,200 delegates, with many international visitors. The theme was ‘Climate for Change: Ageing into the Future’, and environmental issues featured in the packed program.

The opening address was given by Dr. John Beard, Director, Department of Ageing and Life Course, World Health Organisation. Although now based in Switzerland, John is Australian born and has held a wide range of senior public health and academic roles, both in Australia and in the USA. His address covered how ageing at a population level is a new phenomenon, and included a survey of global trends and what different areas of the world will need to do to meet the challenge of rapid ageing.

There was a bewildering array of concurrent sessions, and it was good to see many familiar AAG faces, as well as overseas researchers who had presented at the IAGG in Paris in 2009. There was a strong focus on human rights issues, including elder abuse, gay and lesbian ageing, aged discrimination, and ageing in developing countries. More familiar topics included housing, community and residential aged care,



AUSTRALIAN ASSOCIATION OF GERONTOLOGY

dementia and health promotion. An optional post conference workshop on the 'WHO Global Network of Age-Friendly Cities' developed the environmental theme.

As with all large conferences, each delegate had a different experience, depending on their interests and choice of sessions. The diversity of those attending was a real strength, as was the opportunity to see at first hand the Melbourne Convention and Exhibition Centre, which will be the venue for the Asia/Oceania Regional Congress of the IAGG in 2011.

Dr Virginia Simpson-Young, Newsletter Representative, NSW Division

Victoria Division

Evaluation of Programs under the National Dementia Initiative

Our April Forum highlighted aspects of the evaluation of key programs implemented as part of the National Dementia Initiative. A consortium from La Trobe University, Access Economics, the University of Melbourne and Aged Care Solutions were the evaluators of the National Dementia Initiative.

The presenters spoke about the evaluation of three programs funded under the Initiative: the Community Care Program (EACH-D), the National Dementia Support Program (NDSP) and the Dementia Behaviour Management Advisory Services (DBMAS).

Dr Colleen Doyle (University of Melbourne, NARI) reported on the 1 year prospective study evaluating the EACH-D packages for dementia clients living in the community. One aim was to reduce admission to residential care. The client sample were particularly frail at the outset; they commonly had mild cognitive impairment and were functionally dependent. The program improved access to community services, provided carer relief and increased assistance with personal care. There was a deterioration of symptoms over the year, with increasing frailty making residential care appropriate for many. The program would provide longer benefit with greater targeting to those less frail.

Ms Rosemary McKenzie (Centre for Health Policy, Programs and Economics, University of Melbourne) gave an overview of the evaluation of the NDSP. The NDSP has five service streams, auspiced by Alzheimer's Australia. The support services are targeted towards consumers with early dementia and their carers. Extensive feedback was obtained from staff, consumers, stakeholder organisations and secondary data sources such as reports. The consumers and their carers viewed the services as a 'lifesaver'. Providers were generally positive and were working to address some key accessibility challenges. The stakeholders were largely positive about the services and valued their partnership with Alzheimer's Australia.

Professor David Dunt (Centre for Health Policy, Programs and Economics, University of Melbourne) provided the background to the DBMAS's, noting that they were rolled out over different time periods across state and territory jurisdictions. The services mainly supported residential aged care staff working with people with moderate to severe behavioural and psychological symptoms of dementia (BPSD). These staff reported successes in reducing a range of BPSDs. They also felt more confident and competent in managing their residents. There were some process matters to be resolved in ensuring the ongoing accessibility, efficiency and quality of the services.

Copies of the presentations can be found on the AAG Victorian Division's website - http://www.aag.asn.au/vic_events.php

FORTHCOMING EVENTS

Metro



AUSTRALIAN ASSOCIATION OF GERONTOLOGY

Our next AAG Evening Forum is on Wednesday 16th June at the Seminar Room, Ground Floor, St George's Hospital, 283 Cotham Road, Kew, 6.00-7.00pm.

Speaker: Dr Noorlaili Tohit, Healthy Ageing Research Unit, Monash University

Title: "We want a peaceful life here and hereafter": healthy ageing perspectives of older Malays in Malaysia"

Asia / Oceania Regional Congress of Geriatrics and Gerontology 2011 (Melbourne)

23-27 October

Planning for this exciting event is ongoing. There will be a call for abstracts soon. Keep up to date by visiting the website:

www.ageing2011.com



Queensland Division

As the pictures below illustrate, the first evening seminar for 2010, "Ageing at home - Older people's housing choices and experiences" (2 June) was an extremely informative and interesting event. Approximately 30 people attended to hear Prof Andrew Jones (Director, AHURI Queensland Research Centre) and Desleigh de Jonge (Lecturer, School of Health and Rehabilitation Sciences) speak about their research. Prof Jones highlighted how housing has been given only peripheral consideration in a number of national reports and many entrenched issues are not being systematically addressed. He discussed the 'housing problem' for older Australians, specifically the: problem of affordability (especially for private renters), problem of design (availability of home modification/maintenance services), problem of impacts (insufficient attention to role of housing in achieving health and wellbeing in later life) and the problem of choice (insufficiently diverse housing options for older people). Desleigh de Jonge then discussed the recent findings of qualitative project, exploring the attitudes and experiences of 30 people in Queensland, South Australia and Victoria who had a home modification service in the last six months. She described how all wished they had acted sooner and really valued the changes, which meant they could stay in their own homes and did not have to rely on busy family members to make improvements and modifications. It was a very enjoyable seminar, with a great discussion about the meaning and experience of home as we age.



Upcoming Events

I remind Queensland AAG members of our upcoming events – listed below – and strongly encourage you to attend the 'Student Showcase' where QLD emerging researchers in ageing will share their recent research findings. We hope you can attend some of these events – please also watch the AAG website



AUSTRALIAN ASSOCIATION OF GERONTOLOGY

for more information in coming months and contact me if you have any ideas for other activities or speakers. We would really like to hold seminars in regional areas of Queensland in early 2011, so if you are interested in coordinating an activity in your local area, please contact me to discuss some ideas and funding options (e.miller@qut.edu.au).

Student Showcase & AGM - Wednesday 25th August 2010 @ 6pm (Ship Inn, Southbank)

Qld's AGM will again be combined with an evening seminar on 'Cutting-Edge Research in Ageing' - where QLD emerging researchers in ageing share their recent research findings.

Prof Colleen Cartwright presentation - Wednesday, 13th October, 5.30pm (Ship Inn, Southbank)

Prof Cartwright (Director - Aged Services Learning & Research Centre and Foundation Professor of Aged Services) will discuss her recent research - on ageing, ethics and medical decisions at end of life. She assisted with the development and implementation of the Queensland Powers of Attorney Act (1998) and designed the Advanced Health Directive and Enduring Power of Attorney documents in use under that legislation. Note that it is 5.15pm for 5.30pm start, followed by networking over a light supper and drinks at 6.30pm.

Friday September 17th - Positive Ageing Journey, Bardon Conference Centre

After the success of the inaugural 'Positive Ageing Journey' (PAJ) forum last year, a second full-day seminar is organised for September and will be held at the Bardon Conference Centre. The PAJ is a collaboration with many organisations and is designed to be an interactive day, with a diverse program attracting both the wider community and professionals. It will offer those in attendance a range of ideas to enhance their own ageing journey through descriptive seminars and practical demonstrations.

Evonne Miller, President, AAG Queensland Division

SA/NT Division

The South Australian committee is currently devoting a lot of their time and energy to the two up and coming Conferences for 2010.

The Northern Territory conference, 'The Ageing North', has developed an exciting two days of key note speakers, workshops and plenary sessions. The conference is being held on the 12th and 13th of August in the Darwin Esplanade Holiday Inn. Look on the AAG website for more information about the program and registration.

The South Australian state conference: 'Food for Thought! Recipes for Positive Ageing', is being held in the Stamford Grand Hotel, Glenelg on the 10th of September. The call for abstracts closes on the 11th of June, and to date we have had a very positive response, so if you are considering submitting an abstract do it soon! Key note speakers this year will include Maggie Beer, SA's Senior South Australian for 2010, Peter Orpin from the University of Tasmania, and Colleen Cartwright from Southern Cross University. As usual the close of the conference will include drinks, nibbles and opportunities for networking plus this year some interesting entertainment is being planned. Check the AAG website for more information and a copy of the Call for Abstracts.

In March over 50 people attended a seminar on Cancer and Older People, with a lot of interest expressed in this pioneer service being run at the Royal Adelaide Hospital. Nimit Singh offered an interesting insight into the prevalence of cancers in older people, and the rationale for the new program. Robert Prowse followed this with an outline of the aims of the program and how it works in practice, with an interesting commentary about how the fields of gerontology and oncology work together (or how they don't in many cases), particularly in relation to on-going care. Jeanette Prouse followed this by describing the type of data that is being collected from the 400 patients involved in this new program, some of the operational issues and the plans for the program in the future.



AUSTRALIAN ASSOCIATION OF GERONTOLOGY

Our lunchtime seminar on May the 26th was attended by over 30 people. This was an interesting presentation entitled 'Is Marriage Good for You in Later Life?' Ruth Walker and Mary Luszcz presented data on married couples from the South Australian ALSA study, a longitudinal study on older people now into its 10th wave of data collection. Some of the key points of interest from this presentation were: that people who are married tend to live longer and have better self-reported health, marital satisfaction appears to be protective for health and well-being, marital satisfaction depends on a wide range of factors within the marriage but also on wider relationships with social networks, there are demands and pressures around care-giving and the transition to widow-hood and that there is a lack of understanding and current research on diversity in late-life couples, particularly CALD couples, de-facto couples and same sex relationships.

Our next seminar is being planned for July and will look at the role of the creative arts in ageing. Christine Putland from Flinders University will be the key presenter at the seminar and we are hoping to have a large display of arts programs and ideas from a range of organisations that interact with and assist older people with lots of opportunities for learning from others over wine and nibbles. Venue and date to be advised.

Helen Feist, Newsletter Rep, SA/NT Division

Western Australian Division

Upcoming Event: Ethics in Dementia Care – Professor Julian C Hughes and Panel.
24 June 2010; Venue: Haydn Williams Lecture Theatre, Curtin University of Technology
Time: 5.30pm; Cost: Free; P: 08 9388 2800; E: lyn.jude@alzheimers.asn.au

Tasmania Division

Two very successful seminars have been held this year.

The first on 23 March was titled "**Building Capacity for an Aged Care Workforce: Future Challenges**"

More than 50 participants heard four speakers canvas the issues from very different perspectives. The Speakers included Ms Susan Parr, CEO of St Ann's Homes; Mr Darren Mathewson, CEO of Aged and Community Services Tas; Ms Margot Walker, from the Tasmanian Polytechnic and Prof Andrew Robinson, Co-Director of the Wicking Dementia Research and Education Centre.

The second seminar held on 17 May looked at the topic of: "**Dementia and the Built Environment in Residential Aged Care**"

The Wicking Centre in conjunction with AAG Tas were pleased to present two respected speakers at an evening seminar in the new Menzies building in Hobart on Monday 17 May 2010. Forty people, academia and health service providers, enjoyed the stimulating presentation "A systematic look at research on designing environments for people with dementia" delivered by Clinical Associate Professor Richard Fleming, Director of Dementia Services Development Centre, the Hammond Care Group, Sydney. And Professor Roger Fay, Head of School of Architecture and Environmental Design, University of Tasmania, shared his recent findings from a study tour - "Building design and research for dementia: the Scandinavian experience".

The AAG Tas Committee are now concentrating all efforts on having a great national conference in Hobart in November. Remember to diary the dates – 17 to 19 November

Jean Elder, Newsletter Rep, Tasmania Division

The start of 2010 has been a busy period for the national student group, both at a committee level and at a personal level. While our WA Student Rep Lucie Baker is busy finalising her PhD, Chris Hatherly

Student Space

has recently submitted his and started a new position at Alzheimer's Australia and Felicity Barr has also reflected on her experiences of completing her PhD. Plans are also being made for various student functions and networking opportunities for the AAG National Conference this year and the IAGG Regional Congress next year. Claudia Meyer, Student President and Victorian Student rep, presented a student update at the AAG National Council meeting in May. Claudia was pleased to report an increase in student memberships this year. A student section poster has also been printed for students to use at promotional events. Contact Claudia for more information about the poster.

Sharon Andrews, our Tasmanian Student Rep made the news earlier this year when she had lunch with Prince William. Southern Cross Care in Tasmania selected Sharon as a high achieving employee to dine with Prince William, Governor-General Quentin Bryce and other invited guests at Admiralty House in Sydney. Sharon was able to chat with the Prince about her work as a nurse in aged care and her PhD topic of improving palliative care for people with dementia in aged care. Sharon is also actively involved in the planning committee for the National Conference in Hobart this year including organising student events.



Photo from the Tasmanian Mercury, January 20th, 2010, Sharon Andrews pictured third from right.

Tim Henwood and Taylor Dong as recipients of the AAG bursaries for travel to the World Congress in Paris 2009, are working with Keith Hill and Tony Coles to progress the student ideas for the IAGG Regional Congress. Claudia Meyer has also become involved as a local student representative. A webpage on the Regional Congress website has been established to provide information about student activities during



AUSTRALIAN ASSOCIATION OF GERONTOLOGY

the conference (<http://www.ageing2011.com/Default.htm>). Plans are also under way to organise a student workshop and social event as well as ways to maximise networking opportunities and provide support to students visiting from overseas.

Our Immediate Past President, Chris Hatherly has recently completed his PhD at the ANU (looking at cognitive screening tests and interventions for older drivers), and has started in the position of project manager of the National Quality Dementia Care Network with Alzheimer's Australia. This Network has been funded by the ANZ Wicking Trust and Bupa Care Services, and aims to improve the quality of dementia care in Australia by facilitating the rapid adoption of research evidence into practice. Specifically, the Network will support knowledge translation projects addressing key priorities in dementia care, and aims to encourage closer collaborations between consumers, service providers, clinicians and researchers.

For Chris, this position offers an opportunity to stay in touch with the latest research developments in gerontology while working closely with consumers, service providers and policy makers. The Network is due to commence operations in late August, and the first knowledge translation projects will be established by early 2011.

Reflections on PhD completion by Felicity Barr

"I miss it". This was my surprising reaction to completion of my PhD thesis. Immediately after submitting in June last year, I went off to Paris to attend the IAGG World Congress of Gerontology so the transition to post-thesis life was not instantaneous. The emptiness hit me hard when I arrived home to begin the long wait for examiners' responses. Heeding the warnings of colleagues who had submitted before me, I kept space in my life for a quick response to the inevitable requests for "emendations". Gradually, as time passed, the urgency faded, but so did the sense of connection with the thesis. When the call finally came, seven months after submission, it was just as well the requests were mostly for minor amendments to reflect the stylistic preferences of the examiners (commas in, commas out) and little real work was required. I found that the enormous "thing" which had dominated my mind and my life for five or more years had disconnected and was now just another book on the shelf above my desk.

I have some new tasks now and I am finally adjusting to post-thesis life. Graduation was very satisfying and it's fun to have new business cards and a new c.v. headed "Dr Felicity Barr". But I still miss it. I miss the constant awareness that there is something waiting to be done; I miss the frequent satisfaction of completing the next piece of writing; and above all, I miss those Eureka moments when another piece of the jigsaw falls into place and you suddenly see the patterns emerging. My new tasks are interesting and challenging but the satisfactions they offer can't compete with writing a thesis.

P.S. My thesis was entitled "Connections and Disconnections: a qualitative study of the social capital of older Australians in a coastal resort".



AUSTRALIAN ASSOCIATION OF GERONTOLOGY

Gerontology News

Doctoral studentships available in online social networking and its outcomes among older Australians

Two ARC doctoral awards are available to undertake innovative research at the Australian Demographic and Social Research Institute (ADSRI) under the three-year ARC-funded project "The role of online social networks in successful ageing: benefitting from 'who you know' at older ages". The new project aims to examine the role of online social networking in relation to successful ageing as measured by (re)partnering, family/social connectedness and informal/voluntary economic activity at age 50+. Two key data collection components are (1) building a social network site (SNS) for the collection of personal profile and social networking data, and (2) online and offline surveys on successful ageing, social networks, and Internet/SNS use and barriers to use. Areas of research for doctoral study include social demography, ageing, longevity, social network analysis, and e-Research.

Two APAI awards of \$26140 per annum are available for three years. The commencement date is flexible up to early 2011. Both students will be based in ADSRI and will be supervised by Associate Professor Heather Booth and Dr Robert Ackland. For further details, see <http://voson.anu.edu.au/?q=node/34> or contact heather.booth@anu.edu.au or robert.ackland@anu.edu.au

Associate Professor Heather Booth

<http://adsri.anu.edu.au/people/heather.php>

T: +61 2 6125 4062

Looking Back

THINGS THAT OUGHT TO HAVE BEEN DONE

*R. M. Gibson, O.B.E., M.B., B.S., M.R.A.C.P., President, Australian Association of Gerontology
Originally published October 1966 in AAG Newsletter Vol 1, No 4*

In Australia today the emphasis in social gerontology largely tends to neglect the maintenance of independence in the aged in favour of rather vain effort to recover lost causes presented by medico-social break-down. If this aspect of gerontology continues to occupy our major effort then those medico-social agencies concerned with the study of ageing and the care of the aged will be increasingly involved in "geriatrics" and the numbers of prospective candidates for the services provided will always swamp facilities, statutory, voluntary and private, for their care. The physiological, public health and sociological approaches to the age problems of our modern community have too long been subjected to the pressing needs presented by the end processes of ageing and chronic disease. Every year, under these conditions, will the community be presented with a crop of elderly and chronic sick who can no longer cope with living in it, and who will demand care, therefore, apart from it. To provide adequate conditions for care will very soon overtax the community, not only in capital expense but also in maintenance and services costs.

Australia is a young country with a "younging" population mainly as a result of immigration. It has been estimated that Australia has some ten years of grace before the trend becomes oriented to an "ageing" population. Remember also that a good proportion of our ageing population will be represented by immi-



AUSTRALIAN ASSOCIATION OF GERONTOLOGY

grants without the supportive family structure on which many native born Australians depend in their elder years.

The trend in all sophisticated societies examined in a recent world trip is most definitely towards preservation of health and social competence in the aged. It is only in this way, it is stressed, that care separate from the community can be kept within the bounds of reason from the socio-economic point of view. Socially emergent countries are beginning at the point where community conscience demands a standard of living for the socially and physically incompetent aged acceptable to these communities' awakening social conscience so that institutions provided at first by voluntary and later by statutory agencies are seen as the solution. In nations a little more socially mature a system of pension has been added, but in the most sophisticated societies it has been recognised that pensions and institutions alone can neither cope in quantity nor can standards be maintained in keeping economically or emotionally with the resources of that community. The trend, therefore, has been forced towards preventative medico-social activity and active restorative and maintenance services for those who break down. Some countries have approached this from the point of view of a total welfare state and some at the other extreme from a total private enterprise or charity solution.

Examine first the situation of a total welfare state. In this instance it is likely that an overall policy could be adopted and applied generally. Experts are more likely to be able to influence policy and social and public health measures may be better applied at a preventative level. Physical and capital resources are likely to be superior and anxiety, striving and suffering in the ideal situation should be reduced to a minimum.

To provide this total welfare requirement is expensive and the community generally must be prepared to be taxed heavily to pay for it.

However, people in such a welfare state have given over the activity of individual, or neighbourly planning in favour of state planning. The element of striving for one's personal safety, and the safety and welfare of one's family and neighbours, has been eliminated and the concept of contribution by the individual and the family group has been abandoned. Is this a good thing for the emotional health of the community or even a good thing for the physical and emotional well-being of the elderly themselves? It is my opinion that it is not. Those communities who have taken this way have suffered in numerous ways. Emotional health has suffered and in the inevitable event of death the process of mourning has been complicated in that no matter what the financial contribution in taxation has been there remains enhanced the natural guilt reaction in mourning that "those things that ought to have been done have not been done". In other words the personal contribution of the survivors has not been sufficient to compensate for the reaction to the loss of loved ones.

On the other hand the attitude of neglect by government to the needs of the ageing section of the community has been responsible in some countries for the evolution of charitable and privately financed services to an extreme degree. In this situation it has been the responsibility of individuals to save and privately insure themselves against the cost of care in the event of disability through age or infirmity. When this has not been achieved the community has relied on charity to provide the care.

The increased standards of care demanded by the community have heavily taxed the insurance funds, private resources and charitable organisations to the point where the expenditure can be ill-afforded, or organisations have been forced to turn to government for financial aid.

In both cases, total welfare from taxation or ex-orbitant costs for private and voluntary care, the trend has had the taint of "pay off" of social conscience without any real satisfaction. In some countries what one pays to a nursing home for mother's care is taken as an accolade of social and moral rectitude.

Recognising the inability of private enterprise or voluntary or charitable organisation many countries have turned more and more to government for finance and although the identity of the voluntary associations has been preserved, more and more of their money comes from Government, linked of course, to advice



AUSTRALIAN ASSOCIATION OF GERONTOLOGY

and control of their activities. This is how a tradition-ally voluntary mechanism becomes absorbed in the welfare state trend and it is seen in Norway, Denmark, Holland, Great Britain, and in Christchurch in New Zealand, where traditional voluntary agencies continue to exist in the midst of national health programmes.

Where then does the road lie for Australia because Australia is truly at the cross-roads in social gerontology and geriatrics? Remember we have the unique opportunity of a period of grace before the enormity of the problem is truly felt. We have a European society still “younging” but knowing that within ten years we may follow all other similar societies and become an “ageing” one. There are certain well known facts and desirable aims. Let us examine the facts:

1. 1. An increasing number of people surviving to old age will increase not only the numbers but also the percentage of old people in our population.
2. 2. Neglect of preventative measures will increase the number of old people dependent on the community.
3. 3. Neglect of modern geriatric medicine will increase the number of old people remaining dependent who could and should be restored to and maintained within the general community.
4. 4. The capital and maintenance cost of preserving the dependent elderly in institutions will rise to a point where neither the individual nor the general community can afford the standard of care demanded.
5. 5. The application of modern geriatric medicine and the organisation of maintenance services for the de-pendent aged can stabilise these folk in the community and maintain the majority there.

Now the desirable aims.

6. 1. Access to modern diagnostic and therapeutic medical and social services should be made available to this section of the community.
7. 2. Assessment and direction of the contribution of the individual and the community through its existing agencies should be encouraged within professionally recommended limits.
8. 3. Co-ordination of government, community and individual contributions to the assessed need of the individual is the activity which produces the most economic and morally satisfying and scientifically ideal situation.

The provision therefore of such services aimed firstly at understanding the process of ageing, the maintenance of physical and social competence and the prevention of disability will ameliorate and lessen the problem of treatment when and if breakdown occurs.

To be able to find the individual at special risk, to examine his situation and to apply medical and/or social therapy will pay handsomely. At this stage the solution is correct even though cheap. If and when breakdown occurs we ought to have modern medico-social philosophy applied to the case so that restoration to the maximum possible can be achieved and main-tained—not a “geriatric unit” where kindly neglect is practised; in the event of residual disability, to have a combined approach from medical, social and family sources applied to care in the domestic situation; to cope with the irreducible minimum of continued dis-ability needing medical and nursing care in a manner socially and emotionally acceptable at a cost that the individual and the community can afford; and when death comes, as it will, to have the elderly citizen suffer this with dignity and peace, leaving a family and com-munity satisfied not only in their head but also in their heart, that those things which ought to have been done have in fact been done.

Upcoming Events

ACT

16 June 2010 **CANBERRA, ACT**

Older Canberrans and Housing Forum

Venue: John Flynn House St Andrews Village, Groom Street, Hughes

Time: 3.45 – 5.50pm

Cost: Free for AAG members; Gold coin non-members

P: +61 2 6278 8927

E: ellen.skladzien@alzheimers.org.au

QLD

25 August 2010 **BRISBANE, QLD**

"Cutting Edge Research in Ageing"

Student Showcase & AGM

Speakers: 5 Queensland Emerging Researchers in Ageing

Venue: function Room (upstairs), Shipp Inn, South Bank

Time: 6.00pm to 8.00pm – includes light snacks and drinks

Cost: Free for AAG members; Gold coin non-members

W: http://www.aag.asn.au/qld_events.php

17 September 2010 **BRISBANE, QLD**

"Positive Ageing Journey"

Following the success of the inaugural Positive Ageing Journey (PAJ) Symposium in 2009, we are partnering with other organisations to run this event again in 2010

Venue: Bardon Conference Centre (full day event)

E: e.miller@qut.edu.au

W: http://www.aag.asn.au/qld_events.php

13 October 2010 **BRISBANE, QLD**

Evening event: Professor Colleen Cartwright, Foundation Professor of Aged Services at Southern Cross University and Director of the Aged Services Learning and Research Collaboration, will be the keynote speaker at this event.

E: e.miller@qut.edu.au

W: http://www.aag.asn.au/qld_events.php

NSW

19 August 2010 **SYDNEY, NSW**

"The Silver Century – Prospects & Problems" and AGM

A forum to discuss the practical challenges of mature age workforce participation.

Venue: The Salvation Army, 4th Floor, 140 Elizabeth Street, Sydney

Time: 9am – 2.30

2.30pm AAG NSW Annual General Meeting

P: +61 2 9767 7158

F: +61 2 9767 6881

E: janet.gilchrist@sydney.edu.au

W: http://www.aag.asn.au/nsw_events.php



AUSTRALIAN ASSOCIATION OF GERONTOLOGY

VIC

16 June 2010 **MELBOURNE, VIC**

Bi-Monthly Seminar

Speaker: Dr Noorlaili Tohit, Healthy Ageing Research Unit, Monash University

Title: "We want a peaceful life here and hereafter: healthy ageing perspectives of older Malays in Malaysia"

Time: 6.00-7.00pm

Venue: Seminar Room, Ground Floor, St George's Hospital, 283 Cotham Road, Kew

E: aagvic@nari.unimelb.edu.au

SA / NT

15 July 2010 **ADELAIDE, SA**

Writing for A and A* Journals

AAG SA invites you to this presentation for post-graduate students to be given by Dr Eva Kemps on 15 July 2010 at 2.30pm.

Venue: Room 223 Social Sciences North, Flinders University

Informal afternoon tea to follow.

RSVP to: chris.materne@flinders.edu.au by 12 July 2010

W: http://www.aag.asn.au/2009_seminar_series.php

11 August 2010 **DARWIN, NT**

"Growing Old in Aboriginal Communities"

2nd National Workshop of the Aboriginal and Torres Strait Islander Ageing Committee (ATSIAC) of the Australian Association of Gerontology

Venue: Holiday Inn, Esplanade, Darwin, NT

P: +61 2 9382 4599 (Sandra) or 0419 849 101 (Sharon)

F: +61 2 9382 4599

E: Sandra.Forster@sesiahs.health.nsw.gov.au

12-13 August 2010 **DARWIN, NT**

AAG (SA/NT) Northern Territory Conference: *"The Ageing North"*

Detailed program available: Early June 2010

Closing date for early bird registrations: 15 July 2010

Venue: Holiday Inn Esplanade, Darwin

P: 1300 368 783 or +61 2 6650 9800

E: aag@eastcoastconferences.com.au

W: <http://www.aagNTconference.com>

10 September 2010 **GLENELG, SA**

SA Conference: *"Food for Thought: recipes for positive ageing"*

Venue: The Stamford Grand, Glenelg

P: +61 8 8304 6153

F: +61 8 8304 6210

E: SAGe@dfc.sa.gov.au

W: http://www.aag.asn.au/sage_2010.php

WA

24 June 2010 **PERTH, WA**

Ethics in Dementia Care - Professor Julian C Hughes and Panel.



AUSTRALIAN ASSOCIATION OF GERONTOLOGY

Venue: Haydn Williams Lecture Theatre, Curtin University of Technology

Time: 5.30 pm

Cost: Free

P: 08 9388 2800

E: lyn.jude@alzheimers.asn.au

NATIONAL AND INTERNATIONAL CONFERENCES

June 2010

21-23 June 2010 COPENHAGEN, DENMARK

Transforming Care 2010: Provision, Quality and Inequalities in Late Life

Deadline for Abstracts: 28 February 2010

Registration deadline: 15 April 2010

E: transformingcare@sfi.dk

W: <http://www.sfi.dk/Default.aspx?ID=7250>

24-27 June 2010 BARCELONA, SPAIN

1st World Congress on Controversies in Longevity, Health and Ageing (CoLONGY)

A Comprehensive Congress Fully Devoted to Clinical Debates and Controversial Issues in a Wide Spectrum of Longevity, Health and Aging

Deadline for Abstracts: 1 May 2010

Deadline for Early Registration: 1 May 2010

E: Info@comtecmed.com

W: <http://www.comtecmed.com/colongy/2010/default.aspx>

25-26 June 2010 LYON, FRANCE

Aging and Sleep 2010

International Association of Sleep Research in Gerontology – Aging and Sleep 2010

This international and interdisciplinary meeting is organized for physicians, health care providers and researchers to promote the latest advances in geriatric sleep medicine IASRG (International Association of Sleep Research in Gerontology).

P: +33 4 7272 5352

F: +33 4 7271 3063

E: arifa.messai@chu-lyon.fr

W: <http://www.aging-sleep.com/>

29-30 June 2010 AUCKLAND, NEW ZEALAND

Aged Care Workforce Conference – Tackling the Workforce Challenges Posed by the Rapid Growth and Changing Needs of Our Elderly Residents

W: <http://www.conferenz.co.nz/conferences/aged-care-workforce>

July 2010

1-2 July 2010 SWANSEA, WALES

IAGG - Gerontology without borders: Diversity in European and transnational Research

P: +44 0 1792 513126

F: +44 0 1792 295675



AUSTRALIAN ASSOCIATION OF GERONTOLOGY

E: conferences@swansea.ac.uk

W: <http://www.gerontology2010.swansea.ac.uk>

1-4 July 2010 ADELAIDE, SA

Australasian Association of Bioethics and Health Law Conference

Venue: University of Adelaide

Call for abstracts: Closes 12 March 2010

P: 61 8 8379 8222

F: 61 8 8379 8177

E: events@plevin.com.au

W: <http://www.plevin.com.au/aabh2010/>

6-8 July 2010 LONDON, UNITED KINGDOM

39th British Society of Gerontology Annual Conference: Identities, Care and Everyday Life

Submission of abstracts: 29 January 2010

Early Bird registration: 7 May 2010

Venue: Brunel University, West London

P: +44 089 5266 197

E: bsg2010@brunel.ac.uk

W: http://www.britishgerontology.org/event_details.asp?DiaryID=126

10-15 July 2010 HONOLULU, HAWAII

ICAD>10 Alzheimer's Association International Conference on Alzheimer's Disease 2010

ICAD is your opportunity to journey inside the latest in dementia science. Learn about the groundbreaking theories, methods and findings that will be revealed here for the first time. Experience what it means to shape Alzheimer research

P: +1 312 335 5790

E: icad@alz.org

W: <http://www.alz.org/icad/>

26-27 July 2010 NEW MEXICO, USA

2010 IANA (International Academy on Nutrition and Aging)

Venue: Hyatt Regency Tamaya, Santa Ana Pueblo

This meeting will focus on Nutrition and Age Related Diseases including Sarcopenia, Cognitive Decline, Frailty, Alzheimer, Long-term Care, Vascular Disease and Cancer. Preventative trials and multidomain intervention approaches with physical exercise, nutrition, cognitive exercise are also solicited.

Deadline for Abstracts: 15 February 2010

P: +505 272 3942

F: +505 272 8604

E: KBreckenridge@salud.unm.edu

W: <http://www.healthandage.com/html/min/iananda>

28-31 July 2010 MINAS GERAIS, BRAZIL

17th Brazilian Congress of Geriatrics and Gerontology: "Aging: functionality, participation and sustainability"

P: + 55 51 3028 3878

F: + 55 51 3028 3878

E: contact@cagacg.ca

W: <http://www.cbgg2010.com.br/>



AUSTRALIAN ASSOCIATION OF GERONTOLOGY

August 2010

11 August 2010 **DARWIN, NT**

"Growing Old in Aboriginal Communities"

2nd National Workshop of the Aboriginal and Torres Strait Islander Ageing Committee (ATSIAC) of the Australian Association of Gerontology

Venue: Holiday Inn, Esplanade, Darwin, NT

P: +61 2 9382 4599 (Sandra) or 0419 849 101 (Sharon)

F: +61 2 9382 4599

E: Sandra.Forster@sesiahs.health.nsw.gov.au

12-13 August 2010 **DARWIN, NT**

AAG (SA/NT) Northern Territory Conference: "The Ageing North"

Detailed program available: Early June 2010

Closing date for early bird registrations: 15 July 2010

Venue: Holiday Inn Esplanade, Darwin

P: 1300 368 783 or +61 2 6650 9800

E: aag@eastcoastconferences.com.au

W: <http://www.aagNTconference.com>

21 - 22 October 2010 **NEWCASTLE, NSW**

Emerging Researchers in Ageing Conference

The Emerging Researchers in Ageing Conference is the only national conference in Australia that showcases exclusively the work of postgraduate students doing research in ageing.

Venue: Newcastle City Hall

Cost: \$130 Earlybird registration (before 31 July); \$180 Full registration

P: + 61 2 491 38325

F: + 61 2 491 38323

E: era2010@era.edu.au.

W: <http://www.era.edu.au/ERA+2010>

24-25 Aug 2010 **SYDNEY, NSW**

Building an Aged Care Workforce

Recruitment & retention strategies to overcome staff shortage

Monday 23 August 2010: Pre-Conference Workshop: Creating Workforce Plans to recruit and retain skilled & unskilled Staff. Attracting and skilling nurses and personal care applicants. 9.00am – 4.00pm

Thursday 26 August 2010: Post-conference Workshop: Building and retaining industry leading teams. Two perspectives from industry & village. 9.00am – 4.00pm

Venue: Citigate Central, Sydney

P: 1300 316 882 From outside Australia +61 (2) 9239 5700

F: 1300 918 334

E: registration@creterionconferences.com

W: <http://www.agedcareworkforce.com>

30 Aug–2 Sept 2010 **HOBART, TAS**

36th International Australian College of Mental Health Conference: Row as a team or paddle alone.

Australian College of Mental Health Nurses

Venue: Hotel Grand Chancellor, Hobart, Tasmania

P: 61 3 6231 2999

E: anna@cdesign.com.au



AUSTRALIAN ASSOCIATION OF GERONTOLOGY

W: <http://www.cdesign.com.au/acmhn2010>

September 2010

28 Sept – 1 Oct 2010 CANBERRA, ACT

Ageing and Spirituality: Resistance, Resilience and Change

Venue: University House, Canberra

Early Bird registrations close: 9 July 2010

Registrations close: 10 September 2010

P: +61 2 6272 6205

F: +61 2 6273 4067

E: caps@csu.edu.au

W: <http://www.centreforageing.org.au/>

29 Sept – 1 Oct 2010 DUBLIN, IRELAND

6th Congress of the European Union Geriatric Medicine Society (EUGMS)

Venue: Convention Centre Dublin

P: +353 1 296 7252

F: +353 1 296 8678

E: louise@conferencepartners.ie

W: <http://www.eugms2010.org/>

October 2010

4-7 October 2010 ROTTERDAM, NETHERLANDS

4th European Nursing Congress - "Older persons: the future of care"

Nurses from all fields of health care, including home care workers, general hospital staff, mental health professionals and carers for the mentally disabled, are invited to share their methods and their research findings with regard to care for older persons. Innovation, new ideas and creativity in organizing care will also be highlighted during the Congress.

E: info@rotterdam2010.eu

W: <http://www.rotterdam2010.eu/>

November 2010

16-19 November 2010 MELBOURNE, VIC

The Art of Good Health and Wellbeing 2nd Annual International Arts and Health Conference

Venue: The Sidney Myer Asia Centre, University of Melbourne, Victoria

P: +61 2 6583 5040

F: +61 2 6584 0024

E: admin@artsandhealth.org

W: <http://www.artsandhealth.org/>

17-19 November 2010 HOBART, TASMANIA

AAG 43rd National Conference – Islands of Ageing, Building bridges for people, policy and practice.

Venue: Hotel Grand Chancellor, Hobart

Registrations now open

Presenter Notification: 5 July 2010

Registration deadline for accepted authors: 6 August 2010



AUSTRALIAN ASSOCIATION OF GERONTOLOGY

P: 1300 368 783 / +61 2 6650 9800

E: aag@eastcoastconferences.com.au

W: <http://www.aagconference.com>

2011

May 2011

30 June-1 July 2011 BARCELONA, SPAIN.

IAGG 1st Intensive Course on Ageing

An international “**Intensive Course on Ageing**” will be organized under the auspices of the IAGG. The program is currently under construction but the following main features have been announced: Alzheimer’s disease: from basic science to quality of life, Frailty, Nutrition and Ageing, Metabolic and Cardiovascular diseases.

W: <http://www.iagg.info/Intensive%20Course%20on%20Ageing>

April 2011

14-17 April 2011 BOLOGNA, ITALY

VII International Association of Gerontology and Geriatrics (IAGG) – European Region Congress “Healthy and Active Ageing for All Europeans II”

Call for submitted Deadline for submitted & sponsored symposia: 15 June 2010

Deadline for papers (poster and oral communication): 15 October 2010

P: +39 055 2462.201

E: iagg@promoleader.com

W: <http://www.iaggbologna2011.com>

November 2011

23-27 October 2011 MELBOURNE, AUSTRALIA

Ninth Asia/Oceania Regional Congress of Gerontology and Geriatrics

Conference Update: Planning for the 2011 Asia / Oceania Regional Congress of Geriatrics and Gerontology being held in Melbourne (October 23-27, 2011) continues to progress well. A productive planning meeting with planning committee members from across the region was held in late April. Invited speakers are almost finalised, and the call for submitted symposia will be made in the near future. A second ezine will be distributed in the near future, or you can find updates on the conference website: www.ageing2011.com.

Promotional slide for Regional Congress 2011

If any AAG member is presenting at a state, national or international conference in the coming 12 months, please contact the AAG national office (enquiries@aag.asn.au or +61 7 3103 1391) for a promotional slide that you can use at the end of your powerpoint presentation to promote the 2011 Asia / Oceania Regional Congress of Geriatrics and Gerontology. This sort of additional promotion can be very effective in spreading the word about the conference to a wide audience of potentially relevant and interested persons.



AUSTRALIAN ASSOCIATION OF GERONTOLOGY

Contact: Congress Secretariat, ICMS Australasia, GPO Box 3005, Melbourne VIC 3205

Close of call for submitted symposia: May 2010

Call for abstracts (oral papers and posters): May 2010

Close of call for abstracts: October 2010

Registrations open: May 2010

Sponsorship and Exhibition Enquiries: sponsorship@ageing2011.com

P: +61 3 9682 0500

E: info@ageing2011.com

W: <http://www.ageing2011.com/>

* * * * *

SEMINARS

17 June 2010 SYDNEY, NSW

Ethical Issues and Decision-Making in Dementia Care

Alzheimer's Australia

Guest Speaker: Prof Julian C. Hughes

Venue: Jubilee Room, NSW Parliament House, Macquarie Street, Sydney

Time: 10:30 till 12 noon (with morning tea and registration from 10am)

RSVP: 02 9805 0100

Email: education@alznsw.asn.au

ACT Health – 2010 Multicultural Aged Care Seminar Series CANBERRA, ACT

7 July Making Your Will

14 July Financial Issues for Seniors

21 July Mixing Western and Traditional Medicines

All seminars 9.30am – 12.00pm. Booking essential

P: +61 2 6205 4794

Email: ACTHealthCPP@act.gov.au

11-12 August 2010 SYDNEY, NSW

Sydney CAREX 2010

CAREX is Australia's premier Health & Aged Care Expo for CEOs, Managers, Clinicians, Health Professionals, Carers & Staff

P: +61 3 9571 5606

F: +61 3 9571 5606

E: office@totalaedservices.com.au

W: <http://www.totalagedservices.com.au/agedcare.asp>

* * * * *

COURSES

Aged Care – Better Practice 2010

Aged Care Standards and Accreditation Agency Ltd are pleased to announce dates for Better Practice 2010. Information on each state will be updated closer to the events.

Hobart 24-25 June

Perth 22-23 July



AUSTRALIAN ASSOCIATION OF GERONTOLOGY

Melbourne 26-27 August
Sydney 16-17 September
Brisbane 14-15 October

To register your interest in attending Better Practice 2010 in your state: <http://accreditation.amplify.com.au/education/expression-of-interest-2010/>

P: 1800 728 589

E: betterpractice@accreditation.org.au.

W: <http://accreditation.amplify.com.au/education/better-practice-2010/>

Aged and Community Services– 2010 ACS Education and Training Program

W: <http://www.agedcommunity.asn.au/calendar/eCalendar.php>

Age Concern – Dementia Programs 2010

W: <http://www.ageconcern.com.au/dementia.html#postgrad>

E: info@ageconcern.com.au

Age Concern – Certificate IV Courses

E: <http://www.ageconcern.com.au/cert4.html>

E: info@ageconcern.com.au

POSITIONS VACANT

RESEARCH FELLOW

Ageing, Work and Health Research Unit, Faculty of Health Sciences, University of Sydney

The Ageing, Work and Health Research Unit at the University of Sydney is seeking an enthusiastic and committed early career researcher to collaborate with us on a project dealing with socio-economic determinants and health inequalities over the life course. We are also pleased to offer a PhD scholarship at the University of Newcastle (Australia) for an enthusiastic postgraduate student.

For further information and application instructions, please click [here](#).

ASSOCIATE EDITOR

The Australasian Journal on Ageing

Expressions of interest are invited for the role of Associate Editor of the Australasian Journal on Ageing (AJA). Expertise in geriatric medicine with a focus on health services research would be desirable. The appointment will commence from September 2010.

Information can be obtained by telephoning Nicola Thurston on 08 8224 5510 or by email nthurston@seniorsvoice.org.au

The closing date for Expressions of Interest is July 30, 2010.