

## Food for Thought! *Recipes for positive ageing*

Stamford Grand, Glenelg  
Friday 10 September 2010  
9.00 am – 5.00 pm

Presented by the  
Australian Association  
of Gerontology

*Followed by complimentary refreshments till 7pm*

### Preliminary Program

#### MORNING SESSION

- 8:15 AM            **REGISTRATION DESK OPENS**
- 9:00 AM            **OFFICIAL WELCOME**
- 9:20 AM            **OPENING ADDRESS**  
**Maggie Beer**, Cook/Food Producer/Writer, 2010 Senior Australian of the Year.
- 9:55 AM            **KEYNOTE**  
**Dr Peter Orpin**, Senior Research Fellow University of Tasmania
- 10:25 AM           **MORNING TEA**
- 10:50 AM           **KEYNOTE**  
*Futures Planning: Using the Right Ingredients for Peace of Mind at the End of Life*  
**Professor Colleen Cartwright**, Director Aged Services Learning and Research Centre, Southern Cross University
- 11:20 AM           **CONCURRENT SESSIONS**
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|--|---|
| <p>1. <i>The Times They are a Changing!</i></p> <p>a) <b>M Corlis</b>: Utilising an Internet Social Networking Site to Reduce Loneliness</p> <p>b) <b>K Goodall</b>: How do Culturally and Linguistically Diverse Migrants Find What They Need to Know?</p> <p>c) <b>P Pindral</b>: Local Government: Learning with its diverse community - Sharing Culture, Food, Experience of Ageing.</p> <p>d) <b>A Burgess</b>: Age Discrimination Survey: Findings and Where to From Here?</p> | <p>2. <i>MY Home! MY Life</i></p> <p>e) <b>S Richards</b>: What is the Meaning to Older People of Moving to a Residential Care Facility as a Last Home? Results of a Systematic Review.</p> <p>f) <b>A Stoll</b>: Housing Aspirations And Expectations Of Older South Australians</p> <p>g) <b>J Boylan</b>: Partners in Positive Ageing : Model of Wellbeing for Older People</p> <p>h) <b>P Castle</b>: Partners In Positive Ageing: Living and working the process at Highercombe from a staff perspective</p> |
|--|---|
- 12:45 PM           **LUNCH**



## AFTERNOON SESSION

1:45 PM **ACH GROUP SIR KEITH WILSON ORATION**  
**Professor Mary Luszcz**, Director Centre of Ageing Studies Flinders University

2:35 PM **CONCURRENTS**

### 3. *I've Followed the Recipe but...*

- i) **A Basso, D Bonython:** Making Activities of Daily Living Tasks Easier and Safer
- j) **S Lowe, E Sherry:** Licence to Cook: A Mealtime Management Health Education Package
- k) **S Ullrich:** Nursing and Nutritional Care: Creative Change using Action Research

### 4. *Engagement and Connection*

- l) **J. Rajkowski, A. McStay:** A Journey of Positive Ageing
- m) **T Cheel:** Poverty to Purpose
- n) **M Huckel:** Ageing in Prison: Music Therapy with Elderly Lifer Prisoners

### 5. *The Right Ingredients!*

- o) **C Lamshed:** Dealing with What Life Hands You : Journeys of Struggle, Hope, Courage and Inspiration by Families Facing Younger Onset Frontal-temporal Dementia
- p) **C Sharpe, D Stone:** Dementia Link Workers : A recipe for Success : "Caring, Connecting, Coordinating"
- q) **OFTA:** Facing the Challenges Together – Implementation of the South Australian Dementia Action Plan

3:40 PM **AFTERNOON TEA**

4:00 PM **KEYNOTE**  
**Professor Malcolm Batterbsy**, Director Flinders Human Behaviour and Health Research Unit, Flinders University

4:30 PM **AN ENDING WITH A DIFFERENCE**  
*Has a conference ever concluded this way? You'll have to be there to see!*  
How to maintain your control!!!  
What about research based evidence!

5:00 PM **CLOSE**  
*Draw of AAG voucher, followed by complimentary refreshments till 7pm including a cooking demonstration by the former chef to the King on Dubai*



# About the Keynote Speakers & their topic

**Maggie Beer, 2010 Senior Australian of the Year**

**Dr Peter Orpin, Senior Research Fellow University of Tasmania**

**Professor Colleen Cartwright, Director Aged Services Learning and Research Centre, Southern Cross University.** Professor Colleen Cartwright is Foundation Professor of Aged Services and Director of the Aged Services Learning and Research Centre at Southern Cross University, Coffs Harbour. She has extensive teaching and research experience in ageing, ethics and medical decisions at the end of life, at national and international levels, with publications in major journals and a number of book chapters. Professor Cartwright designed the Advance Health Directive and Enduring Power of Attorney forms that are part of the Queensland Powers of Attorney Act (1998) and regularly runs information and training sessions for community and health professional groups on ethical and legal issues, including advance care planning, informed consent and capacity. She has been a member of the Australian Association of Gerontology for more than 20 years.

Many people are concerned about what the end stage of their lives will be like. Research indicates that they are not really afraid of dying but they are afraid of the dying process. Other people who are caring for an adult with a disability have fears and concerns relating to that person and “what will happen to them when I am gone”

Mechanisms to help address the fears and concerns of both groups is planning for the future – Advance Care Planning to help ensure that your wishes for end of life care are known and respected and Futures Planning to put in place some safeguards for the adult with a disability for when the primary carer is no longer able to provide their care.

Professor Cartwright’s presentation will address both of these issues

**Professor Mary Luszcz, Director Centre of Ageing Studies Flinders University**

**Professor Malcolm Battersby, Director Flinders Human Behaviour and Health Research Unit, Flinders University**

# EXHIBITORS

There will be a number of exhibitors to add value to the SA Gerontology Conference 2010. These include:

- *Alzheimer's Australia SA*
- *ECH Inc*
- *Aged Rights Advocacy Service*
- *Seniors Information Service*
- *Commonwealth Carelink Program*
- *Comm House*
- *Independent Living Centre*
- *Technical Aid to the Disabled(TADSA)*
- *Adelaide Botanic Gardens Foundation*

## **Cost of the conference:**

\$150	AAG Member (individual or corporate)
\$240	AAG Non Member
\$75	Student/concession

For any further information email: [Sage@dfc.sa.gov.au](mailto:Sage@dfc.sa.gov.au)