

Dear ACT AAG Members and Friends,

We are pleased to share our final updates for 2019:

1. ACT AAG Christmas Letter by committee Chair Kasia Bail

- Please see the attached PDF for Kasia's message and recap of the ACT AAG activities in 2019. Included is a summary of some of the highlights of the AAG 2019 conference!
- Stand by for several exciting ACT AAG events in 2020!

2. Upcoming Local Event:

- Next Gen Leadership professional workshops for all nurses and midwives (public and private)
 - The workshop will contribute to 7.5 CPD hours and provide content on how to be an effective and holistic clinical leader
 - This workshop will be held three times in 2020 at various locations in the ACT. See them all listed [here](#).

3. AAG ACT Committee Update:

- Mark Cooper-Stanley is a new AAG ACT committee member:
Mark Cooper-Stanley recently retired from 30 years in the Australian Public Service, with the last six years being closely involved with aged care data through the Australian Institute of Health and Welfare's National Aged Care Data Clearinghouse. He is planning to undertake post-graduate research into the factors that enable equitable access to aged care, and has a broad interest in ageing and aged care.



4. Evaluation of the National Framework for Action on Dementia:

- The framework is undergoing consultation to evaluate the existing Framework and to inform and scope options for national strategies to address dementia in the future. Consultation is being requested through an [online survey](#) which closes on Tuesday the 31st of December.

5. Gerontological Society of American Annual Scientific Meeting (Austin, Texas) report by committee member Nathan D'Cunha (supported to attend by the Dementia Centre for Research Collaboration):

The theme of 2019 - *Strength in Age: Harnessing the Power of Networks* was evident in the symposia and plenaries by Dr Nicholas A. Christakis and Professor Lewis Lipsitz. Dr Christakis discussed the power of social networks and the crucial aspects of a prosperous society such as love, identity, friendship, and sharing of wisdom. Professor Lipsitz highlighted the importance of networks through the concept of complexity. The penultimate symposium brought the disciplines together to share recent insights ranging from the use of technology

and social media in ageing to gerontological education, hospital care, the biology of ageing, and the relevance of museums to ageing. A highlight for me was the off-site visit to the Blanton Museum of Art, led by the Chair of the Arts and Humanities section Professor Desmond O'Neil. The visit focussed on the importance of late-life creativity and the potential for galleries and museums to bring people together to share meaningful experiences. Engaging in the participatory arts enables older people to share their stories and to learn about artworks. My presentation on the National Gallery of Australia's Art and Dementia program was one of several talks describing the use of the arts for older people, with other presentations describing interventions involving poetry, theatre, personalised music programs, art-making, artists in residence and intergenerational programs. Next year, the conference will be held in [Philadelphia from November 4th to the 8th](#), with the theme, "Turning 75: Why Age Matters".

6. In the media:

- CEPAR's new housing brief was recently launched "Housing in an ageing Australia: Nest and nest egg?". Read it [here](#).
- A series of short films were presented at the AAG conference "B.OLD" which celebrate older people and show how society could change to become more age-friendly. You can view them [here](#).
- New Dance for Wellbeing video tutorials by the Belconnen Arts Centre, See the full playlist on their [website](#) or [YouTube](#).
- Have any news or recent publications you would like in our next newsletter? Hit reply and let us know!

7. Send us the links to your 2019 publications. In our first 2020 newsletter, we will be featuring some of the research published by ACT AAG members in 2019!

8. Future events:

- Save the date for the 53rd AAG Conference at the Grand Chancellor in Hobart, 17-20th of November 2020.

We would like to wish you a safe Christmas and a prosperous New Year, and thank you for your support in 2019!

Warm Regards,

ACT AAG Committee