

BEING CURIOUS

Outlines and Recordings of the Presentations

Movement & Music

The Daisy Chain

Thursday 17th December 2020

Brief Description:

How and Why Should We Keep Moving?

Being confined does not mean that we should stop enjoying music and movement. Interestingly while these recent isolating months have presented challenges, it has also created a sense of security for people as they have been able to join in classes and activity from the comfort of place of home while being connected and engaged within their community.

The Daisy Chain was created with the purpose to inspire, entertain and bring joy through music and movement to the Aged Care and Disability sector. There are amazing benefits to music and movement, physically, mentally and emotionally for an older person. The aim is to build strength, confidence and connect people, be it the older person to their peers, staff, service providers and their families. There is a need for more fun active choices for the resident older person and The Daisy Chain offers a solution to the overwhelming task for staff in finding the right entertainers and instructors.

Presenter: Emma Watts

Recording Link: <https://vimeo.com/522590473/1574f48d50>

Resources: <https://www.thedaisiechain.com/>

Moves for All: <https://www.thedaisiechain.com/take-action>

Research Report 6: Assessing views and preferences for quality care

Caring Future Institute

Friday 11th December 2020

Brief Description:

Caring Futures Institute are imagining a future where the highest standard of health and care is available for all who need it. Their investigations are seeking answers to some of the world's greatest upcoming health challenges including an ageing population, chronic illness and the rising cost of health care. Research is focused across four key themes – better lives, better communities, better care and better systems– underpinned by technology; knowledge translation; health economics; and methodological innovations. And a future where technology and the real world collide for health innovations and reduced social isolation.

This session will review what their landmark new research shows. Will Australians strongly support increased funding to ensure universal access to high-quality aged care services in the future? The research was conducted for the Royal Commission into Aged Care Quality and Safety and is based on a survey of 10,000 adults not currently using aged care services.

Presenter: Professor Julie Ratcliffe

Recording Link: <https://vimeo.com/498183993/b5e370c8ff>

Resources: <https://agedcare.royalcommission.gov.au/publications/research-paper-6-australias-aged-care-system-assessing-views-and-preferences-general-public-quality-care-and-future-funding>

Interested participants may like to read a condensed version of the research paper.

<https://theconversation.com/australians-want-more-funding-for-higher-quality-aged-care-and-most-are-willing-to-pay-extra-tax-to-achieve-it-143174>

Supporting Emotional Wellbeing in Aged Care

RASA

Thursday 26th November 2020

Brief Description:

The Australian Institute of Health revealed almost half (49%) of the residents in residential aged care settings have a diagnosis of depression, and the majority (87%) are diagnosed with at least one mental health or behavioural condition. This indicates residents are in greater need of support around their mental health and wellbeing. Older people's attitudes and perceptions about mental health and societal attitudes and perceptions act as barriers to the person in care accessing mental health support. Because of these barriers, mental health issues amongst older people are often unrecognised and therefore left untreated.

The Supporting Emotional Wellness in Aged Care (SEW) Program, is funded by the Adelaide Primary Health Network (PHN) and provides free, onsite individual and group mental health services for residents experiencing, or at risk of developing, mild to moderate mental health conditions. The expected benefits of psychological services for residents are improvements in mood, adjustment and functioning and increased ability to cope with life changes. Emotional wellness is an important part of our general health. The Supporting Emotional Wellness service is here to support residents of aged care facilities within the Adelaide Metropolitan area.

Presenter: Assuna Schultz

Recording Link: <https://vimeo.com/489178030/db9a781035>

Resources: <https://www.rasa.org.au/services/adult-health-wellbeing/sew/>

Residential Care: <https://www.rasa.org.au/sew-program-racf-information/>

The Wellbeing Lab

Michelle McQuaid Ltd

Monday 2nd November 2020

Brief Description: How to Embrace Struggle

To struggle is human. If you are living a full life and have a pulse, it's almost impossible to avoid experiencing struggle. Add in a global pandemic and most of the planet is experiencing struggles daily. How we think about and react to the inevitable human struggles, challenges and discomfort we all face has a profound impact on the extent to which we are able to feel good and flourish in our lives.

The reality is there is no avoiding struggle, so in this session we'll help you to understand how to struggle better – by understanding the value of struggle, how to proactively spot signs of struggle, confidently step into your struggles and get better outcomes when you do.

Presenter: Danielle Jacobs, Psychologist, Flourishing Leadership & Wellbeing Specialist

Recording Link: <https://vimeo.com/478359337/4ec406b48a>

Resources:

Free PERMAH Wellbeing Survey - <https://permahsurvey.com/>

The Wellbeing Lab 2020 – State of Wellbeing in Australian Workplaces - <https://www.michellemcquaid.com/product/wlab-2020-workplace-survey/>

<https://www.daniellejacobs.com.au/>

Wellbeing POD Casts and Cheat Sheets - <https://www.michellemcquaid.com/podcast-cat/podcast-wellbeing/>

The Little Things

Meaningful Ageing Australia

Thursday 22nd October 2020

Brief Description:

The Little Things are a ready-to-use training resource that deliver evidence – based training to develop personal carers skills to relate as they provide care to older Australians in aged care settings. This is ideal for trainers, managers or senior staff working in aged care organisations who wish to train their personal care workforce to develop their ability to relate to older people as they attend to practical aspects of care.

Particularly relevant to organisations that train or employ a culturally and linguistically diverse workforce.

Presenter: Pip Mackey, Lead Trainer & Researcher

Recording Link: <https://vimeo.com/476985122/1533cd6988>

Resources:

<https://meaningfulageing.org.au/>

<https://meaningfulageing.org.au/the-little-things/>

Insights into Better Consumer Engagement

The Plug-in (COTA SA)

Thursday 6th 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.

Presenters: Miriam Condon, Project Manager

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

Resources: <https://theplugin.com.au/>

Physical Activity: Foundation to active ageing

Active Ageing Australia

Wednesday 29th 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.

Presenter: Judy Ross, Education & Resource Development

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

Resources: <https://activeageing.org.au/>

Engaging the workforce in integrated spiritual care

Meaningful Ageing Australia

Thursday 23rd 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.

Presenter: Kim Thoday, Educator and Senior Consultant

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

Resources:

<https://meaningfulageing.org.au/>

<https://meaningfulageing.org.au/see-me-know-me/>

Forgotten Australians Aged Care Project

Helping Hand & Relationships Australia SA

Tuesday 23rd 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.

Presenter: Luci Lovelock & Fran Lovell

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

Resources:

<https://www.helpinghand.org.au/wp-content/uploads/2019/01/Positioning-Statement-Forgotten-Australians.pdf>

<https://www.helpinghand.org.au/forgotten-australians-guide-launch/>

<https://www.rasa.org.au/forgotten-australians-aged-care-project/>

Opening Doors

Ageing 2.0 Adelaide

Thursday 11th 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.

Presenter: Mike Rungie and Mark Ogden, Ambassadors for Ageing 2.0 Adelaide Chapter

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

Resources:

<https://www.aging2.com/grandchallenges/>

<https://www.aging2.com/adelaide/>

Reframing Retirement

Mindset for Life

Tuesday 26th 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.

Presenter: Stephen Merrett, Volunteer Peer Convenor

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

Resources: <https://mindsetforlife.com.au/>

Moving Towards Wellness through Self-Management

LEAP SA

Wednesday 29th 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.

Presenters: Jenny Bennett & Vivienne Tomlinson

Recording Link: N/A

Resources: <http://www.leapsa.net.au/org/leapsa/>

For more information contact: Dana Lavenant E: dana.lavenant@acsa.asn.au T: 08 8338 7111

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

These are FREE EVENTS for CHSP & Disability Workforce.