



**Centre for Research into Aged Care Services**

**and**

**WA Division of the Australian Association of  
Gerontology**

**ARC-NHMRC 'AGEING WELL' RESEARCH NETWORK**

**SYMPOSIUM ON AGEING RESEARCH**

**City West Function Centre**

**Thursday 29<sup>th</sup> September 2005**

**Registration 0830**

**Program 0900 – 1700 (lunch, morning & afternoon tea)**

**Drinks & Networking 1700-1800**

**Friday 30<sup>th</sup> September 2005**

**Registration 0830**

**Program 0900 – 1230 (lunch, morning tea)**

## PROGRAM OVERVIEW

**Thursday 29<sup>th</sup> September 2005**

**0830 Registration, tea/coffee**

**0900 Welcome and Introduction - Prof Duncan Boldy**

*Centre for Research into Aged Care Services (CRACS), Curtin University of Technology (CUT)  
WA State Hub Convener 'AGEING WELL' RESEARCH NETWORK*

**0910 Overview of the Network - Prof Hal Kendig**

*Centre for Education and Research on Ageing (CERA), University of Sydney.  
National Convener 'AGEING WELL' RESEARCH NETWORK*

**Session 1 Independent Living & Social Participation –  
Internal/ Personal Resources**

**Chairperson:** *Prof Alan Bittles - Director, Centre for Human Genetics, ECU*

**Rapporteur:** *Dr Janine Calver - Analyst, Data Linkage Unit, WA Dept of Health and  
Research Fellow, CRACS*

**0925 Maintaining Independence**

- a) Dr Gill Lewin - Adj A/Prof CRACS & Research Manager, Silver Chain Nursing Association (SCNA)  
*Home independence*
- b) Dr Barbara Horner - Director/Research Fellow, CRACS  
*Factors affecting Quality of Life*

### ***Relationships***

- c) Prof Daniela Stehlik - Director Alcoa Research Centre for Stronger Communities, CUT  
*Intergenerational change in WA communities: what are the issues?*
- d) Helena Iredell - Lecturer / PhD candidate, School of Population Health, UWA  
*Loneliness and social isolation in later life*
- e) Marnie Kennedy – PhD candidate, Murdoch University  
*Australian narrative of age*

### ***Ageism***

- f) *Jane Hall - PhD candidate, Murdoch University  
Television and positive ageing in Australia*

**1020 Discussion & Question time**

**1040 Morning Tea and Networking**

**Thursday 29<sup>th</sup> September 2005 continued**

**Session 2: Independent Living & Social Participation –  
External/Community Resources**

**Chairperson:** *A/Prof Jill Downie - Head, School of Nursing and Midwifery, CUT and  
Research Fellow, CRACS*

**Rapporteur:** *Prof Helen Bartlett - Director, Australasian Centre on Ageing, University of  
Qld. Theme & ERA Convener 'AGEING WELL' RESEARCH NETWORK*

**1100 Physical Environment**

- a) Dr Elizabeth Karol – Lecturer, Faculty of Built Environment, Art and Design, CUT  
*Minimising need for space heating in small houses*

**Technology**

- b) Louise Schaper – PhD candidate, CUT  
*Current and future use for technology to assist Ageing in Place*
- c) Andrew Marriott – Dept of Computing, CUT  
*Elderly companions – IT helping older people*

**Services**

- d) Prof Leon Flicker – Department of Geriatric Medicine, UWA  
*Managing the interface between hospital, residential and community care*
- e) Dr Janine Calver – Analyst, Data Linkage Unit, WA DoH and Research Fellow,  
CRACS  
*Building an evidence base for aged care services using linked health data*
- f) Prof Duncan Boldy – CRACS  
*The need for 'services' at the local level*

**1210** Discussion & Question time

**1230** Lunch and Networking

**Thursday 29<sup>th</sup> September 2005 continued**

**Session 3: Healthy Ageing – Health ‘Conditions’**

**Chairperson:** A/Prof G Lewin - Adj A/Prof CRACS and Research Manager, SCNA

**Rapporteur:** Prof Leon Flicker - Department of Geriatric Medicine, UWA

**1330 Physical Health**

- a) Prof Robert Newton – Foundation Professor, Exercise and Sport Science, School of Exercise, Biomedical and Health Sciences, ECU  
*Evaluation of Living Longer Living Stronger in WA*
- b) Thea Shavlakadze – School of Anatomy and Human Biology, UWA  
*Interventions to reduce age-related sarcopenia*
- c) Dr Mario Soares – Senior Lecturer, School of Public Health, CUT  
*Postprandial hypotension in older Australians*

**Mental Health**

- d) Prof Osvaldo Almeida – Unit of Geriatric Psychiatry, UWA  
*Mental health issues in old age*
- e) Prof Alan Bittles – Director, Centre for Human Genetics, ECU  
*The challenges of increasing life expectancy in people with intellectual disability*
- f) Prof Ralph Martins – School of Exercise, Biomedical and Health Sciences, ECU  
*Hormones, ageing and Alzheimer’s*
- g) Dr Bu Yeap – Senior Lecturer in Medicine, UWA  
*Androgens and cognition in older men*

**1440 Discussion & Question time**

**1500 Afternoon Tea and Networking**

## **Session 4: Health Ageing - Interventions**

**Chairperson:** Prof Duncan Boldy - CRACS

**Rapporteur:** Dr Barbara Horner - Director/Research Fellow, CRACS

### **1520 Physical & Social Activity**

- a) Dr Kay Cox – Research Fellow, School of Medicine and Pharmacology, UWA  
*Physical activity and older women*
- b) Dr Ann Clarke – Research Fellow, CRACS  
*Facilitating participation in social and physical activities for people with dementia and their carers*
- c) Dr Ken Robinson – Head, Faculty of Regional & Professional Studies, ECU  
*Importance of physical activity and quality of social relationships in health-related quality of life of nursing home residents*

### **Other Health Promotion**

- d) Dr Andrew Joyce – Research Associate, School of Pharmacy, CUT  
*Older people – providers not just recipients of social support*
- e) Celia Wilkinson – PhD candidate, National Drug Research Institute, CUT  
*Alcohol use and older Australians: becoming the full bottle*
- f) Dr Chris Toye – Senior Lecturer, School of Nursing, Midwifery & Postgraduate Medicine, ECU  
*Assessment of symptoms in frail elderly people*

### **1620 Discussion & Question time**

### **1640 Brief Additional Presentations**

- g) Dr Susanna Iuliano - ARC Post-doc Fellow, Anthropology/Sociology, UWA  
*Italian Migrants and Ageing*
- h) Joanna Smith – Research Officer, Silver Chain Nursing Association  
*Osteoporosis risk assessment in a home care setting*
- i) Kristen De San Miguel – Research Officer, Silver Chain Nursing Association  
*CareLink: the outcomes sought and the outcomes achieved*
- j) Linda Burke - WA Centre for Health Promotion Research, CUT  
*PALS 2 - a low intervention physical activity and nutrition program*
- k) Sue Gillieatt - PhD candidate, Lecturer, Centre for International Health, CUT  
*Informal and Unpaid Care of the Aged*

### **1700 Drinks and Networking**

**Friday 30<sup>th</sup> September 2005**

**0830**            **Registration, tea/coffee**

**Session 5**      **Productivity and Economic Security**

**Chairperson:**    **Prof Rob Newton** - Co-Director, Vario Health Institute, ECU

**Rapporteur:**    **Prof Hal Kendig** - CERA, University of Sydney

**0915**            **Productivity**

- a) A/Prof Siobhan Austen – School of Economics and Finance & Co-Director, Women's Economic Policy Analysis, Curtin Business School  
*Older women's participation in paid work*
- b) A/Prof Rob Guthrie – Head, School of Business Law, CUT  
*Age discrimination and Workers Compensation*
- c) Monica Cooper - Student BA Psych (Hons), ECU  
*Older adult's perspective on working past the age of 65*

***Economic Security***

- d) Prof Alison Preston - Women's Economic Policy Analysis Unit, Graduate School of Business, CUT  
*Gender wage gaps and retirement: Projecting women's superannuation accumulations*
- e) Therese Jefferson – PhD candidate, Women's Economic Policy Analysis Unit, Graduate School of Business, CUT  
*Speaking with women about finances and retirement*
- f) Dr Paul Gerrans – Senior Lecturer, School of Accounting, Finance and Economics, ECU  
*Attitudes to investment risk, before, at and after retirement*

**1015**            **Discussion & Question time**

**1035**            **Morning Tea and Networking**

**Friday 30<sup>th</sup> September 2005 continued**

**Session 6    The Future**

**Chairperson:**            **Dr Chris Toye**  
*School of Nursing, Midwifery & Postgraduate Medicine, ECU.*  
President, WA Division, Australian Association of Gerontology

**1100    Emerging Research - Prof Helen Bartlett**  
Director, Australasian Centre on Ageing, University of Qld.

**1120    Report Back**  
Session rapporteurs (8 minutes each x 5)

- 1. Dr Janine Calver**
- 2. Prof Helen Bartlett**
- 3. Prof Leon Flicker**
- 4. Dr Barbara Horner**
- 5. Prof Hal Kendig**

**1200    Summing up & where            Prof Hal Kendig**  
**to from here                    Prof Duncan Boldy**

**1220    Close - Dr Barbara Horner**  
Director, CRACS

**1230            Lunch and Networking**