



## 2024 National Mental Health Webinar Series

Improving mental health for older people  
in residential aged care services

Episode

2

## Wellness and Social Inclusion

Wednesday, 8 May 2024 at 1pm

### About the webinar topic

Episode 2 of the 2024 National Mental Health Webinar Series will explore the concept of social inclusion and its impact on wellness for older people living in residential aged care services.

Social inclusion is about participation, equal opportunity and empowerment. It is much more than the social activities of film nights, bingo and day trips to the beach. This webinar will explore common misconceptions of social inclusion and address how to promote wellness by strengthening participation and empowering residents.

### Who should register?

This webinar is designed for aged care staff, nurses, facility managers, allied health staff and medical practitioners.

### The program

- |        |                                                                                                                                                                                |
|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1:00pm | Welcome                                                                                                                                                                        |
| 1:05pm | Case Presentation<br><i>Prof Joseph Ibrahim</i>                                                                                                                                |
| 1:15pm | Keynote Presentation:<br>Social inclusion in residential aged care<br><i>Prof Deirdre Fetherstonhaugh</i><br>Director, Australian Centre for Evidence Based Aged Care (ACEBAC) |
| 1:35pm | Facilitated panel discussion<br><i>Prof Deirdre Fetherstonhaugh, Mr Phil Grano, Ms Ann Fuller-Jackson, Dr Linda McAuliffe, Ms Sally Eastwood</i>                               |
| 1:55pm | Close                                                                                                                                                                          |

Register in advance for this free webinar:

<https://rb.gy/zt2waz>

*After registering, you will receive a confirmation email containing information about joining the webinar.*

### What is the webinar format?

The format is short and sharp, lasting 60 minutes; during that time, a case study is presented, then a keynote speaker, followed by an interactive panel discussion.

### Who is the keynote speaker?

#### Professor Deirdre Fetherstonhaugh

Director, Australian Centre for Evidence Based Aged Care (ACEBAC) La Trobe University

Deirdre's research focuses on the translation of research evidence into practice; the ethical implications of clinical practice, quality, safety and performance in residential aged care; decision-making for people with chronic conditions such as dementia or renal failure; sexuality and dementia; and clinical risk in aged care. Deirdre's research is mainly undertaken in residential aged care services with aged care staff, residents and informal carers. Deirdre also develops and delivers education to health professionals and aged care workers.

### Who are the panel members?

#### Mr Phil Grano OAM

Phil was admitted to practice as a solicitor and became a member of the Law Institute of Victoria in 1981. Previously employed as the Legal Officer in the Office of the Public Advocate. In 2006, he was awarded a certificate of service for voluntary work and commitment to the Law Institute of Victoria Human Rights and Elder Law Section. In 2010, he was awarded an Order of Australia Medal in recognition of his advocacy work on behalf of the disabled and disadvantaged.

#### Ann Fuller-Jackson

Anne is a Carer Consultant at the St Vincent's Mental Health Services and in that role acknowledges and respects the voice of people caring for an older person with mental illness and/or behavioural and psychological symptoms of dementia. Ann has lived experience of supporting an older

adult family member and offers empathetic and practical assistance to patients and residents in their care journey through support, information and referral.

#### Dr Linda McAuliffe

Linda is a Senior Research Fellow with the Australian Centre for Evidence Based Aged Care (ACEBAC) and a registered psychologist. Her research interests include the psychosocial health of older adults (including older adults with dementia) and their family caregivers.

#### Sally Eastwood

Sally has been working as an occupational therapist for over 15 years, focusing on care of the older person in acute, subacute, community and residential care settings. Sally has completed a Master of Science – majoring in Dementia Care. As part of her studies she examined the most effective strategies to engage older community dwelling people with a cognitive impairment to self-manage their chronic conditions.

### Who is the convenor and facilitator?

#### Professor Joseph Ibrahim

Professor at Australian Centre for Evidence Based Aged Care, La Trobe University.

Joseph is a practising senior consultant specialist in geriatric medicine with over 30 years of experience and the current Residential Aged Care Communiqué editor.

Register today <https://rb.gy/zt2waz>

### Missed Episode 1 - Accessing Mental Health Services?

A recording is available at <https://www.thecommuniques.com/mentalhealth>

## Save the date!

Episode 3: Wednesday, 3 July 2024 at 1pm  
Depression recognition and management

The keynote speaker is Scientia Professor Henry Brodaty AO

Centre for Healthy Brain Ageing, University of New South Wales

Enquiries about the National Mental Health Webinar Series can be directed to: [J.Ibrahim@latrobe.edu.au](mailto:J.Ibrahim@latrobe.edu.au)

### Acknowledgement

This National Mental Health Webinar Series initiative is made possible by a collaboration between Uniting AgeWell, the Australian Centre for Evidence Based Aged Care, La Trobe University, the Binational Faculty of Psychiatry of Old Age, the Department of Psychiatry at the University of Melbourne, School of Psychiatry, University New South Wales, Centre for Healthy Brain Ageing UNSW, Dementia Support Australia, Australian Association of Gerontology, Australian Disease Management Association, Occupational Therapy Australia and Residential Aged Care Communiqué.

