Monday 31st October 2016

8:00 – 9:00
Registration -
China in the World Building, Building 188, Fellows Lane ANU —Lotus Hall

9:00 – 10:10
Opening Plenary - Auditorium
Welcome, Acknowledgement & Opening
Professor Brian P. Schmidt AC, Vice-Chancellor
The Australian National University

ERA Welcome
Professor Kaarin Anstey
Director, Centre for Research on Ageing, Health and Wellbeing
Director, NHMRC CRE in Cognitive Health
Director, Dementia Collaborative Research Centre – Early Diagnosis and Prevention
ANU Research School of Population Health

Courtney Hempton
ERA National Administrator

Message from our Silver Sponsor - Goodwin Aged Care Services
Tamra Macleod, Aged Care Specialist Nurse Practitioner

Keynote
Making a difference on the other side of the fence: Using a PhD in policy
Dr Chris Hatherly
Director, Science Policy and Projects
Australian Academy of Science

10:10 – 10:40
Morning Tea and Poster Viewing
Lotus Hall
<table>
<thead>
<tr>
<th>Time</th>
<th>Session A</th>
<th>Session B</th>
<th>Session C</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:40-12:00</td>
<td><strong>Physical Functioning Pathways</strong></td>
<td><strong>Pathways to Health Promotion &amp; Physical Activity</strong></td>
<td><strong>Pathways for Service Use &amp; Planning</strong></td>
</tr>
<tr>
<td></td>
<td>Auditorium</td>
<td>Seminar Room A</td>
<td>Seminar Room B</td>
</tr>
<tr>
<td></td>
<td>Chair: Dr Kim Kiely</td>
<td>Chair: Dr Kerry Sargent-Cox</td>
<td>Chair: Dr Da Jiang</td>
</tr>
<tr>
<td>10:40-12:00</td>
<td>Spinal manipulative therapy for neck pain and dizziness in older people: A feasibility randomised controlled trial &lt;br&gt; <strong>Julie Kendall</strong> &lt;br&gt; RMIT</td>
<td>Bridging interest and learning of mobile touch screen technologies for older adults &lt;br&gt; <strong>Jeanie Beh</strong> &lt;br&gt; Swinburne University of Technology</td>
<td>Medical service utilization among Australian older women with asthma &lt;br&gt; <strong>Parivash Eftekhari</strong> &lt;br&gt; University of Newcastle</td>
</tr>
<tr>
<td></td>
<td>Standard x-ray– Undetectable osteophytes are associated with changes in knee pain and structures in older adults: A population based cohort study &lt;br&gt; <strong>Zhaohua Zhu</strong> &lt;br&gt; University of Tasmania</td>
<td>A mixed methods study of health promotion of hypertensive Thai elders: The health promotion compass &lt;br&gt; <strong>Thitaporn Keinwong</strong> &lt;br&gt; University of Newcastle</td>
<td>The types and patterns of HACC service use among a large cohort of Australian women as they age from 77-80 to 87-90 &lt;br&gt; <strong>Mijanur Rahman</strong> &lt;br&gt; University of Newcastle</td>
</tr>
<tr>
<td></td>
<td>Bimetric trajectory analysis of sit-to-stand can be indicative of risk of fall among older people &lt;br&gt; <strong>Maryam Ghahramani</strong> &lt;br&gt; The University of Wollongong</td>
<td>What is the effect of health coaching on physical activity participation in older people?: A systematic review of randomised controlled trials &lt;br&gt; <strong>Juliana Oliveira</strong> &lt;br&gt; University of Sydney</td>
<td>Transforming space to place: A case study of placemaking in residential aged care &lt;br&gt; <strong>Aaron Wyllie</strong> &lt;br&gt; Monash University</td>
</tr>
<tr>
<td></td>
<td>The effects of manual therapy on falls and physical performance measures in people with musculoskeletal pain: A systematic review &lt;br&gt; <strong>Julie Kendall</strong> &lt;br&gt; RMIT</td>
<td>Promoting active ageing in older people with mental disorders in communities: Development and testing of a survey instrument &lt;br&gt; <strong>Kedsaraporn Kenubpha</strong> &lt;br&gt; University of Newcastle</td>
<td>Development of non-intrusive methodology to assess indoor environment in residential aged care facilities &lt;br&gt; <strong>Federico Tartarini</strong> &lt;br&gt; University of Wollongong</td>
</tr>
<tr>
<td></td>
<td>Measured mobility status is strongly associated with functional independence in community dwelling older people: An observation cross-sectional study &lt;br&gt; <strong>David Lester</strong> &lt;br&gt; University of Sydney</td>
<td>You’re never too old to walk &lt;br&gt; <strong>Samantha Fien</strong> &lt;br&gt; Bond University</td>
<td>‘Remember, I live with my mother’: The housing circumstances of women baby boomers in Australia &lt;br&gt; <strong>Cassie Curryer</strong> &lt;br&gt; University of Newcastle</td>
</tr>
<tr>
<td></td>
<td>Preventing falls amongst older aboriginal people: Development and pilot evaluation of the Ironbark Project &lt;br&gt; <strong>Caroline Lukaszyk</strong> &lt;br&gt; University of Sydney</td>
<td>How physical exercise can benefit individuals living with dementia in nursing homes &lt;br&gt; <strong>Lindsey Brett</strong> &lt;br&gt; University of Wollongong</td>
<td>Living arrangements of older persons in the Philippines: Patterns and determinants &lt;br&gt; <strong>Jeofrey Abalos</strong> &lt;br&gt; Australian National University</td>
</tr>
<tr>
<td>12:00-1:00</td>
<td><strong>Lunch and Poster Viewing</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lotus Hall</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Conference Program

### Session D

**Pathways for the Psychosocial Dimensions of Ageing**

<table>
<thead>
<tr>
<th>Chair</th>
<th>Location</th>
<th>Presentations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr Kerry Sargent-Cox</td>
<td>Auditorium</td>
<td>Ageing well as an autistic adult in Australia: Ye In Hwang, University of New South Wales</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Depressive symptoms in older adults awaiting cataract surgery: Anna Palagyi, University of Sydney</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Effectiveness of a combination of Tai Chi plus Thera-bands on stress, depression, anxiety, pain and well-being in older sedentary office workers: Meling Qi, Griffith University</td>
</tr>
<tr>
<td></td>
<td></td>
<td>The evaluation of a spiritual reminiscence therapy program for older Malaysian adults with loneliness, anxiety and depression: Sharifah Munirah Syed Elias, The University of Queensland</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Life Satisfaction of older people: The case of Vietnam: Quang Trinh, Australian National University</td>
</tr>
</tbody>
</table>

### Session E

**Neurological & Biological Ageing Pathways**

<table>
<thead>
<tr>
<th>Chair</th>
<th>Location</th>
<th>Presentations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr Erin Walsh</td>
<td>Seminar Room A</td>
<td>Australian longitudinal study of older persons: Hearing impairment: Carlene Britt, Monash University</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Associations between myelination and cardiovascular health in vivo: Thomas Shaw, Australian National University</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cerebellum and Alzheimer’s disease: Hossein Tabataba El-Jafari, Australian National University</td>
</tr>
<tr>
<td></td>
<td></td>
<td>The association between kidney function, brain structure and cognition in a community-based population: Peiqi Dong, Australian National University</td>
</tr>
</tbody>
</table>

### Session F

**Practitioner Perspectives of Pathways**

<table>
<thead>
<tr>
<th>Chair</th>
<th>Location</th>
<th>Presentations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ms Lily O'Donoughue Jenkin</td>
<td>Seminar Room B</td>
<td>Dementia care in radiography: Rachel Challen, University of Sydney</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Prevention of suicide among nursing home residents: Recommendations from expert and stakeholder panels: Briony Murphy, Monash University</td>
</tr>
<tr>
<td></td>
<td></td>
<td>The experience of moral distress for Australian aged care workers: Implications for care delivery: Adam Burston, The University of Queensland</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Don’t worry, be happy! The surprising role that optimism and hope has on retaining workers within organisations: Katrina Radford, Griffith University</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Working well with older adults and their sexual expression: Linda Kirkman, La Trobe University</td>
</tr>
</tbody>
</table>

### 2:10-2:30

**Rapid Fire Oral Presentations**

**Sponsored by the Australian Association of Gerontology**

<table>
<thead>
<tr>
<th>Chair</th>
<th>Location</th>
<th>Presentations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr Kim Kiely</td>
<td>Auditorium</td>
<td>Enacting CDC for people with dementia living in the community and their carers: A situational analysis: Tracee Cash, Griffith University</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Volunteering benefits life satisfaction and cognitive functioning in older adulthood: The role of social network size: Da Jiang, Australian National University</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hippocampus and basal forebrain degeneration precedes cognitive decline in obstructive sleep apnea patients: Lacey Atkins, The University of Queensland</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Crossing the river: Learning experiences of Thai elders with hypertension when receiving health education: Thitaporn Keinwong, University of Newcastle</td>
</tr>
</tbody>
</table>
2:30—3:00  
Afternoon Tea and Poster Viewing  
Lotus Hall

### Session G
**Pathways through Dementia**  
*Sponsored by Goodwin Aged Care Services*  
Auditorium  
Chair: Dr Moyra Mortby

- A novel test assessing social Age-ility in people with dementia  
  *Karen Bell-Weinberg*  
  *University of Newcastle*
- Supporting a person to age well while living with dementia: A grounded theory study  
  *Sheridan Read*  
  *Curtin University*
- The impact of the MAXCOG intervention: The views of clients, supporters and counsellors  
  *Bridget Regan*  
  *La Trobe University*
- Ageing well through the prevention of dementia: A protocol for a multidomain MCI intervention  
  *Mitchell McMaster*  
  *Australian National University*
- Geo-spatial mapping projected dementias and their implications for health and aged care services  
  *Hamish Robertson*  
  *University of New South Wales*

### Session H
**Social Relationships & Participation Pathways**  
Seminar Room A  
Chair: Dr Sarang Kim

- The devil’s in the detail: To what extent can a written agreement protect the assets of an older person who enters into an assets for care arrangement with their children?  
  *Teresa Somes*  
  *University of South Australia*
- ‘I’m glad you’re here’: Stories from Aboriginal people in the pastoral industry  
  *Delyna Baxter*  
  *Australian National University*
- Reaching out to touch: Couples’ companionship needs vs. institutional interference  
  *Alison Rahn*  
  *University of New England*
- Facing loneliness directly: An existential perspective of the Chinese older adults  
  *Betty Chung*  
  *The Hong Kong Polytechnic University*
- Coming out later in life: Exploring the experiences of older lesbian and bisexual women  
  *Li-Min Lee*  
  *Southern Cross University*

### Session I
**Nutrition & Diet Pathways**  
Seminar Room B  
Chair: Dr Diane Hosking

- Associations between nutrient intake and composition of functional tooth units in older men: The Concord Health and Ageing in Men project  
  *Kate Milledge*  
  *University of Sydney*
- Malnutrition screening of community living older adults: A content analysis of enablers and barriers to screening practice  
  *Dana Craven*  
  *University of the Sunshine Coast*
- Who eats well? The meal patterns of older Australians living in one-person households in the ACT  
  *Elizabeth Low*  
  *University of Canberra*
- Deconstructing diet—Investigating the link between diet and body weight in ageing  
  *Erin Walsh*  
  *Australian National University*
Conference Program

4:10-5:00

Closing Plenary - Auditorium

Keynote
Exercise to prevent falls: Research overview and implementation challenges
Professor Cathie Sherrington
NHMRC Senior Research Fellow
The George Institute and University of Sydney

Announcement of Prizes
Best Oral Presentation—Sponsored by Hallmark Ageing Research Initiative
Best Poster
Best Full Written Paper
Helen Bartlett Prize for Innovation in Ageing Research
Best Rapid Fire Presentation Prize—Sponsored by Australian Association of Gerontology

Message from our Silver Sponsor - Australian Association of Gerontology
Dr Helen Barrie (Feist), President

Announcement of the ERA Travel Exchange Recipients and ERA 2017 Conference
Courtney Hempton
ERA National Administrator

Closing

Conference Reception
Lotus Hall
Sponsored by Carers Australia

5:00-7:00
Posters

Posters will be displayed throughout Monday 31st October in the Lotus Hall

Delegates are encouraged to take time during tea and lunch breaks to view the posters and meet the authors.

For the first time, poster presenters have been invited to do a rapid oral presentation at 2.10pm to highlight their research and encourage participants to view the posters. The participating rapid presenters are asterisked below

<table>
<thead>
<tr>
<th>No</th>
<th>Title</th>
<th>Authors</th>
</tr>
</thead>
</table>
| 1  | Gender differentials in cognition among older adults in India and China: Role of height, childhood socioeconomic status and education | Selvamani Yesuvadian  
International Institute for Population Sciences |
| 2  | Default attentional strategies across the adult lifespan              | Rebecca Lawrence  
Australian National University |
| 3  | Botanical supplements for management of the behavioural and psychological symptoms of dementia: A systematic review and meta-analysis | Anna Hyde  
RMIT |
| 4  | Crossing the river: Learning experiences of Thai elders with hypertension when receiving health education * | Thitaporn Keinwong  
University of Newcastle |
| 5  | Review: Improving care for people with dementia in acute settings through ‘person-centered’ approaches | Kara Cappetta  
University of Wollongong |
| 6  | Making strides in aged care *                                        | Samantha Fien  
Bond University |
| 7  | Volunteering benefits life satisfaction and cognitive functioning in older adulthood: The role of social network size * | Da Jiang  
Australian National University |
| 8  | Association between MRI-detected osteophytes and changes in knee structures and pain in older adults: A cohort study | Zhaohua Zhu  
University of Tasmania |
| 9  | Promoting active ageing in older people with mental disorders in Thai primary care units: The findings of focus groups with health care workers | Kedsaraporn Kenbubpha  
University of Newcastle |
| 10 | Hippocampus and basal forebrain degeneration precedes cognitive decline in obstructive sleep apnea patients * | Lacey Atkins  
The University of Queensland |
| 11 | Enacting CDC for people with dementia living in the community and their carers: A situational analysis * | Tracey Cash  
The University of Queensland |
## Conference Workshops

### Tuesday 1 November 2016

<table>
<thead>
<tr>
<th>Time</th>
<th>Workshop</th>
<th>Speaker/Institution</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-10:30</td>
<td><strong>Longitudinal Research Methods</strong>&lt;br&gt;Presented by Dr Kim Kiely&lt;br&gt;Law Building Seminar Room G21</td>
<td></td>
</tr>
<tr>
<td>10:30-11:00</td>
<td><strong>Morning Tea</strong>&lt;br&gt;Lotus Hall</td>
<td></td>
</tr>
<tr>
<td>11:00-12:30</td>
<td><strong>Using Research to Inform Health Promotion</strong>&lt;br&gt;Presented by Prof Kaarin Anstey for the NHMRC CRE in Cognitive Health&lt;br&gt;China in the World Seminar Room A</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Building Research Capacity</strong>&lt;br&gt;Presented by Prof Elizabeth Beattie&lt;br&gt;Law Building Seminar Room G13</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Conclusion</strong></td>
<td></td>
</tr>
</tbody>
</table>

### Conclusion of Workshops

12.30 Conference participants registered for the joint ERA/AAG workshop on Critical Success Factors for an Academic Career will need to proceed to the AAG conference venue at the National Convention Centre by 1.15pm.