

July 2019

Dear ACT AAG Members and Friends,

We are pleased to share with you the following updates:

1. Upcoming AAG Events:

- Promoting choices and building connection in older people's intimate relationships (THIS WEDNESDAY):
 - This FREE forum will explore intimacy from the perspectives of older people and discuss new ways of promoting intimacy for older people.
 - Among the speakers will be the Glenda Powell Travelling Fellow, Dr Catherine Barrett, who was a finalist for the 2018 Human Rights Medal for her work advocating for older Australians. Dr Barrett established Celebrate Ageing, an organisation which raises awareness for older LGBTI people and those living with dementia. You can find an interview with Dr Barrett discussing her work and more on ABC radio [here](#).
 - WHEN & WHERE: Wednesday, 3rd July between 5.00 and 7.00 pm at the Bob Douglass Theatre, Eggleston Rd, ANU. You can register and see the schedule for the evening [here](#).
- Upcoming AAG ACT events – details coming soon:
 - We will be hosting an event on diet, eating and nutrition in older age on Thursday, 22nd August 2019.
 - On the 24th of September, we will be co-hosting an event at the National Gallery of Australia on ageing, dementia, and creativity.
- Save the dates for the 52nd AAG Conference, to be held at the International Convention Centre in Sydney from the 5th to the 8th of November:
 - The theme this year is "Coming of Age Together: New Ways of Knowing & Acting". Registration information can be found [here](#).

2. Upcoming events in the ACT region:

- The Canberra Health Annual Research Meeting (CHARM) is almost here and will be held between the 30th of July and the 2nd of August at The Canberra Hospital Auditorium. For more details, the program and registration click [here](#).
 - As part of CHARM, a day will be dedicated to "End of Life Care: Past trends, future projections and implications for services" on Wednesday, 31st of July. More details are attached to this email.
- Dying to Know Day (D2DKDay) in the ACT:
 - A special event will be held by the ACT Government Canberra Health Services Advance Care Planning Program to promote death literacy which will serve as an opportunity to bring to life conversations and community actions around death, dying, and bereavement. Learn more about D2DKDay [here](#).
 - WHERE & WHEN: Thursday, 8th of August at 1:00 pm at the Hughes Community Hall.

3. News & Updates:

- Thank you to everyone that attended our event "Royal Commission on Aged Care: What can it do and how you can contribute". It was a massive success thanks to the organisation of Dr Anne Howe and the wonderful line up of speakers including Annie Butler (ANMF), Emeritus Professor Robin Creyke (ANU), Professor John McCallum

(National Seniors), Glenn Rees (Alzheimer’s Disease International) and A/Prof Kasia Bail (University of Canberra). All presenters were both engaging and informative. The lecture theatre was filled to overflowing with people sitting on every step and coming from a wide range of fields, and the Q&A ran about 20 minutes overtime. Plans are in the works for the event to be turned into a webinar – stay tuned!



- AAG ACT committee member, Prof Diane Gibson (University of Canberra) was recently named as the Chair of the Ministerial Advisory Council on Ageing in the ACT. You can read more about the council, which will focus on the “Age-Friendly Canberra – A Vision for our city” strategy, [here](#).
- The NHMRC National Institute for Dementia Research has recently launched their 2019 Strategic Roadmap for Dementia Research and Translation which you can access [here](#).
- University of Canberra PhD student, Susan Anticiff, is seeking participants to evaluate if walking barefoot reduces the likelihood of falls for older people. Read more about the research and inclusion criteria to participate [here](#).
- Do you have any news to report? Let us know!

4. New feature “Community Spotlight”: Dance for Wellbeing

- The Belconnen Arts Centre initiative, Dance for Wellbeing, has been successfully running inclusive dance programs for the last several years including “Offbeat: Dance for People with Parkinson’s”, “Vivacity: Dance for People with Dementia”, and “Ricochet: Dance for All”. The physical benefits of dancing as a form of exercise for older people are well established, including strength and flexibility, balance, and improved gait speed. However, programs such as Dance for Wellbeing also promote emotional wellbeing and help to combat isolation. Led by Program Coordinator, Philip Piggin, Dance for Wellbeing provides opportunities for older people and carers to express themselves, build confidence, and reminisce in a safe and engaging environment. Find out more about Dance for Wellbeing at their website [here](#).

5. Future events in the ACT and NSW:

- The Alzheimer’s Association International Conference (AAIC) Satellite Symposium will be held at the Hyatt Regency between the 25th and 27th of September. More information [here](#).

- The International Research Network on Dementia Prevention (IRNDP) will be hosting a global forum on dementia prevention on the 14th & 15th of October in Sydney. More information [here](#).
- The International Workshop on Subnational Life Tables to be held between the 15th and 17th of October at the Australian National University. Find out more about the workshop [here](#).
- The 8th International Conference on Ageing and Spirituality is being held in Canberra between the 27th and 30th of October at Old Parliament House. More details [here](#).

Warm Regards,

ACT AAG Committee