

# Healthy Ageing in Australia

## Research Showcase for Industry Partners

Thursday 18<sup>th</sup> February 2016, 9am-1pm  
 Victoria Room, AgriBio Building  
 La Trobe University, Kingsbury Drive, Bundoora  
 RSVP/More Information | e: ths@latrobe.edu.au

**Keynote Speaker**  
 (TBC)

We invite you to attend an exclusive event where we showcase our research on healthy ageing.

### Program and Abstracts

<b>8:30</b>		<b>Arrival Tea/Coffee - Registration</b>
<b>9:00</b>	Yvonne Wells , Head, Lincoln Centre for Research in Ageing	<b>Opening, Acknowledgment to the Country</b>
<b>9:10</b>	Russel Hoye , PVC, Research Development	<b>Introduction to La Trobe’s Research Focus Areas</b>
<b>9:20</b>	(TBC)	<b>Healthy Ageing: Challenges and Opportunities</b>

### Parallel Sessions

<b>Stream 1</b>		<b>Ageing and Social Issues</b>	<b>Stream 2</b>		<b>Ageing and Health</b>
<b>9:40</b>	Irene Blackberry	<b>Innovative models of care for older people in rural areas</b> Current healthcare are insufficient to respond to the growing demand of older people with complex needs in the community. Our mixed method research focuses on the primary healthcare system. We developed and trialled innovative interventions including the use of telehealth, a navigation and networking app, and undertaking a realist review of comprehensive geriatric assessment.	<b>9:40</b>	Nonie Rickard, David Edvardsson and Yangama Jokwiro	<b>Evaluation of the impact of an evidence based standardised delirium training, screening and management program on staff’s attitudes and clinical practice in an acute hospital.</b> The purpose of this study is to implement and evaluate a multidisciplinary delirium screening, diagnosis and management program at Austin Hospital. This evaluation will focus upon the attitudes and practices of staff regarding delirium and its management pre and post implementation. The evaluation will follow a quasi-experimental design to explore the effects of the educational program on staff perceptions and practice. This data will be used to inform sustainability of the intervention and the design of future programs.



9:50	Qarin Lood and David Edvardsson	<p><b>Promoting health through person-centred care: a multisite intervention study to improve residential aged care in Australia, Norway and Sweden</b></p> <p>The aim with this intervention study is to promote the health of nursing home residents, their relatives and staff by implementing a person-centred care model with focus on dignity, relations and enriched caring environments. The model is hypothesised to promote thriving, as well as satisfaction with care provision and delivery.</p>	9:50	Liz Pascoe	<p><b>Psychological characteristics and traits for finding benefit from prostate cancer</b></p> <p>This cross-sectional study aimed to explore individual psychological characteristics and traits that are correlates and predictors for benefit finding among an outpatient sample of men (N=209) with prostate cancer undergoing androgen deprivation.</p>
10:00	Leila Karimi, Sandra Leggat, Timothy Bartram, Sue McNamara, Elaine Krassas, Jiri Rada	<p><b>Feeling Good, Working Well: Transforming health services through emotional intelligence training</b></p> <p>The benefits of emotional intelligence (EI) have been widely promoted; however, there is limited evidence on the value of EI. This research is one of the first of its type in Australia designed for aged care. This experimental study investigated the effects of EI training on aged care staff, their quality of care and other important individual/organisational factors. Using experimental and control groups, the effectiveness of the EI training on the main outcomes was explored. In addition, using a mixed method approach (qualitative and quantitative), the feasibility and staff's experiences of the EI training were evaluated.</p>	10:00	David Edvardsson and Yangama Jokwiro	<p><b>An exploration of nurses' perception of person-centred care for people with cognitive impairment in acute and subacute environment.</b></p> <p>Cognitively impairment is not routinely assessed, diagnosed and managed appropriately in acute care settings. Given the existence of person centred best practice guidelines, underdiagnoses have been attributed to knowledge and lack of training on the assessment and management of delirium by the acute care multidisciplinary team. The overall purpose of this study is to explore the perceptions, practices and interventions that can support person-centred hospital care of cognitively impaired patients in Victoria.</p>
10:10	Yvonne Wells and Angela Herd	<p><b>My Place For Life: Comparison of care and housing models for older people.</b></p> <p>The My Place for Life research project explores the impacts of housing settings on the quality of life of older people and their capacity to remain living in the community. 424 participants were recruited: some living at home and receiving services, some in congregate housing, and a few in residential care. The qualitative component of the My Place for Life study sought older people's (N = 40) views on the characteristics of their housing and physical environment that impact on satisfaction with life.</p>	10:10	Kerryn Pike	<p><b>Subjective Cognitive Decline: Determining risk for dementia and minimising risk through intervention</b></p> <p>Subjective cognitive decline (SCD) in older adults is suggested to indicate increased risk for the future development of dementia, but this position is debated. Our work focuses on: characterisation of who is at risk of decline; the relationship between biomarkers, sleep, and neuropsychology; and minimisation of risk through intervention.</p>
10:20	Q & A	<p><b>Opportunities to discuss your research needs with speakers</b></p>	10:20	Q & A	<p><b>Opportunities to discuss your research needs with speakers</b></p>



<b>10:50</b>		<b>Morning Tea</b>	<b>10:50</b>		<b>Morning Tea</b>
<b>11:10</b>	Jodi Oakman	<b>Workplace barriers to reducing incidence of musculoskeletal and mental disorders.</b> Population ageing will require extended working lives. Injury prevention is an important component of work life extension. This project examines barriers to implementation of evidence informed workplace prevention strategies to reduce mental health and musculoskeletal disorders. Potential solutions are proposed to address this important research to practice gap.	<b>11:10</b>	Sheila Crewther and Deena Ebaid	<b>Cognitive Decline across the Lifespan</b> Cognitive decline over the lifespan is commonly reported in the literature, despite showing no sign of neurological disease. The aim of the current study was to examine traditionally studied aspects of reaction times, i.e., motor reaction times, and to compare this to cognitive reaction times by examining individuals processing speed as well as a novel measure of visual attention; eye movements and visual fixations in order to predict what constitutes such decline across the lifespan and in turn, what may aid in its enhancement. Our research indicates that ‘cognitive decline’ is more so associated with motor decline.
<b>11:20</b>	Lawrie Zion, Tim Marjoribanks and Merryyn Sherwood	<b>Where do older journalists go?</b> While many journalists who experience redundancies find solid employment opportunities in the media or other areas, our New Beats project surveys have revealed that those aged over 50 are more likely to experience difficulties in gaining employment after leaving journalism jobs. Our presentation will demonstrate the relationship between age and re-employment as well as income loss and wellbeing, based on surveys conducted in 2014 and 2015.	<b>11:20</b>	Glynda Kinsella	<b>Managing Memory in Older Age</b> <b>Abstract: Abstract: Governments are promoting the importance of maintaining cognitive health into older age to minimise risk of cognitive decline and dementia. Older people with mild cognitive impairment are particularly vulnerable to memory challenges in daily activities and are seeking ways to maintain independent living. Our research group is evaluating the effectiveness of different approaches for managing memory in older age.</b>
<b>11:30</b>	Raelene Wilding	<b>Ageing and new media: A new analysis of older Australians' support networks</b> The support networks of older people are increasingly dispersed by the migration of family, friends and older people. This research analyses how older people use new media to maintain their informal support networks across distance. We compare experiences across diverse cultural backgrounds, in urban and regional locations, of people living at home and in institutional care.	<b>11:30</b>	Jacqueline Orian	<b>Meeting the challenge of progressive multiple sclerosis</b> Multiple sclerosis most commonly manifests in early adulthood, initially exhibiting a relapsing-remitting clinical pattern; however, within 15-25 years the disease transitions to a chronic form. Our animal model-based investigations are providing an insight into the basis of this transition and evaluating the efficacy of candidate therapeutics in delaying entry into the chronic stage.
<b>11:40</b>	Rachel Winterton, Andrew Butt, John Martin	<b>The impact of rural retirement migration and population ageing on local government strategic planning processes</b> Drawing on focus groups with local government stakeholders (n=39) across six rural Victorian local government areas (LGAs), this presentation explores how rural retirement migration and	<b>11:40</b>	Michael Bauer, Deirdre Fetherstonhaugh, Irene Blackberry, Jane	<b>Identifying support needs to improve rural dementia services: A Delphi consultation study.</b> Nearly 1.5 million Australians are currently affected by dementia, including carers, however there is little evidence on rural communities’ service provision for these people. This study was



11:50	Irene Blackberry	<p>population ageing are impacting on strategic planning processes. These challenges are discussed from the perspective of planning for community sustainability across diverse rural contexts.</p> <p><b>Transitions in later life (TRACS): Pathways to residential care in rural areas</b></p> <p>This project reviews current trends of older people transitioning into residential care in rural and regional areas. Particular attention was given to international models of rural/regional care provision. Key outcomes included identifying gaps in research and practice, and subsequent recommendations for future research and practice.</p>	11:50	Louise Ward	<p>Farmer, Catherine Morley, Jo Martin</p> <p>conducted in a Victorian rural region and identifies the priority support needs for people with dementia and their carers and the potential existing evidence-based service responses to those needs.</p>
12:00	Q & A	<b>Opportunities to discuss your research needs with speakers</b>	12:00	Q & A	<p><b>Ageing well in the community</b></p> <p>SMILE: Simple Mental Health Initiative in Learning and Education The <b>SMILE</b> program is a series of 8 2-hour weekly mental health and wellbeing workshops, facilitated by a nurse academic at a community centre in Broadmeadows, Melbourne. <b>SMILE</b> provides participating community members with the opportunity to learn about mental health and wellbeing and engage in social connection through group learning. The SMILE project has attracted elderly community members interested in education to support healthy ageing.</p>
12:30	Jeni Warburton, Professor La Trobe University Briony Dow, Executive Director, National Ageing Research Institute Jeannine Jacobson, Manager HACC, Department of Health Victoria		<p><b>Panel Discussion</b> Discussing healthy ageing issues in Australia from policy, industry and academic perspectives</p>		
12:55	Katie Holmes, Director, Transforming Human Societies RFA		<p><b>Concluding Remarks</b></p>		
1:00			<p><b>Lunch</b></p>		