



Psychology and Ageing Interest Group

Newsletter Issue No. 17

2013

*I was so much older then; I'm younger than that now
Bob Dylan*

Forward

This newsletter comes with both sad and happy news. We bid farewell to Nancy as our National chair and we are sad to see her go. The only thing to ease our loss is the fabulous news that Carol Hunter has taken on the role.



Jay Brinker
Editor

Report of the Outgoing Chair, PAIG AGM, 2013

Dear Psychology and Ageing Interest Group Members,

The 12 months since our last newsletter have been eventful ones for our interest group. As has been the trend in previous years, our interest group has continued to be a very popular one. I've reprinted some statistics about how things have changed for PAIG from 2011 to 2013 below...

PAIG Membership 2011

Victoria	111 members
New South Wales	113 members
Queensland	54 members
South Australia	18 members
Western Australia	15 members
Australian Capital Territory	15 members
Tasmania	3 members
Overseas	4 members
TOTAL	337 members

PAIG Membership 2013

Victoria	116
New South Wales	118
Queensland	68
South Australia	24
Western Australia	16
Australian Capital Territory	10
Tasmania	3
Overseas	5
TOTAL	363

Ageing also continues to be prominent in the new resources available from the APS, as reflected in publications and its website. Some of these resources have been generated by PAIG. For example, did you know there are PAIG resources available on the APS audiovisual materials listing? Download this today at

<http://www.psychology.org.au/Assets/Files/DVD-CD-Catalogue.pdf>

There is also a great resource on dementia, from EQIP, which hosts a number of resources on aspects of psychology on the APS website. Check out the dementia resource, which covers diagnosis, assessment, and interventions, at:

<http://eqip.psychology.org.au/conditions/dementia/>

I'd like to remind members to nominate their students for our annual Elsie Harwood Award. The award aims to raise awareness in the field of psychology and ageing and to encourage students to carry out research in this field. The award is for the best empirical research project in the field of ageing, submitted as part of an accredited fourth year program in psychology or an accredited Masters by coursework

program in psychology. Nominations close 31st October. Information about eligibility criteria and submission instructions can be obtained at:

<http://www.psychology.org.au/about/awards/harwood/>

I'd also like to remind students in the Interest Group to nominate themselves for our student travel awards, which also close at the end of October each year.

<http://www.psychology.org.au/about/awards/ageing/>

Lastly, I would like to thank everyone who helped with PAIG activities this year – there are too many to thank individually, but I thank you heartily one and all!



**Nancy Pachana,
National Convener,
APS PAIG**

Report of the Incoming National Chair Carol Hunter

Dear members,

I would like to introduce myself to you as the new chair of the Psychology and Ageing Interest Group. Nancy Pachana has handed this role over after chairing for over 10 years. I cannot begin to thank Nancy for her amazing dedication and enthusiasm as chair and as the face of PAIG. Over the years membership has

increased, the national conference has been well attended and most importantly Nancy has been instrumental in fostering passion and motivation in others in the field of ageing. I know this has certainly been the case for myself. So thank you Nancy, on behalf of PAIG members everywhere.

I am looking forward to taking the role of chair, organizing the next conference in 2015 and ensuring that PAIG continues to be an enthusiastic and forward moving group.

Carol Hunter

South Australia Branch

Carol Hunter

Psychology and Ageing Interest Group-
South Australia

This year we have again seen a rise in member numbers and have had a couple of key events. A presentation on PTSD and the biological approaches was given by psychiatrist Dr Taryn Cowain, which was well attended and which members found to be helpful and interesting. Later in the year a one day workshop was held with Dr Cameron Camp from Ohio. His very practical session focused on ways to improve communication with persons with dementia and also looked at using Montessori approaches in dementia care. We had a great mix of people attending, from researchers to aged care staff and psychologists working in the ageing field. For 2014 we aim to again increase our membership base and provide more presentations and opportunities for increasing knowledge.

QLD Branch

Leander Mitchell

Leander Mitchell, State Coordinator (Qld)
In 2013, the Psychology and Ageing Interest Group (Queensland branch) has held a few joint presentations with the College of Clinical Neuropsychologists, Queensland branch given the overlapping interest in both areas. Topics have included Concussion and Mild Traumatic Brain Injury and a recent presentation by Professor John Hodges on Frontotemporal Dementia: Towards Better Diagnosis & Management.

In May, Professor Yvonne Wells presented on the topic of Is congregate housing a good alternative for older people?: Impacts of housing on quality of life and social participation, a well attended presentation and one that prompted much discussion in this important area of research.

The highlight of our year, however, would have to be the workshop presentation on Optimal Ageing, by international guest speaker Dr Paula Hartman-Stein. Members of PAIG from both around the country, and more locally, enjoyed hearing about how we can age optimally. Dr Hartman-Stein took us through a number of activities to help guide us in our own optimal ageing and the workshop was well received.

In 2014 we hope to have a similar program, once again inviting international guest speakers.



Nancy Pachana, Paula Hartman Stein, Leander Mitchell



Paula Hartman Stein with students at Optimal Ageing Workshop

VIC Branch

Yvonne Wells

VIC Coordinator

The Victorian Branch of the Psychology and Ageing Interest Group currently has about 120 members from a range of academic, clinical, and business backgrounds. The group meets 3 or 4 times a year at a range of locations in Melbourne, typically a university campus. Meetings usually last for about one-and-a-half hours and consist of a combination of presentations, informal discussion and networking. Our meetings are topic-based, with invited speakers giving a brief presentation and

leading the discussion. We invite non-members to attend the meeting to raise the profile of the group and invite local comments on the topic at hand.

Since our last report in September, 2012 we have had three meetings. As usual, our end-of-year dinner, held in December 2012, was a great success. The topic was “Technology-driven advances to support healthy ageing and social inclusion”, and featured guest speakers Dr Dennis Wollersheim (Health Information Management, La Trobe University) and Dr Elizabeth Cyarto (Health Promotion Division, NARI). The dinner was held at the Royal Hotel in Clifton Hill, and a great evening was had by all.

So far in 2013 we have had two meetings. Our first meeting was held at Monash University Clayton Campus in early May. We were fortunate to have Dr Craig Hassed, a prominent author and expert on mindfulness, speak to the group. His topic was “A new approach to loss and grief: The relevance of mindfulness”. Dr Hassed summarized the research evidence on the benefits of mindfulness as a practice and as a lifestyle, and took participants through a mindfulness exercise.

In August we broke new ground by holding our second meeting for the year in partnership with the Australian Association of Gerontology (AAG). The meeting, held at St Georges Hospital in Kew, featured two expert presenters. First, Helene Strawbridge (Second Half Success) spoke about “Successful ageing: leading a life of meaning and purpose”. Then Bea Raymond (VicPsychPlus) discussed the challenges of “Sexual assault and sexual deviance among older persons in care”.

Our final meeting and end of year dinner will be held on 5 December at the Amora Hotel, Riverwalk Melbourne. Again, a great meal will be combined with an interesting speaker and lively discussion. Our speaker this year is Professor Peter Rendell, who leads the Cognition and Emotion Research Laboratory at the Australian Catholic University. He will be speaking about "Brain training for older adults". Please feel free to join us if you are in Melbourne! You can contact me at the email address below to reserve a place or for more information.

Our meetings are open to all interested parties, regardless of whether they are members of PAIG-Vic, and input is always welcome.

NSW Branch

Tasha Kvelde

Incoming State Chair

Attendance at our meetings has been fairly consistent this year although we tend to have different faces at different venues across Sydney. We have continued to combine our meetings with a presentation in 2013. This year in May we had a talk on hoarding by Kristy Delmas, Clinical Psychologist. Julia Poole, CNC for Delirium at Royal North Shore Hospital presented in August and we have a talk on Private Practice with older adults planned for November. Our February meeting took the form of a workshop with presentations on coping with chronic conditions, and grief and

loss. Our presenters were Dr Nicole Livermore, Dr Sarah Visser, Dr Kathryn Nicholson-Perry and Sally-Anne Aarons. The workshop was well attended (33 participants) and managed to turn a small profit despite our charge of only \$25 per person to attend. We are planning to re-boot our meetings in 2014, and plans are underway to survey members as to how they would like the group to run. If there is enough interest we will also aim to hold another workshop in late 2014 and set up a listing of psychologists with expertise in working with older adults in Sydney. There is also a subgroup of the NSW PAIG group on the North Coast who meet regularly and are actively engaged in Peer Review.

Tasmania Convenor

Adam Metcalf

Adam is willing to host masters and doctoral students on their final placements with the older persons mental health service in north west Tasmania. He is qualified to supervise 4+2 and postgraduates for clinical college membership. Adam had already taken students on placement on sarrah scholarships. He recently provided a 3 month placement to a UTAS student and has agreed to take on more students to provide valuable and broad exposure to older persons issues. Adam can be contacted at opmh on 0364344003 or adam.micallef@dhhs.tas.gov.au

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Regular meetings of the State Interest Groups are held in Sydney (NSW), Brisbane (QLD), Perth (WA), Adelaide (SA), Melbourne (VIC) and Canberra (ACT). On occasion these forums are held jointly with groups whose interests extend into the Ageing arena. The Interest Group is also active at the National Australian Psychological Society conferences, with symposia and papers of interest to researchers and practitioners as well as those involved in the teaching and supervision of psychologists. Social activities as well as student opportunities such as research and travel awards are also available to members. Contact your local convener for details!