

WELLNESS & REABLEMENT SYMPOSIUM 2018

Time	Session
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8:30 am REGISTRATION

9:00 am **WELCOME**
Lui DiVenuto—MC
Team Leader, Active Ageing & Disability, City of Onkaparinga

OFFICIAL OPENING
Professor Kurt Lushington
Head of School: Psychology, Social Work and Social Policy, UniSA

Professor Lushington is the current Head of School for the School of Psychology, Social Work and Social Policy at the University of South Australia where he is responsible for leading teaching, research and community engagement. A recent initiative is the development of an undergraduate degree program with a special focus on the nexus between practice, teaching and research in ageing and disability services.

Kurt completed his Masters of Psychology (Clinical) and PhD at Flinders University of South Australia in 1998. His thesis examined the age-related decline in the pineal hormone melatonin as an explanation for sleep maintenance insomnia in the aged. He is a member of the Australian Sleep Association sub-committee for Behavioural Management of Sleep Disorders, a fellow of the Australian Psychological Society, World Sleep Association and Sleep Research Society and a practicing clinical psychologist specialising in the treatment of sleep disorders. His current research outputs include over 110 peer reviewed publications and 16 book chapters.

WELLNESS and REABLEMENT: Setting the Baseline

KEYNOTE SPEAKERS

Wellness and Reablement in Action: A Lived Experience!

Judy Pearce
CHSP Consumer

Judy Pearce, born in Goodwood in 1935, schooled at Goodwood and Unley High, cadet journalist at The Advertiser before her marriage to Ken, left the city for a 15-year family farming adventure in the Cleve district where three sons were raised, before moving to Port Lincoln where she has lived for 45 years. Known as a music teacher and arts activist, she has a wide knowledge of Eyre Peninsula life.

Applying CPR of Wellness: Translating Research into Practice

Vanessa Leane
PhD Candidate, UniSA

With a passion to translate research into practice, Vanessa Leane has been working with collaborative project officers creating a new practice method called *wellnessCPR* based on her PhD research. With 8 years of experience working in the aged care service, designing and implementing innovative strength-based programs, it has been important to Vanessa to focus on the 'how to' knowledge of social wisdom, identifying, understanding and enabling the strengths of older people to cultivate wellness and wellbeing in every-day life.

Time

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10:30 am MORNING TEA

PITCH PRESENTATIONS: Wellness Approaches in Practice

- 1 **TECHNOLOGY FOR WELLBEING**
Ageing and Technology Workgroup, SSRG—Project Officer, Sally Warnes
- 2 **WELLNESS STARTS BEFORE 65**
Hills Positive Ageing Project—Project Officer, Julie Wilhelm
- 3 **ASPIRING TO 'A GOOD LIFE FOR ALL' IS ESSENTIAL**
Better Practice Project—Project Coordinator, Dana Lavenant
- 4 **SELF-MANAGEMENT IS WELLNESS AND WELLNESS IS SELF-MANAGEMENT**
Leap SA—Cofounders, Jenny Bennet & Vivienne Tomlinson
- 5 **MOVING FOR LIFE**
Active Ageing—Chief Executive, Melanie Smith
- 6 **WELLNESS & REABLEMENT PODCAST PROJECT**
Ageing Volunteering SA—Program Coordinator, David Jacquier
- 7 **CLEVER SOLUTIONS FOR SAVVY SENIORS**
Northern Collaborative Project—Project Officer, Jillian Wood
- 8 **'ASSESSING ASSUMPTIONS' - RECOGNISING & REDUCING ASSUMPTIONS**
Access Care Network Australia (ACNA)—Assessment Services Regional Manager, Craig Gogoll
- 9 **CADDY PROJECT**
Southern Fleurieu & KI Positive Ageing Taskforce—Project Officer, Michelle Fuller
Caring Neighbourhood Program—Program Coordinator, Helen Deguet

Q&A with Pitch Presenters

12:30 pm LUNCH

PUTTING INTO PRACTICE: Scene One, Action!
Defining Best Practice, Problem Solving and Developing Innovative Responses
Facilitated by Lui DiVenuto and CPO Network
Performances by Vintage Creative Therapies

WELLNESS and REABLEMENT: What's Next?

4:00 pm EVENT CLOSE

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