

An AAG Event

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NOV



Friday 8th November 2013



9:00am to 3:00pm



University of Wollongong
McKinnon Building (67)
Northfields Avenue, Wollongong
NSW 2522



AAG Member: \$60
Member Concession/Student: \$30
Non Member: \$80
Non Member Concession/
Student: \$30

Living Well Longer: Research in Ageing in the Illawarra

Building on the success of the 2012 program, this Research Symposium brings together the combined resources of the AAG, IRT Research Foundation and University of Wollongong to highlight research that is helping to build better lives for older people. If you work in the field of ageing or aged care, or are an older person yourself, this is an opportunity not to be missed. Presentations will address a range of topics including:

- Consider how research is helping improve the lives of indigenous older people and people growing older with a disability
- Explore how research is helping aged care providers deliver better care
- Discover what is the best strategy to help you enjoy exercise
- Understand how iPads can help to make Wollongong Town Centre more age friendly
- Learn what UOW is planning for its Global Challenge Research Theme of Living Well Longer

Hear from leading experts:

- ▶ **PROF TONY BROE**, NEUROSCIENCE RESEARCH AUSTRALIA
- ▶ **PROF LORNA MOXHAM**, UNIVERSITY OF WOLLONGONG
- ▶ **PROF RICHARD LINDLEY**, UNIVERSITY OF SYDNEY
- ▶ **PROF RICHARD FLEMING**, UNIVERSITY OF WOLLONGONG
- ▶ **PROF SANDRA JONES**, UNIVERSITY OF WOLLONGONG
- ▶ **A/PROF CATHERINE BRIDGE**, UNIVERSITY OF NEW SOUTH WALES
- ▶ **A/PROF DAVID NEUMAN**, FLINDERS UNIVERSITY
- ▶ **DR TIM WINDSOR**, FLINDERS UNIVERSITY



Event Program

9:00 - 9:10am	Welcome & acknowledgement of country
9:10 - 9:30am	Research with older people: Contributions to health and well being
9:30 - 9:50am	Deprescribing: optimising medical therapy for frail older people
9:50 - 10:20am	Illawarra Teaching & Research in Aged Care Services: How ITRACS is contributing to better aged care
10:20 - 10:50am	Morning Tea
10:50 - 11:25am	Koori Ageing Well research project
11:25 - 1:45am	Ageing with Disability
11:45 - 12:15pm	Q & A
12:15 - 1:15pm	Lunch
1:15 - 1:35pm	Psychological strategies for exercise enjoyment
1:35 - 1:55pm	Factors affecting transition into retirement living
1:55 - 2:15pm	Health promotion and retirement Living
2:15 - 2:35pm	Community planning for older people: How iPads can help
2:35 - 2:45pm	Q & A
2:45 - 3:00pm	Where to from here?
3:00pm	Close

About the Presenters

PROF LORNA MOXHAM: Lorna Moxham is Professor of Mental Health Nursing in the School of Nursing, Midwifery and Indigenous Health at UOW. She joined UOW in 2012 following a distinguished career in Queensland where she was Dean of Research and Head of the School of Nursing and Health Studies at CQU. Lorna has significant experience in institutional and academic research management, having held several ministerial appointments, health services board directorships and major inter-disciplinary research grants.

PROF RICHARD LINDLEY: Richard Lindley was appointed Moran Foundation Professor of Geriatric Medicine at the University of Sydney in 2003. He is honorary Professorial Fellow at the George Institute for Global Health. His current research projects include reduction of polypharmacy for older people, acute stroke interventions and low cost stroke rehabilitation in India.

PROF RICHARD FLEMING: Richard Fleming is a psychologist who has worked with the elderly for more than thirty years. In 2010 he was appointed as a Professorial Fellow in the Faculty of Health and Behavioural Sciences in the University of Wollongong and as Director of the NSW/ACT Dementia Training Study Centre. He has published papers and books on care planning, environmental design, reminiscing therapy, reality orientation, assessment of the elderly and service evaluation.

PROF TONY BROE: Tony Broe trained in geriatric medicine and neurology in Sydney, the University of Glasgow and the Mayo Graduate School of Medicine. From 1975 he was senior lecturer in medicine and head of the University Clinical School and the Department of Neurosciences at Lidcombe Hospital. From 1985 to 1999 he was Prof of Geriatric Medicine at the University of Sydney where he set up the Centre for Education and Research on Ageing (CERA) at Concord Hospital. He has carried out research in brain injury, neuroepidemiology, brain ageing, dementia, Parkinson's disease, and vascular brain disorders and has published extensively in all of these areas.

A/PROF DAVID NEUMANN: David Neumann completed a PhD at The University of Queensland and then a post doctoral fellowship at The University of Western Australia before joining Griffith University in 2003. After joining Griffith, he formed the Psychophysiological Laboratory and Exercise and Sport Psychology Laboratory at the Griffith Gold Coast Campus. He has research expertise in exercise and sport psychology, particularly in regards to the application of attentional focus strategies to enhance performance and enjoyment. He also conducts research on emotion and empathy in sporting or clinical contexts (e.g., schizophrenia) and has an interest in higher education research, particularly in enhancing the teaching of statistics.

DR TIM WINDSOR: Tim Windsor is part of the Centre for Ageing Studies team in the School of Psychology at Flinders University in Adelaide. In 2011 he received an Australian Research Council Future Fellowship to fund a program of work concerned with developmental changes in social relationships, and their implications for mental health and cognition. Tim has published numerous research articles concerned with social networks, emotional wellbeing and cognitive development in adulthood and into late life.

PROF SANDRA JONES: Sandra Jones is an internationally recognised expert in the area of social marketing, particularly in relation to chronic disease prevention and healthy lifestyles. Her career research funding exceeds \$6 million; and she has published more than 130 referred papers, six book chapters, and numerous policy-related monographs and reports. She is also a member of numerous policy and advisory committees, including those of cancer organizations in Australia and overseas.

A/PROF CATHERINE BRIDGE: Catherine Bridge has a significant national and international reputation in the area of enabling environments, and is one of Australia's experts on housing solutions for older people. Her research includes housing and care; housing and health; older people and sustainability; accessibility of the built environment and extensive research on home modification interventions. She directs the Home Modification Information Clearinghouse (HMinfo) Project which was established to develop and disseminate an evidence base for Home Modification Interventions in Australia

HOW TO REGISTER

Online at: www.aag.asn.au Email: enquiries@aag.asn.au

Post: Suite 8, 322 St Kilda Road, St Kilda, Vic 3182

For more information please contact Natasha Debsieh: ndebsieh@irt.org.au or 02 42218642

EVENT NAME Living Well Longer: Research in Ageing in the Illawarra

PERSONAL DETAILS

 Title: Mr Ms Mrs Dr A/Prof Prof

First Name

Last Name

Organisation

Position

Address

Suburb

State

Postcode

Phone

Mobile

Email

EVENT PRICING

\$60 for AAG Members

\$30 for Student/Concession Members

\$80 for Non Members

\$30 for Student/Concession Non Members

Corporate Membership entitles two staff members to attend at the member rate.

PAYMENT DETAILS

 Please select Credit Card type or other payment method: Visa Card Mastercard

Card Number

Expiry Date

CVV No.

Card Holder's Name

Card Holder's Signature

Electronic Funds Transfer (EFT) payable to:

Australian Association of Gerontology

BSB no: 034 264 Account no: 261 509

Payment Reference: NSW131108_ invoice number

Cheque payable to: Australian Association of Gerontology

I understand the conditions regarding enrolment and payment above.

Signed

Dated

PRIVACY STATEMENT

Please note that information you provide will be collected for the purposes of processing your registration and recording your attendance. The AAG may also use this information to provide you with information in relation to future programs which may be relevant to you.

Please tick this box if you are not interested in receiving information.

Photographs may be taken at the event for use on various AAG materials and publications, online and print. By registering for this event, you consent to the AAG photographing and using your image and likeness. If you would not like the AAG to photograph you please let the AAG representative know at the event.

TERMS & CONDITIONS

The AAG reserves the right to alter this program or presenter(s) without further notice, however the program is intended to run as advertised. AAG reserves the right to cancel this activity due to insufficient numbers – registrants will be notified if this occurs and credit (seminar value) will be carried forward to a seminar of the participants choice or refunded. Cancellations or transfers must be advised at least 7 days prior to the event. Refunds will not be granted if a registrant fails to attend an event or cancels within 7 days of the activity.