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Photo credit:
Gabrielle Brand (2017) Depth of Field: Exploring Ageing ©

School of Social Sciences

Leading Innovation through Diversity Forum:

Bridging Research, Policy and Practice
for Age Friendly Care

Date: Friday 29th June
Venue: UWA Business School Wesfarmers Lecture Theatre
Registration: \$50
Time: 8.30am – 4.30pm

socialsciences.uwa.edu.au/eAgeing



Building on the new Aged Care Diversity Framework, this forum aims to create tangible links between academic research, government policy, age-friendly communities practice, and aged care provider practices to stimulate ideas for creative and practical diversity-focused initiatives.

Co-hosted by The University of Western Australia, the ARC Ageing and New Media Project, Fortis Partners in Culturally Appropriate Care WA, MYVISTA, innovAGEING and Local Government Professionals WA Age Friendly Communities Network, this forum will look at how we can foster diversity and innovation in aged care and age-friendly planning practices.

Speakers and collaborators include leading researchers, practitioners and policy makers from a range of Australian universities; aged care service providers; community associations; local government; the National Ageing Research Institute in Melbourne; The Federation of Ethnic Community Councils, Canberra; the Office of Multicultural Interests, WA; the State Health Department; Befriend; and more.

Don't miss this opportunity to be inspired and connected with those who see diversity as a creative opportunity and who strive for high-quality and culturally-appropriate aged care for all Australians.

This Forum is co-hosted by:

Ms Mary Gurgone, Director, Fortis Partners in Culturally Appropriate Care WA (Fortis PICACWA);
Ms Irene Mooney, CEO, MYVISTA, Aged Care Service Provider;
Mr Merlin Kong, Principal Adviser innovAGEING;
Ms Christine Young, Chair, Local Government Professionals WA Age Friendly Communities Network; and
Professor Loretta Baldassar, School of Social Sciences, ARC Ageing and New Media Project, The University of Western Australia.

Welcome to the 2018 Research Forum on Ageing

Australia is one of the most culturally diverse countries in the world. Over half of the population is from a migrant (49%) or Indigenous (2.8%) background, representing a range of language, cultural, religious, gender, sexual and geographic identities. This enormous diversity presents both opportunities and challenges for all kinds of service delivery and practices.

This is particularly the case in the ageing and aged care sector. Increasing numbers of people around the world are living longer and older people make up a growing proportion of the world's population. Australia is no exception.

Approximately 15 per cent of Australia's total population (3.7 million) – over 1 in 7 people – is now aged over 65 years. This number is projected to increase dramatically in the coming years, to around 7.5 million by the year 2050.

Older Australians are also a very diverse group, with 1 in 3 born overseas. Older people are also living longer and more productive lives.

The proportion of older Australians participating in the labour force doubled between 2000 and 2015 – from 6% to 13%. In the 2016 Census, half of older people reported some degree of disability, but three-quarters rated their health as good, very good or excellent (AIHW 2017).¹ Ageing well and in age friendly communities has become a key aim for many local government areas and service providers.

There is a growing need for community, health and aged care services that are responsive to the needs of Australia's culturally diverse population.

As age services in Australia continues down a person-centred care path, customising services that take into account an individual's cultural needs and life experiences is an imperative and positive outcome.

Within the broader context of ongoing aged care reforms, this constitutes a call to innovation. The Forum's focus on innovation seeks to explore the levers that make innovation research and policy-making a reality at the service delivery level.

The aim of this forum is to foster diversity and innovation in aged care and age-friendly planning practices. The driving force behind the Forum is to build strong connections between research, practice and policy leading to the delivery of respectful, culturally responsive aged care and community services.

We hope to facilitate rigorous dialogue and exchange to improve policy and service delivery through high-quality research. Speakers and collaborators include leading researchers, practitioners and policy makers from a range of Australian universities, aged care service providers, industry peak bodies, community associations, State and Local government, including the National Ageing Research Institute in Melbourne; The Federation of Ethnic Communities' Councils of Australia, Canberra; the Office of Multicultural Interests, WA; Leading Age Services Australia, Umbrella Multicultural Services, the State Health Department; Befriend; and more.

1. www.aihw.gov.au/reports/older-people/older-australia-at-a-glance/contents/diversity/aboriginal-and-torres-strait-islander-people

Program

Time	Event
8.30 – 9.00	Welcome <ul style="list-style-type: none"> Chair, Professor Loretta Baldassar, School of Social Sciences, The University of Western Australia Indigenous welcome to country, Professor Leonard Collard Professor Robyn Owens, Deputy Vice—Chancellor, Research The University of Western Australia
9.00 – 10.30	PANEL 1: Ageing and Diversity – Policy and Practice Innovation Chair: Merlin Kong
9.00—9.15	Developing the National Diversity Framework CaLD Action Plan Cristina Giusti, Federation of Ethnic Communities' Councils of Australia
9.15—9.30	"...For the Sake of all...at the Exclusion of Many..." – The Paradigm Shift in Aged Care Nigel McGothigan Member Advocate, Leading Age Services Australia
9.30—9.45	Ageing and Diversity in W.A. — Trends, Policy Implications and Future Directions Rita Afsar, Office of Multicultural Interests Loretta Baldassar, School of Social Sciences, UWA
9.45—10.00	Creating Self—Sustaining Partnerships for Diversity in Aged—Care—AfcAS Irene Mooney and Mary Gurgone, Partners in Culturally Appropriate Care Fortis Consulting
10.00—10.15	The Journey toward Holistic Aboriginal Elders Care and Connection to Community Angela Ryder, Langford Aboriginal Association & Relationships Australia WA
10.15—10.30	Engaging Older Community—Dwelling Adults in Conversations about Falls Prevention Education using a World Café Approach Caroline Bulsara, School of Nursing and Midwifery, Notre Dame University
10.30—11.00	Morning Tea
11.00 – 12.30	PANEL 2: Ageing and Diversity – Policy and Practice Innovation Chair: Mary Gurgone
11.00—11.15	Good Spirit, Good Life Project: Development of a Quality of Life Package for older Aboriginal Australians Kate Smith, Centre for Aboriginal Medical and Dental Health, UWA
11.15—11.30	Using 'Fictive Kinship' to Improve Aged Care for CALD Families Bianca Brijnath, National Ageing Research Institute
11.30—11.45	Accessing the Diverse Voices of Grandparents Raising Grandchildren in WA David Coall, School of Medicine & Health Sciences, Edith Cowan University
11.45—12.00	Befriend: A Community—Led Model for Solidarity, Nurturing Connections across Divides Nick Maisey, Befriend
12.00—12.15	A Diversity Framework to Support Flourishing of Mature Workers in Organisations Daniela Andrei, Business School, UWA
12.15—12.30	Developing the National Plan on Elder Abuse Frances Byers, Commonwealth Attorney General's Department
12.30—12.45	Addressing the Stretch Factor in Implementing Diversity Innovations Merlin Kong, innovAGEING
12.45—1.30	Lunch

Time	Event
1.30 – 2.45	PANEL 3: Ageing and Diversity – Technology Innovation Chair: Irene Mooney
1.30—1.45	Proving that Technology Reduces Depression John Perkins, Ethan Group and Checked in Care
1.45—2.00	Spark—care: Developing "Smart Technology" Supporting Aged Care Lukasz Krzyżowski, Polish Ministry of Science & Education and School of Social Sciences, UWA
2.00—2.15	Outcomes and Reflections on Program Delivery following University Research Henrietta Podgorska, Umbrella Multicultural Community Care
2.15—2.30	Tailoring Aged Care Services to an Increasingly Diverse Population: The Implications of Smart Homes Dana Dermody, School of Nursing & Midwifery, Edith Cowan University
2.30—2.45	Belmont Intergenerational Studies & Skills project: Social Care and the Role of Digital Literacy Helen O'Sullivan, City of Belmont & Loretta Baldassar, School of Social Sciences, UWA
2.45 – 3.15	Afternoon tea
3.15– 4.15	PANEL 4a – Ageing and Diversity – Society and Innovation Chair: Christine Young
3.15—3.30	Is Art at the Heart of Healing in Hospital for Seniors? Christina Davies, School of Population and Global Health, UWA
3.30—3.45	Values, Volunteering and Well—being in Australian Seniors Joanne Sneddon, Business School, UWA
3.45—4.00	Engaging Youth on issues of Ageing and Diversity: The Role of Service Learning Education. Chantal Bourgault du Coudray, School of Humanities & McCusker Centre for Citizenship, UWA
4.00—4.15	Framing Positive Ageing through Consuming in Korea Jo Elfving—Hwang, School of Social Sciences, UWA
3.15– 4.15	PANEL 4b – Ageing and Diversity – Society and Innovation Chair: Loretta Baldassar
3.15—3.30	Longevity Risk Aversion, Financial Risk Aversion, Values, and the Allocation of Assets in Retirement Paul Gerrans, Business School, UWA
3.30—3.45	Getting Around: Transport Issues and Solutions for the Seniors of Tomorrow Simone Pettigrew, School of Psychology, Curtin University
3.45—4.00	Comparison of Eight Week of Single-leg Cycling to Traditional Training Models on Cardiovascular Disease Risk: A Randomised Control Trial in Middle-aged Adults Jeremiah Peiffer, School of Psychology and Exercise Science, Murdoch University
4.00—4.15	Let's get Eccentric - How to Motivate Elderly Individuals to Exercise Regularly Ken Nosaka, School of Exercise and Health Sciences, Edith Cowan University
4.15—4.30	Call to Action Chair: Irene Mooney and Mary Gurgone
4.30	Drinks

Presenters

Rita Afsar

Dr Rita Afsar has worked as a lecturer in Maharashtra, India, a Senior Research Fellow at the Bangladesh Institute of Development Studies, Dhaka, and at various other leading universities and research institutions. Her main areas of focus include ageing, migration, gender, social development, poverty, inequality and multiculturalism. Since 2011 she has worked as Senior Strategy Planning and Research Officer at the WA Office of Multicultural Interests (OMI). Since then, she has led OMI's work on ageing in Culturally and Linguistically Diverse (CaLD) communities in Western Australia and produced several reports identifying issues impacting CaLD seniors. This has formed the basis for OMI's partnerships with the aged-care sector.

Daniela Andrei

Dr Daniela Andrei completed a PhD in Psychology at Babes-Bolyai University in Romania in 2010. She has also worked as an Assistant Professor, teaching work psychology, personnel psychology, and organizational psychology at Babes-Bolyai University. Daniela is currently a Research Fellow within the Centre for Excellence in Population Ageing Research at the UWA Business School where she works within the research stream dedicated to organisations and the mature workforce. Her main research interests revolve around understanding how work design decisions are made and their impact on employees' productivity and wellbeing, but she has also conducted research on safety culture, wellbeing, leadership and team processes in safety critical industries.

Loretta Baldassar

Loretta Baldassar is Deputy Head of School, Community and Engagement and Professor in Anthropology and Sociology at UWA. She has published extensively on migration and migrant communities. Her most recent books include *Transnational Families, Migration and the Circulation of Care* (Routledge, 2014) and *Chinese Migration to Europe* (Palgrave, 2015). Baldassar is Board Member of the ISA Migration Research Committee and a regional editor for the journal *Global Networks*. She leads two current Australian Research Council Projects: *Ageing and New Media* and *Mobile Transitions: Understanding the Effects of Transnational Mobility on Youth Transitions*.

Chantal Bourgault du Coudray

Chantal Bourgault du Coudray is the Academic Coordinator of the McCusker Centre for Citizenship. She also teaches gender and cultural studies, and has expertise in Gestalt psychotherapy. Recent publications canvas feminist care ethics, relationality and communication across difference. She has received a number of teaching fellowships and grants for her work developing experiential learning, with a focus on fostering diversity and inclusion through respectful dialogue, 'eloquent listening', and relational work. Other publications explore fairy tales, genre fiction, and popular culture.

Gabrielle Brand

Gabriella Brand is Senior Lecturer and qualitative health researcher and teaches into the post graduate Health Professions Education Courses, UWA. She is taking up a new position as an Associate Professor (Education Focused) at Monash University in October. She has researched, designed and developed a series of consumer-led, innovative reflective learning resources titled 'Depth of Field' that use documentary style photographs and audio-narrated film of health care experience of patients for widespread use in education. Her latest research titled 'Exploring Stroke Recovery' follows 4 WA patients and their families as they recount the honest and raw reality of what life is really like following a stroke. Some of these MRI images, photographs and narratives are on display at the Research Forum on Ageing and include the cover image for this program.

Bianca Brijnath

Dr. Bianca Brijnath is the Divisional Director of Social Gerontology at the National Ageing Research Institute (NARI). Her disciplinary training is in medical anthropology and public health and her research expertise is in mental health and cultural diversity in primary care and community-based settings.

Caroline Bulsara

Associate Professor Caroline Bulsara is postgraduate research coordinator within the School of Nursing and Midwifery and the Institute for Health Research at the University of Notre Dame. Caroline has worked in several leadership roles within universities and externally to build health research capacity, notably within primary health care and non-government organizations. She works primarily with community participatory research methodology with often hard to access populations. Most recently she was part of a community based falls prevention study which explores attitudes of older adults in the community towards falls prevention education using a world café approach.

Frances Byers

Frances Byers works in the Commonwealth Attorney-General's Department (AGD) and is closely involved in developing the National Plan on Elder Abuse. Prior to this, Frances has had a diverse career in the Commonwealth public sector leading policy and evaluation teams.

David Coall

Dr David Coall is the Senior Lecturer and Biomedical Science course coordinator in the School of Medical and Health Sciences at ECU. His research examines inter-generational influences on health within families with a recent focus on the needs, experiences and health of grandparents who raise their own grandchildren. Crucial to understanding this issue is accessing the diverse voices of grandcarers. His current Lotterywest funded project, in collaboration with Wanslea and Curtin, explores the lives of Western Australian grandcarers and their grandchildren.

Christina Davies

Dr Christina Davies is a Research Fellow at the School of Population & Global Health, The University of Western Australia, and Adjunct Research Fellow at the Public Health Advocacy Institute of WA, Curtin. Her multi-award winning research focuses on the area of arts and health. Translating research into practice, Christina has been collaborating with St John of God Health Care to implement and evaluate the impact of hospital-based arts programs for seniors that support recovery, mental wellbeing and foster artistic interests.

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Dana Dermody

Dr Dana Dermody is a lecturer in the School of Nursing and Midwifery at Edith Cowan University, with an emphasis on clinical nursing leadership, and preparing nursing students to transition to a professional nursing role. Dana's research focuses on the mobility of older adults: she is especially interested in the aging-in-place movement and the use of remote health monitoring to promote the self-management of chronic conditions. She is currently researching the use of aging-in-place technologies (AiPT), such as smart homes with artificial intelligence capabilities, to support aging-in-place.

Jo Elfving-Hwang

Dr Joanna Elfving-Hwang lectures at the University of Western Australia in topics that traverse the wide discipline of Korean Studies, as well as teaching units in Asian Popular Culture and Asian Heritage. She has published in Korean beauty cultures, ageing and cosmetic surgery in South Korea. She is currently working on a monograph tentatively titled Beauty, Cosmetic Surgery and the Body in Korea.

Paul Gerrans

Paul Gerrans teaches and researches in the UWA Business School in the areas of consumer financial decision-making. Much of this is in financial literacy and retirement savings (superannuation) decisions. His interest in financial literacy focuses on its accumulation, depreciation, and the role of cognitive decline in older consumers. Our concern for financial risk and longevity risk (i.e. the risk we outlive our savings) in retirement is another current focus.

Cristina Giusti

Cristina Giusti is Director of Policy- Ageing and Disability for the Federation of Ethnic Communities' Council of Australia (FECCA). Cristina is a member of the Aged Care Sector Committee's Diversity Sub Group which developed the National Aged Care Diversity Framework and subsequent action plans. Cristina is an aged care professional who has in the last few years worked in various areas of aged care; including policy, advocacy, training and business development, particularly concerning Culturally and Linguistically Diverse (CALD) communities.

Mary Gurgone

Mary Gurgone is the National Director at Fortis Consulting where she has been since 2009 following a career in the public service in education, training, evaluation and policy. She is State Director of the Partners in Culturally Appropriate Care program for Western Australia. She led the development of award winning programs to support aged care service providers better utilise their diverse workforces and provide quality care to people of other cultures. She has supported partnerships to provide sustainability to the aged care service providers targeting specific migrant communities and established the Association for Culturally Appropriate Services (<http://www.fortisconsulting.com.au/partners-in-culturally-appropriate-care/partnerships/>).

Merlin Kong

Merlin helped establish, and currently manages—innovAGEING—a national innovation network for the aged care industry. He has an eclectic background, including: Executive Director at Community Services #1, Executive Director at the ACT Property Council, and Policy Strategy Director and Senior Adviser to various MLAs in the ACT Legislative Assembly. He also held innovation advisory roles with both start-ups and institutions. When not busy running innovAGEING, he actively volunteers his time mentoring young entrepreneurs, and has taught innovation, and business development strategy at the Australian National University.

Lukasz Krzyzowski

Dr Łukasz Krzyżowski is a postdoctoral researcher at UWA. As a sociologist with expertise in research methodology, the life-course paradigm, ageing, and migration in Central and Eastern European countries, he was a research consultant in a European Commission project on ageing and technology, and a team leader of the Transnational Caregiving and Intergenerational Relations in Migrant Cultures project. Krzyżowski has recently been granted funding for developing an application for elderly people to exchange intergenerational help and services in their neighbourhood.

Nick Maisey

Nick Maisey is the Founder/Director of Befriend, and is a leading West Australian social innovator, entrepreneur and change-maker. With his Occupational Therapy background, Nick has led Befriend's service design and innovation work for the past 8 years, working with communities to co-create localised, grass-roots responses to social isolation, loneliness and marginalisation. In 2017, Nick became 1 of 10 Australians awarded a Social Change Fellowship through the Westpac Bicentennial Foundation, and undertook a 3-month global study of contemporary approaches to nurturing inclusive, connected communities.

Nigel McGothigan

Nigel McGothigan is a registered nurse with over 25 years of diverse clinical expertise, 15 of those within the aged care sector. In his role at Leading Age Services Australia (LASA), Nigel liaises between LASA Members and Government. He has recently been invited to provide input into the Diversity Subcommittee of the Australian Government's Aged Care Sector Committee, helping to shape the foundation framework and subsequent action plans. In this role, Nigel aims to help the sector develop clear and unobtrusive action plans that inform person-centred practices, reflecting the uniqueness of each care recipient.

Irene Mooney

Irene Mooney joined MYVISTA as the Chief Executive Officer in January 2015, following many years in CEO and executive positions within the WA Aged Care Industry both in metropolitan and rural areas. Irene has a Masters in Leadership & Business Management and Bachelor of Nursing. She is a Fellow of the Australasian Association for Quality in Health Care and Member of the Australian Institute of Company Directors and Australian College of Nursing. Irene has served and continues to serve on many industry and organisational boards and committees for Aged Care, Health and Education and recently holds the Chairperson position for the newly formed Association for Culturally Appropriate Services (AfCAS).

Ken Nosaka

Ken worked in Japan for nearly 20 years before relocating to ECU in 2004. He coordinated the Postgraduate and Honours research programs of Exercise and Sports Science (2007–2014), directed the Centre for Exercise and Sports Science Research (2007–2012), and is currently the Director of Exercise and Sports Science. He received the Vice Chancellor's Award "Excellence in Research" in 2012. He has published more than 250 peer-reviewed journal articles, and about 80% of them are associated with "eccentric exercise," the topic of his talk.

Helen O'Sullivan

Helen O'Sullivan is the Seniors and Disability Engagement Officer at the City of Belmont. She holds a Master's in International Development, with over 16 years' living and working in Eastern Africa. After returning to Australia at the end of 2006, she continued to work in first state and then local government in the area of community development. Her work over the past 7 years has helped to support the co-creation of age-friendly communities; in doing so, Helen recognises the need to ensure people feel valued, engaged, and are able to participate in their community as they choose to.

Jeremiah Peiffer

Associate Professor Jeremiah Peiffer has established a strong record of accomplishment with a commitment to research examining factors influencing human performance and understanding the impact of exercise on human health and wellbeing. This has resulted in the publication of over 50 scientific manuscripts which have been cited over 1000 times, and more than \$750,000 in grant funding. Jeremiah leads the Ageing Cognition and Exercise (ACE) research group at Murdoch University, primarily focused on the impacts of exercise on the prevention of dementia in aging adults.

John Perkins

John Perkins is an owner of Ethan Group, Australia's largest privately owned IT Company and one of Australia's leading Cloud Managed Services Providers. More recently, John established Checked in Care, which focusses on integrating the best of breed health care applications into a simple, easy to use "single pane of glass" for the health care sector. Checked in Care aims to enable Australia to be a leader in the cost effective care of the elderly through innovative technology use. Today, Checked in Care is enabling aging in place through its Care Companion Platform. John is also the Founder and Chairman of one of Australia's leading disability charities, Touched By Olivia Foundation, which has helped raise over \$20M over the last 10 years.

Simone Pettigrew

Simone Pettigrew is a Distinguished Research Professor in the School of Psychology and Speech Pathology at Curtin University. Her research focus is in the area of health promotion and how to encourage individuals to make behavioural changes to improve their health. Much of Simone's work focuses on vulnerable populations, especially, children, seniors, and low-income families. Specific health issues of interest include ageing, physical activity, nutrition, alcohol consumption, and mental health.

Henrietta Podgorska

Henrietta started her career as a Community Mental Health Worker at a recovery care facility after graduating in 2010. Since 2011, she has had many roles in the community sector: these include providing housing assistance to prisoners; providing education to refugees, and supporting family carers with effectively representing carers' issues on committees. Since March 2015, Henrietta has worked at Umbrella Inc. as a community engagement coordinator; she works closely with many ethnic communities on issues related to CaLD seniors. Henrietta has a Bachelor of Social Science and Advanced Diploma in Community Sector Management.

Angela Ryder

Angela Ryder is a Noongar woman of the south west of WA. Angela is a co-founder and committee member of Langford Aboriginal Association (LAA) and Senior Manager Aboriginal Services at Relationships Australia WA (RAWA). In her role at RAWA, Angela established initiatives and programs in the area of Grief and Loss as well as delivers a National Empowerment Project (NEP) Cultural, Social and Emotional Wellbeing program for Aboriginal community. She brokered a partnership with the Women's Law Centre to establish Djinda Services, a legal service which assists Aboriginal women affected by family violence and sexual assault. Angela's contributions to her community were recognised in 2013 at the Perth NAIDOC Awards Ceremony when she was named Community Person of the Year and in October 2017, when she was awarded the John Curtin Medal for her long standing leadership in the community. Angela is a member of the Stolen Generations and sits on the Bringing Them Home committee.

Kate Smith

Dr Kate Smith is a NHMRC-ARC Dementia Research Fellow at the Centre for Aboriginal Medical and Dental Health, University of WA. She is an Occupational Therapist and has coordinated a number of Indigenous ageing research studies since 2003, including those on Indigenous dementia assessment, prevalence, incidence and protective/risk factors; and the development of quality of life package with older Aboriginal Australians (Good Spirit, Good Life). She was recently awarded a NHMRC grant for the 5 year DAMPA project to trial a dementia risk management program for Aboriginal Australians.

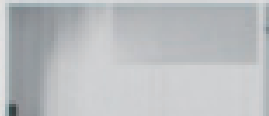
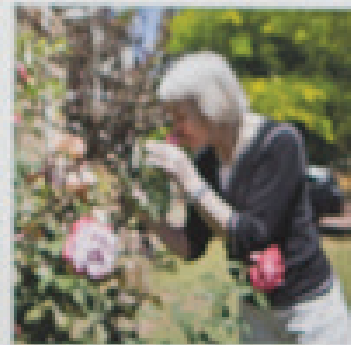
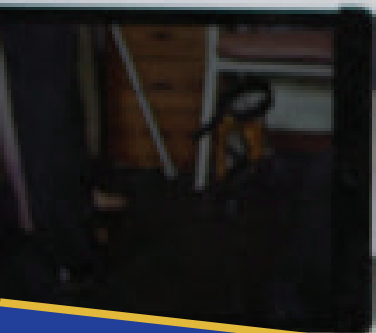
Joanne Sneddon

Dr Jo Sneddon is a Senior Lecturer and Deputy Director of the Centre for Human and Cultural Values in the Faculty of Arts, Business, Law and Education at UWA. Her current research focuses on understanding personal values and how they impact prosocial behaviour across the lifespan and on the creation of interventions that will attract, engage, and influence positive actions towards social and environmental causes. She is also studying children's values and how they relate to pro-environmental behaviour in family settings.



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