

0910 **Welcome & Introduction**

0925 **Happy to be Alive - 'A Life with Meaning & Purpose'**

*Achievement/contribution *Expression/wisdom *Health/independence *Involvement/freedom *Teamwork/winning *Challenge/learning *Giving/helping *Belonging/inclusion *Stimulation/appreciation *Faith/uniqueness *Fun/individuality *Connection/friendship These are the twelve (12) separate types of purpose which were identified by residents at Anzac Hostel in 2012. They are now the firm foundations for the ongoing 'lifestyle program'. 'A Life with Meaning' involves a constant and enduring focus on the meaning and purpose present, or potentially present in residents' lives. What a great mantra & fantastic way to kick off the conference.

Linda Brownfield, Bachelor Degree in Psychology (Deakin University), Cert IV in Community Services (Leisure & Lifestyle), Cert IV in Training & Assessment, Diploma of Health Counselling, Certificate III in Aged Care; Lifestyle Coordinator, Anzac Hostel (Vasey RSL Care), Vic.

1005 **Creating Delight - Connecting Gratitude, Humour and Play**

The benefits of gratitude for health and wellbeing are well-documented. This session will focus on ways to connect gratitude to humour and play - with an emphasis on sharing practical ideas for use with residents, staff and families. A session grounded in three (3) key words - connecting, communication & relationships.

Bronwyn Roberts, Certified Humour Professional (CHP); Founder & Chief Happiness Officer at Let's Laugh

1040 **Morning Tea, networking & trade expo**

1115 **The "Active Circuit" - are you up for it?**

This presentation will focus on the development and implementation of the "Active Circuit": a series of exercise stations designed to encourage residents to increase their levels of daily physical activity. The stations help to develop muscle strength, balance, flexibility, coordination and mobility to help to improve the overall well-being and quality of life of residents. The presentation will provide insights into this cost effective, innovative and meaningful way to engage and empower residents to enhance their physical health. A major point of discussion will be around the design of the Active Circuit - which primarily uses existing infrastructure available at the residential facility (i.e. benches, walls, rails etc). Are you up for it?

Adam Demirtel, B. Sports Admin, B. Exercise Science, M. Applied Science (Exercise Rehab); Team Leader - Active Ageing & Exercise Physiologist, Sunbury Community Health, Vic.

1200 **Evaluating the success of introducing a Montessori Program in a Residential Aged Care Facility: Lifestyle Coordinators make a difference**

East Grampians Health Service introduced a Montessori program to improve the quality of life for people living in residential aged care, with the expectation that the program would improve quality of life for residents and make a difference to how health professionals view the care they give. This research explored staff's views around the implementation of the program. Enabling views of health professionals to be documented to assist in the identification of constructive processes that others can emulate. Preliminary data demonstrates significant "wow" moments in relation to how residents have responded to the program as well changes in how staff value their role in aged care. This interactive presentation will share the benefits of this program for residents, staff and family members.

Dr Wendy Penney, RN, MN, PhD; Independent Researcher and Consultant- Care of Older People

1245 **Lunch, networking & trade expo**

1345 **Armchair Travel - not a queue in sight!**

Let's go on a journey ... to anywhere you want! Social, multi-sensory, fun, sharing, reminiscing ... just a few words associated with Armchair Travel. This session will examine the strategies for success & pot holes to be avoided for organisers & travelers alike. It may not be a 'new' activity/concept but when well delivered, it remains hugely enjoyable/beneficial. All aboard!!

Colette Baya, Experienced Lifestyle Manager, Music Lover & **Jennifer Inchley**, Diversional Therapist, Adv. Dip. Aged Care Management; Activities Coordinator, AdventCare, Vic.

1425 **"We can't do everything - there's not enough time"**

How much spare time do we have in our professional week? Do we ever get stressed or feel overworked? Does quality suffer due to workload? Do we have countless projects that we would love to work on, yet don't have the time? If you answered yes, you are certainly not alone. This presentation will explore the way our brain makes predictions, decisions and how this impacts the planning of our work/programs. These facts/research form the basis of three (3) strategies to finding more quality time and maximising impact. Bring it on!

Daniel Gray, BA Recreation Leadership, Adv Dip Business Management; Recreation Manager, Wintringham, Vic.

1500 **Afternoon tea, networking & trade expo**

1530 **Stories from the Field**

These dynamic & diverse 'stories from the field' are designed to engage, enlighten & motivate!

1615 **Close Day One**

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0925 **Flametree - a peek over the fence ...**

The innovative Flametree project aims to deliver enhanced care outcomes for residents living with dementia, their families and staff. The project incorporates best practice, experimental environmental design and has a clear focus on resident independence & wellness. This presentation will allow you to have a peek over the fence & see what's going on!

Matt Hough, Grad. Cert in Design Science, Dip. Event Management, Quality Assessor Aged Care, Cert IV WHS, Cert IV TAA; Business Manager Care - North Illawarra, IRT Group, NSW

1000 **Research, readings & random ruminations**

A session to highlight happenings, promote programs and generally update on you on the other 'stuff' we couldn't fit into the conference program.

Wayne Woff, Manager, Total Aged Services; et al

1030 **Morning Tea, networking & trade expo**

1115 **The "Expectation Games" & "Activities"**

From pre-admission, to admission, to service provision how are we managing client/family/other staff expectations & engagement when it comes to "activities"? Are we just setting ourselves up to fail with the most common approaches to "activities" programming? A session to get serious about a more balanced, shared responsibility approach.

Wendy Henderson, BBA, Adv. Dip. Community Services Management, Dip. Leisure & Health; Facilitator, Alzheimer's Australia Vic.

1200 **Cycling without Age - "The right to wind in your hair"**

Cycling without Age is a movement founded in Denmark with a "dream of creating a world together, in which the access to active citizenship creates happiness among our fellow elderly citizens by providing them with an opportunity to remain an active part of society and the local community". With guiding principles of Generosity, Slow Cycling, Storytelling, Relationships ... the session will provide an inspiring journey!

An interview with **Tonianne Hawthorne**, Lifestyle Manager & **Chrissie Stubbings**, Lifestyle Assistant, Fairway Hostel, Vic.

1235 **Lunch, networking & trade expo**

1345 **PIE - Positive Interactive Engagement**

PIE is a structured after hours activity program that offers a range of activities and triggers for individuals with dementia and aims to create a positive environment; to increase interaction and engagement with residents; and to reduce unsettled behaviour in the evenings and times of reduced activities. The ultimate aim is to improve individual quality of life. This presentation will detail the genesis, rationale, delivery & evaluation of this exciting evidence based, resident focused program.

Jacinta Robertson, RN/RM, Masters Health Services Management; Senior Manager Residential Aged Care, Active Living, Anglicare SA

1430 **What time is the train leaving?**

All aboard ... a session about model railways, community integration, fun, reminiscence, mateship, pride and achievement what a great way to finish our conference in 2017!!

Rosemary Pace, MNurs (Care of the Older Person), M. Ed., MBM; Residential Manager, Grossard Court (Sapphire Care), Vic.

1515 **Concluding remarks/summation**

1530 **Close of Conference**