

2018 AAG Conference Interactive Session Presentations - Abstracts

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Are you listening? Hearing the voices of LGBTI older people

Facilitators:

Ms Samantha Edmonds¹, Mr Russ Gluyas², Ms Paulene Crameri³

¹National Lgbti Health Alliance, ²ACON, ³Val's LGBTI Ageing and Aged Care

Do we listen to the voices of older people? Do we hear what they have to say? Do we know how they feel or what they're afraid of? Do we understand their strengths and resilience? Or do they become background noise in a world of accountability, reporting and just "getting the job done"?

Since the implementation of the National LGBTI AAC Strategy there have been ongoing changes within aged care to respond to the diverse needs of LGBTI older people. This continues with the Aged Care Diversity Framework and the soon to be released LGBTI Action Plan for Aged Care. For the first time this plan presents the actions in the voice of LGBTI elders and older people - what LGBTI older people want and expect from the aged care system. Changing the dynamic from passive receivers of care to the directors of their own lives.

This session will consist of a panel of older people from each of L,G,B,T and I who will be supported and assisted by 3 facilitators. The panel will be asked to "pick a box" and answer the question in the box, which will have been pre-submitted. These questions will be along the lines of the ABC TV series called "You Can't Ask That" in order to address myths, misconceptions and misunderstandings that we commonly hear in aged care. This will be interspersed with "questions from the floor".

The audience will hear directly from older LGBTI people and understand the impact on LGBTI older people of not being inclusive. They will understand how important it is to listen to what is being said and how to respond in a way that ensures the person knows that they have been listened to and heard.

Design and healthy ageing: co-creating our diverse ageing futures

Facilitators:

Professor Daphne Flynn³, Associate Professor Lisa Scharoun¹,
Associate Professor Danny Hills²

¹University of Canberra, ²Federation University, ³Monash University

Introduction:

In the coming decades, we will see up to half of the population in many countries – including in Australia, Singapore, China, Japan and many others in the Asia-Pacific region – represented by citizens over 65 years. The impact of this change in population balance will challenge health professionals, care organisations, planners, policy makers and designers to develop solutions to better meet the needs and harness the capacity of our growing and diversifying populations of older citizens. These needs may relate to important issues such as housing, community interaction and co-operation, health and well-being, and the integration of new technologies.

Purpose:

We will introduce methods to approach the challenges that lay ahead in supporting health, well-being, and community cohesion for our ageing populations. Our experienced team has run interdisciplinary, co-design workshops on Design for an Ageing Workforce and Design for Healthy Ageing in Singapore, Japan, China and Australia.

Overview of activities:

We will provide an initial briefing showing our process and some of the work undertaken in this area in Singapore, China and Australia over the last four years. We will invite participants to join interdisciplinary teams. We will bring the teams through a guided design thinking process, to assist them in applying this method of co-creation to a current issue and for future projects. The facilitators will provide teams with mentoring and support throughout the session.

Expected learning outcomes:

Participants will learn how to employ design thinking and co-design strategies to engage teams of people with different professional and cultural perspectives, as a means of creating new ideas and approaches that reflect a deeper understanding of the needs and capabilities of the ageing population.

Reframing Ageing from media, organisational and personal perspectives

Facilitators:

Associate Professor Lee-Fay Low¹, Prof Lindy Clemson¹, Ms Keryn Curtis²

¹University Of Sydney, ²Benevolent Society

Introduction and background.

Ageism is an insidious and often unconscious practice that has harmful effects on our health and wellbeing as we age. Ageism is stereotyping (preconceived beliefs), prejudice (negative feelings), and discrimination (negative behaviours) against people on the basis of their age.

Aim:

The aim of this interactive session is to begin to develop awareness and skills to recognise ageism and start to positively shift the dominant narrative around ageing.

Overview of activities:

Participants will work in groups of three to four, and individually to:

- 1) Analyse language and images in media stories, advertising and public representations of older people and identify cultural narratives and stereotypes around ageing.
- 2) Reflect on the impact of those narratives -how do these influence a) perceptions of ageing and being an older person across the whole community; and b) the actual experience of ageing and being older (evidence of social, psychological, physical impacts)
- 3) Reflect and share examples of ageism in their work organisation's policies, practices, communications or culture
- 4) Reflect individually on their personal stereotypes, prejudices and discriminative behaviours and language around age.
- 5) Review examples of reframed narratives and representations of ageing (e.g. ageing is an opportunity for society to benefit from the skills and experiences of older people; older people reflect a broad diversity of people, the same as at every life stage) and invited to reframe their own narrative.
- 6) Reflect on the impact of reframed cultural narratives and representations and on perceptions of ageing and older people and the actual experience (reprising step 2), including their own experience.

Expected learning outcomes:

- 1) Greater awareness of stereotypes, prejudices and discrimination relating to being older in the media, their organisation, and their own internal narratives
- 2) Skills to reframe how they think and communicate about ageing

Sarcopenia: problem-solving a new disease in our ageing populations

Facilitators:

Dr David Scott³, Dr Sharon Brennan-Olsen², Dr Sandra Iuliano¹

¹University Of Melbourne - Austin Health, ²University of Melbourne - Western Health, ³Monash University - Monash Health

Introduction/background:

Only a recent addition to the International Classification of Diseases-10th revision-Clinical Modification (ICD-10-CM) in 2016, sarcopenia is a new disease, significantly influenced by physical activity and nutrition, amongst other lifestyle-related factors. In the context of upstream determinants, reducing the burden of sarcopenia likely requires a life-course approach, which necessitates promoting healthy behaviours from early life until old age.

Purpose/aims:

Here, our multidisciplinary panel employs exercise physiology, social epidemiology, and nutrition to present an overview regarding the biological effects of physical activity and nutrition, and why sarcopenia may plausibly be socially patterned, which presents another potential intervention point to reduce risk, in the face of upstream determinants such as the Australian healthcare and aged care systems. We aim to shift the audience's understanding so acknowledge the lifestyle-social nexus in sarcopenia, which will inform future sarcopenia research and subsequent interventions and treatments.

Overview of activities:

In this interactive and moderated panel symposium, we first set the scene by presenting evidence demonstrating lifestyle behaviours should remain a focus of sarcopenia prevention given they are the most modifiable of all contributors to sarcopenia (Scott). Second, we report on the role played by social determinants on factors known to influence sarcopenia (Brennan-Olsen). Third, we discuss the importance of adequate protein to reduce the risk of sarcopenia in older populations, particularly residents of aged-care homes, in whom sarcopenia is prevalent, and sarcopenia-related morbidity and costs are high (Iuliano-Burns).

Expected learning outcomes:

Following these 3 x 15minute presentations, three key questions will be posed to the audience for open discussion. These questions aim to stimulate dialogue to problem-solve challenging contemporary issues regarding lifestyle and sarcopenia, the outcomes of which will inform a White Paper to feedback to the Sarcopenia Taskforce of the Australian and New Zealand Society for Sarcopenia and Frailty Research.

Stolen Generations and ageing: how can the future be fairer?

Facilitators:

Ms Lisa Hillan¹, Mr Lou Turner¹

¹*The Aboriginal and Torres Strait Islander Healing Foundation*

Introduction:

The 1997 Bringing Them Home (BTH) report detailed the history of the Stolen Generations and the consequences of the forced removal of Indigenous children from their families. In 2017, the Aboriginal and Torres Strait Islander Healing Foundation (THF) reviewed progress towards the BTH recommendations. Disturbingly, very little had changed in twenty years.

THF subsequently commissioned detailed qualitative and quantitative analyses of the contemporary experience and needs of Stolen Generations and their descendants.

Stolen Generations have testified to their trauma and disadvantage and proposed ways of meeting their needs in inquiries and consultations across many years, most recently at the child sexual abuse Royal Commission. The quantitative analysis demonstrates the extent of the disadvantage experienced by Stolen Generations and their descendants compared to other Indigenous people, a 'gap within the gap'.

Within five years, Stolen Generation survivors will be aged 50 and over, and eligible for aged care support. Many live with disabilities and have complex health problems including poor mental health. They are significantly more likely to depend on government payments, not own their own home and to live alone than other Indigenous people of the same age.

Aims: Engage with aged care sector in addressing the complex needs of Stolen Generations by:

- 1) Informing the sector about the 'gap within the gap' and trauma-informed services
- 2) Identifying opportunities to work together to improve aged care support and systems for Stolen Generations

Overview of activities:

- 1) Brief presentation about Stolen Generation experience and needs
- 2) Facilitated small group discussions to identify practical steps that participants can take in their organisation
- 3) Feedback and commitments to action

Expected learning outcomes:

- 1) Extent and nature of the 'gap within the gap'
- 2) Importance of co-design and Stolen Generation-led initiatives for improved wellbeing
- 3) Awareness of trauma-informed practice

The Rainbow runs through: Being an LGBTI- inclusive ageing service

Facilitators:

Mr Sunil Patel¹, Pam Kennedy¹, Pauline Crameri¹

¹GLHV@ARCSHS, La Trobe University

How can older people and their families of choice be confident that an aged care service's claims to being lesbian, gay, bisexual, trans and intersex (LGBTI) inclusive are in fact the case? What does an LGBTI-inclusive organisation look and feel like? What are the measures of success and what challenges do organisations face to get there?

This interactive workshop explores how services can become LGBTI inclusive and affirmative. The workshop introduces participants to the six evidence-based, LGBTI-inclusive practice standards that underpin the Rainbow Tick Program. Together, we will unpack the Rainbow Tick standards and understand what matters to LGBTI people in the provision of appropriate and effective services, and what 'a great service experience' means to older LGBTI people, and how this increases their ability to advance in older age.

We will look at how organisations can ensure that this 'great experience' is embedded into their culture, systems and processes and becomes the expectation of all LGBTI consumers and staff. Participants will broaden their knowledge and skills about how to look at their own organisation, place it on the continuum of LGBTI-inclusion and identify opportunities and strategies for change. We'll do this through the lens of the conference theme, enabling LGBTI people to be active players in a fair future.

Organisations that are at different stages of LGBTI-inclusion provide insights into their journey of cultural change and systems re-design. Finally, this workshop aims to debunk some of the myths about challenges and hurdles for organisations wanting to demonstrate true inclusiveness, affirming the dignity and value of all LGBTI people in a way that is responsive to, and respectful of, people's multiple identities.