

# BEING CURIOUS

## Outlines and Recordings of the Presentations

### Moving Towards Wellness through Self-Management

#### *LEAP SA*

Wednesday 29<sup>th</sup> April 2020

#### **Brief Description:**

This session will present an overview of the courses and workshops that LEAP SA have developed since 2012. The courses sprang from a need to create effective pain management and chronic disease management for people and be an available resource to service. An interactive & informative presentation will explore the interconnection of a range of practices and approaches to strengthen older people's capacity to self-manage.

#### **Outcomes of session:**

- ✓ Exploration of effective tools LEAPS SA developed and outcomes of their use
- ✓ Understand the impact of effective self-management to enhance an older person's life
- ✓ Identify everyday strategies to cope with the changes and challenges chronic pain and disease can present

**Presenters:** Jenny Bennett & Vivienne Tomlinson

**Recording Link:** N/A

### Reframing Retirement

#### *Mindset for Life*

Tuesday 26<sup>th</sup> May 2020

#### **Brief Description:**

The Mindset for Life Taster session introduces the concept of rethinking retirement as a new phase of life, with as much possibility and potential as any other stage in life. The session is facilitated by peer facilitators who have or are navigating their own retirement.

#### **Outcomes of session:**

- ✓ Understand the context of retirement in society today including six distinct stages in the retirement transition
- ✓ Enhanced knowledge about Mindset for Life program, tools and resources
- ✓ Identify strategies for older people to connect to their own balance of pleasure and purpose to address the hopes and concerns about retirement

**Presenter:** Stephen Merrett

**Recording Link:** <https://vimeo.com/433479724/950c37255f>

## Opening Doors

### *Ageing 2.0 Adelaide*

**Thursday 11<sup>th</sup> June 2020**

**Brief Description:**

The role of Ageing 2.0 Adelaide is in enabling entrepreneurial innovations in longevity and ageing. It will open doors for providers who want to move from providing services specified by the aged care program to ones that enable people to live their longer lives independently and productively. The presentation will talk about entrepreneurial activity and the construction of new ecosystems, ecolabs and living labs that bring new players together to create viable and innovative solutions. Some examples and opportunities will be presented. Providers will have a chance to discuss their strategic interests separate from their operational interests.

**Learning Outcomes:**

- ✓ Understand the benefits of entrepreneurial innovative approach
- ✓ Identify entrepreneurial innovations and particularly start-ups in longevity and ageing with the aim of enabling better longer lives
- ✓ Demonstrate the benefits of curating and joining innovative ecosystems

**Presenter:** Mike Rungie, Mark Ogden and Megan Corlis

**Recording Link:** <https://vimeo.com/436616228/7255db48e4>

## Forgotten Australians Aged Care Project

### *Helping Hand & Relationships Australia SA*

**Tuesday 23<sup>rd</sup> June 2020**

**Brief Description:**

This project aims to increase awareness about and meet the ageing needs of a group of people who were harmed in State and Institutional care during their childhood.

**Outcomes of session:**

- ✓ Greater understanding about the experiences of Forgotten Australians, Care Leavers, former Child Migrants, and the Stolen Generations
- ✓ Identify the negative impacts and challenges traditional aged care models may present to this diverse group of people
- ✓ Explore a range of strength-based approaches
- ✓ Strategies and resources that can be used immediately

**Presenter:** Luci Lovelock & Fran Lovell

**Recording Link:** <https://vimeo.com/437700494/1f412c02b2>

## Engaging the workforce in integrated spiritual care

### *Meaningful Ageing Australia*

Thursday 23<sup>rd</sup> July 2020

**Brief Description:**

Meaningful Ageing Australia Inc. is the Australian national peak body for spiritual care and ageing, advocating for spiritual care to be included in all care settings. MAA use evidence-informed actions to enable high quality spiritual care for all older people. The session will showcase some of the most effective ways to bring down barriers and engage teams in this vital component of holistic care. The presentation will be interactive and includes seeing some of their most loved videos.

**Outcomes of session:**

- ✓ Identify the importance of spiritual care in responding to the needs of older people
- ✓ Strategies in addressing the losses and spiritual needs of older people
- ✓ Access to resources and tools to build capacity in programs and workforce responses

**Presenter:** Kim Thoday

**Recording Link:** <https://vimeo.com/449488648/0232d6f4b5>

## Physical Activity: Foundation to active ageing

### *Active Ageing Australia*

Wednesday 29<sup>th</sup> July 2020

**Brief Description:**

Best practice approaches for supporting older adults to keep moving for life.

This presentation will provide an overview of Active Ageing Australia's programs, training and resources available to support your organisation to provide safe and effective services and support to optimise older people's independence, health, well-being and quality of life.

**Outcome of session:**

- ✓ Greater understanding of the role of Active Ageing Australia.
- ✓ An opportunity to examine a range of options and resources to enhance active ageing.
- ✓ Identify ways we can support people to strengthen their active aging for good lives outcomes.

**Presenter:** Melanie Smith

**Recording Link:** <https://vimeo.com/449488032/98801de21b>

## Insights into Better Consumer Engagement

### *The Plug-in (COTA SA)*

Thursday 6<sup>th</sup> August 2020

#### **Brief Description:**

COTA SA's social enterprise The Plug-in, is a specialist consumer engagement and insights consultancy which connects people aged 50+ with government, business, industry and researchers who want to understand them better. The Plug-in has delivered numerous projects for clients across a wide range of sectors, all with a strong focus on how organisations can engage better with their older customers. This presentation will impart some of their top line insights for engaging effectively with older people, drawn from The Plug-in project case studies, and will be of interest to anyone aged 50+, and to any organisation who wants to connect, engage with and understand people over 50 better.

#### **Outcomes of session:**

- ✓ Learn about The Plug-in and how it works & discover ways to generate insights into older people to improve products, services and policies
- ✓ take-away actionable insights for engaging and communicating better with older people
- ✓ Explore ways older people can become part of The Plug-in Influencer community

**Presenters:** Miriam Condon

**Recording Link:** <https://vimeo.com/450968674/1e3afe6379>

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<https://www.agedservicesworkforce.com.au/events/list/>

These are FREE EVENTS for CHSP & Disability Workforce.