



AAG

Australian
Association of
Gerontology



52nd AAG CONFERENCE

5 – 8 NOVEMBER 2019

5 NOVEMBER PRE-CONFERENCE WORKSHOPS

SYDNEY, AUSTRALIA

COMING OF AGE TOGETHER:

**NEW WAYS OF
KNOWING & ACTING**

WORKSHOP HOSTED BY:

**SOUTH WESTERN SYDNEY LHD,
NATIONAL AGEING RESEARCH INSTITUTE (NARI), AND
THE NSW ETHNIC COMMUNITIES' COUNCIL**

PRESENTERS INCLUDE

Yvonne Santalucia *Multicultural Health Promotion Officer*
Josefine Antoniades *Moving Pictures Project Manager*
Terrie Leoleos *National Speak My Language Program*

Health literacy encompasses the cognitive and social skills underpinning the ability of individuals to gain access to, understand and use information in ways which promote and maintain good health and wellbeing. By improving older people's access to culturally inclusive information and their capacity to use it appropriately, we can empower older people to take charge of their health, including access and uptake of services.

In the digital age, technology has changed the way information is presented to consumers. This has implication for the participation, access and confidence of Australian seniors from diverse backgrounds and must be considered in the development of health promotion interventions.

Explore health literacy and aged care access by older people from CALD backgrounds. How it impacts on healthy living including access and uptake of services.

The workshop will explore what health literacy means in practice and how to support this for older people from diverse communities using a diverse range of initiatives and strategies:

~ Practical examples from the field: Film and digital media, radio and community engagement.

~ Benefits of collaboration, community engagement and communities of practice.

This workshop will be engaging and interactive, drawing on experiences of participants to elicit discussions about collaborations, co-design and diverse strategies.

Attendees will gain an understanding of health literacy and access issues and why these are pivotal to health and wellbeing. Further to this, presenters will provide examples of a variety of approaches to improve health literacy and access to services in vulnerable communities including the use of multimedia as well as grass root approaches.

Participants will further gain an understanding of the fundamental importance of collaboration between services, communities and researchers across Australia to achieve the best possible outcomes in diverse communities.

**OUTSIDE THE BOX;
INNOVATIVE APPROACHES TO
IMPROVE HEALTH LITERACY IN
DIVERSE (CALD) COMMUNITIES
TO FACILITATE ACCESS TO
HEALTH & AGED SERVICES**



Tuesday, 5 November 2019



1:15pm to 3:15pm



International Convention Centre
14 Darling Dr, Sydney NSW



\$55.00 (inc lunch & morning tea)

THIS WORKSHOP IS FUNDED BY THE
AUSTRALIAN GOVERNMENT THROUGH THE
DEMENTIA AND AGED CARE SERVICES FUND



Australian Government
Department of Health

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