

8th International Conference on Ageing and Spirituality

'Changing Cultures of Ageing and Spirituality'

27-30 October 2019 Canberra, Australia



Interactive Conference
Program



Charles Sturt
University

Welcome

This is the second edition of the 8th International Conference on Ageing and Spirituality interactive conference program.

In this program you'll find information about the pre-conference workshops on 27 October 2019, and the official conference program from 28 - 30 October.

We will only be printing a shortened overview version (approx 6 pages) for conference attendees. So please print any information or bring your computer or smart device along to the conference.

How to use this document

This is an interactive program and we advise using Adobe Acrobat Reader or Adobe Acrobat Pro to read the program. If you have a smart phone you can download the Adobe Acrobat App on your phone to read it.

If you move your cursor over an item and it highlights, it is clickable and you are able to find out more information about the session.

In the Concurrent Paper and Workshop sessions, there is a button called 'Back to Conference Program' or 'Back to Workshop schedule' at the end of each page. This is also interactive.

If you have any questions please contact us on acc-c@csu.edu.au

We are looking forward to seeing you at the 8th International Conference on Ageing and Spirituality.

Katherine Waite

Conference Co-ordinator

Australian Centre for Christianity and Culture, Charles Sturt University

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Welcome from Rt Rev'd Professor Stephen Pickard



It is a great pleasure to welcome you to Canberra on the occasion of the 8th International Conference on Ageing and Spirituality. Twenty years ago my colleague, the Rev'd Prof Elizabeth MacKinlay and I

welcomed participants to the 1st International Conference in Canberra. The conference host, Charles Sturt University, is a leader in the area of ageing as it pertains to matters of meaning and spiritual life for older people.

As we gather I want to pay particular tribute to Elizabeth who has been the driving force and imagination for the development and promotion of this critical issue of ageing in Australia. She has achieved this through her internationally recognised research and ability to generate networks of practitioners and scholars focussed on ageing beyond the biomedical paradigm. This conference continues that focus with its theme of Changing

Cultures of Ageing and Spirituality.

The larger backdrop for the conference theme is the remarkable period of history in which we are living. It has been described as the Great Transition and refers to the increase in life span that has occurred in the western world over the past 150 years. Improvements in health, education and economic development have been the main drivers. The benefits of this major change have been significant. Some of the consequences are proving challenging and in some respects quite worrisome. For an ageing population critical questions are now on the agenda: what is the character of an elderly life? Wherein lies meaning, vocation and purpose for the ageing and elderly within a highly competitive, capitalist and medicalized environment? In an individualist and isolating culture how might a new intergenerational and communal way of life be recovered for the good of all. This conference is an opportunity for scholars and practitioners from diverse cultures, religions and disciplines to explore such issues. May the conference be a source of inspiration and blessing for all.

The Rt Rev'd Professor Stephen Pickard

Executive Director of the Australian Centre for Christianity & Culture, Charles Sturt University
Assistant Bishop, Anglican Diocese of Canberra and Goulburn

Organising Committee and Support Staff

Professor Bruce A. Stevens MAPS
Conference Convenor and Director of Colloquium for Ageing Perspectives and Spirituality, Charles and Conference Convenor

Rt Rev'd Professor Stephen Pickard
Executive Director of the Australian Centre for Christianity and Culture, Charles Sturt University

Rev Professor Elizabeth MacKinlay AM
Centre for Public and Contextual Theology Research, Charles Sturt University

Associate Professor Ann Harrington
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Mrs Hazel Francis
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Mrs Katherine Waite
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Miss Sarah Stitt
Corporate Events & Services Officer, Australian Centre for Christianity & Culture, Charles Sturt University

Dr Lauren Bartley
Corporate Events & Services Officer, Australian Centre for Christianity & Culture, Charles Sturt University

Welcome from Professor Bruce A. Stevens



The Colloquium for Ageing Perspectives and Spirituality (previously the Centre for Ageing and Pastoral Studies) is excited about the forthcoming 20th anniversary of the Ageing and Spirituality conference with

its return to Canberra in 2019.

The inaugural spirituality and ageing conference was held in the National Capital in January 2000 and convened by Professor Elizabeth Mackinlay. Now in its 8th iteration, the national and international profile of the conference has grown significantly. It attracts people from across the globe who are at the forefront of ageing and spirituality; an area that has only recently begun to be recognised as vital to the well-being and care of older people.

The conference theme, 'Changing Cultures of Ageing and Spirituality', will address changing cultures (defined in their broadest sense) in the 21st century, specific issues of later life, working with older people and theological and ethical issues. International speakers have been invited from Singapore the UK and NZ. We have abstracts submissions from many different contexts which will broaden understanding of 'changing cultures'. We have much to learn from one another.

A special thanks to the organising committee and support staff at the Australian Centre for Christianity and Culture for organising a wonderful conference.

Professor Bruce A. Stevens MAPS

Director of the Colloquium for Ageing Perspectives and Spirituality (CAPS)

Convenor of the 8th International Conference on Ageing and Spirituality

Conference Partners

Australian Centre for Christianity and Culture

The Australian Centre for Christianity and Culture (ACC&C) is an ecumenical body reflecting the faith background of approximately 61 per cent (13.5 million) of the Australian population. The Centre is located on a five hectare site on the edge of the Parliamentary Triangle in Canberra.

The Centre's vision is to be the go to place for the interface between Christianity, Australian society, culture and Indigenous people. 'Wisdom for the common good' is what the Centre is all about.

On 2 June 1998, the Centre was established under the authority of Charles Sturt University in collaboration with the Anglican diocese and with the approval of the National Council of Churches in Australia.

The following Four Pillars focus the Centre's work and guide how it engages with Australian society: wisdom through civil society, peace through new religious engagements, resilience in institutional life and leadership and creativity through the arts, sciences and culture.



AUSTRALIAN CENTRE FOR
CHRISTIANITY AND CULTURE
WISDOM FOR THE COMMON GOOD

Colloquium for Ageing Perspectives and Spirituality

The Colloquium for Ageing Perspectives and Spirituality (CAPS) was founded in 2001 as the Centre for Ageing and Pastoral Studies and has been part of the ACC&C since 2017.

CAPS supports research, education and policy development in ageing, pastoral studies and related ethical issues. It is multidisciplinary, catering to the needs of health professionals, ministers of religion, pastoral workers and older people, and seeks to examine the process of ageing within the context of meaning in life and well-being. It operates within a Christian ethos in an ecumenical setting.

A particular objective of CAPS is to undertake research in ageing and theology which has practical implications for the well-being and care of older people. Thus its focus is on the translation of research into practice, improving practice and achieving quality outcomes for older people.



Centre for Public and Contextual Theology Research

The Centre for Public and Contextual Theology (PaCT) is focused on public and contextually informed theological research and engagement with issues of national and global significance. PaCT has a history of collaborative research by scholars of many religious traditions and a commitment to future inclusion and expansion.

A founding member of the Global Network for Public Theology, PaCT is committed to becoming the lead centre in the Asia-Pacific region for research at the interface of theology and public issues. The rich intellectual traditions of diverse faiths, along with their abiding focus on questions of human value, are interwoven in our Research Streams with discourses on ethnicity, politics, gender, economics, ecology, and much more.

Situated in the national capital, PaCT aims to contribute to the public good, in Australia and beyond, through research, scholarly publications and public engagement.

PaCT scholars are involved in a variety of research fields.

Among them, three key areas of research activity have been identified for 2017-2021: Christian-Muslim Relations in Australia, Religious Social Service Agencies and Religion, Ethics and the Anthropocene.



**Centre for Public and
Contextual Theology**
Charles Sturt University

Sponsors

Keynote Sponsors



Conference Sponsors



Program of the 8th International Conference on Ageing and Spirituality

	Sunday	Monday	Tuesday	Wednesday
8:00am		8:00 - 8:45am Registrations		
9:00am	9:00 - 10:00am Registrations	8:45am Official Welcome Stephen Pickard	8:45 Welcome	8:45 Welcome
10:00am			10:00 - 10:30am Morning Tea*	10:00 - 10:30am Morning Tea*
11:00am	11:15 - 11:45am Morning Tea*			
12:00pm	11:15 - 1:00pm Pre-conference Concurrent Work- shop Sessions cont.			12:00 - 12:30 Conference Close
1:00pm	1:00 - 2:00pm Lunch*	12:30 - 1:30pm Lunch*	1:00 - 2:00pm Lunch*	12:30 - 1:30pm Lunch*
2:00pm	2:00 - 3:15pm Pre-conference Concurrent Work- shop Sessions cont.			
3:00pm	3:15 - 3:45pm Afternoon Tea*	2:30 - 3:00pm Afternoon Tea*	3:00 - 3:30pm Afternoon Tea*	
4:00	3:45 - 5:00pm Pre-conference Concurrent Work- shop Sessions cont.			
5:00				

* Poster presentations will be available to view at the breaks

Monday 28 October 2019 Concurrent Paper Session 11:00 - 12:30pm

	Chair: Andrew Nixon Room: Members' Dining Room 1 Support Staff: Katherine Waite	Chair: Jane Kuepfer Room: Members' Dining Room 2 Support Staff: Hazel Francis	Chair: Alan Niven Room: Members' Dining Room 3 Support Staff: Lauren Bartley	Chair: Elizabeth Pringle Room: Private Dining Room 1 Support Staff: Johanna McBride	Chair: Mavis Salt Room: Private Dining Room 2 Support Staff: EAVES Technician
		Stream 2: Culture and Ageing	Stream 3: Aspects of Dementia: living well, faith and spiritual care	Stream 4: Spirituality in residential aged care	Stream 5: Ageing well, spirituality and education
11:00 - 11:30 am					
11:30 - 12:00 pm					
12:00 - 12:30 pm					

Tuesday 29 October 2019 Concurrent Paper Session 12:00 - 1:00pm

	Chair: Andrew Heron Room: Members' Dining Room 1 Support Staff: Katherine Waite	Chair: Francis Chalwell Room: Members' Dining Room 2 Staff Support: Hazel Francis	Chair: Linda Barclay Room: Members' Dining Room 3 Staff Support: Lauren Bartley	Chair: Kevin Stone Room: Private Dining Room 2 Staff Support: Johanna McBride
	Stream 1: Ageing well and story	Stream 2: Culture and Ageing	Stream 3: Ageing and Ministry	Stream 4: Aspects of Dementia: living well, faith and spiritual care.
12:00-12:30pm				
12:30 - 1:00 pm				

Monday 28 October 2019 Concurrent Workshop Session 3:00 to 4:30pm

	Room: Private Dining Room 2 Support Staff: Johanna McBride	Room: Members' Dining Room 1 Support Staff: Katherine Waite	Room: Private Dining Room 1 Support Staff: Hazel Francis	Room: Members' Dining Room 3 Support Staff: Lauren Bartley
	Ageing well	Working with older people	Working with older people: De- mentia	Spiritual wellbeing in aged care
3:00 to 4:30 pm				

Tuesday 29 October 2019 Concurrent Workshop Session 3:30 to 5:00pm

	Room: Private Dining Room 2 Support Staff: Johanna McBride	Room: Members' Dining Room 1 Support Staff: Katherine Waite	Room: Members' Dining Room 2 Support Staff: Hazel Francis	Room: Members' Dining Room 3 Support Staff: Lauren Bartley
	Ageing well	Theological and ethical issues in ministry	Equipping congregations to work effectively with dementia	Changing Cultures of 21st Century
3:30 to 5:00 pm				

Sunday 27 October 2019 Pre-conference workshops

At the Australian Centre for Christianity and Culture
15 Blackall Street, Barton ACT 2600 10:00am - 5:00pm



Join us to Celebrate the opening of the 8th International Conference on Ageing and Spirituality and its 20th anniversary since it began in Canberra 20 years ago.

*At the Chapel at the
Australian Centre for
Christianity and Culture
15 Blackall Street, Barton
ACT 2600*



*Ngunnawal Elders Tina Brown
and Adrian Brown will give a
Welcome to Country and
smoking ceremony*



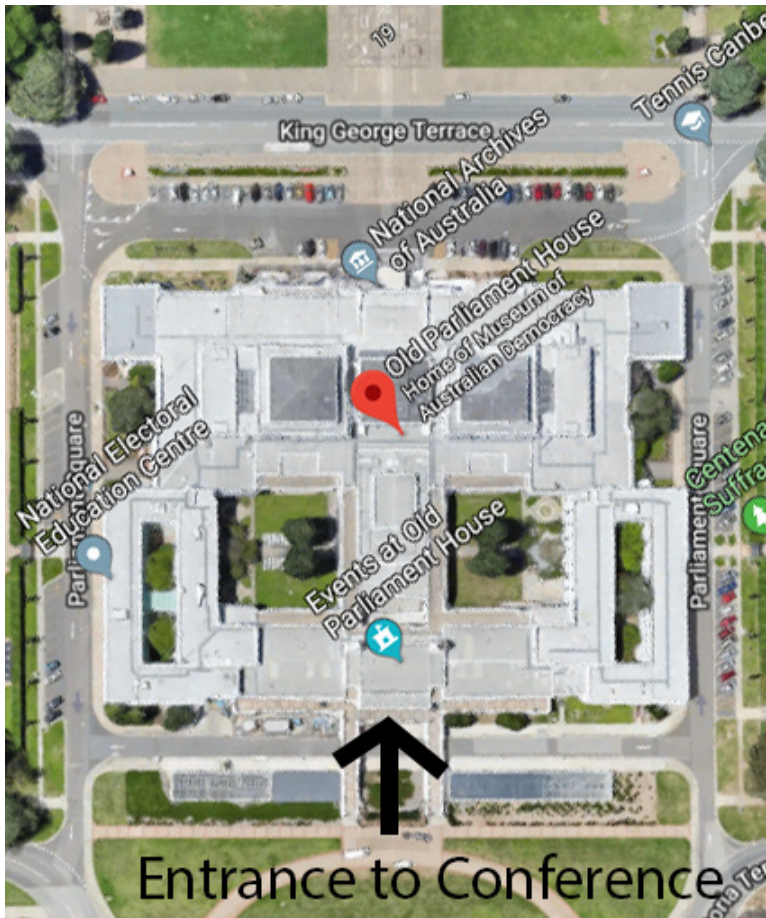
*A musical program per-
formed by Canberra's group
A Chorus of Women.*

*Light Refreshments will be
served.*



Monday 28 - Wednesday 30 October 2019 Conference

Old Parliament House
18 King George Terrace, Parkes ACT 2600



Entry to Conference from rear of Old Parliament House (Queen Victoria Terrace)

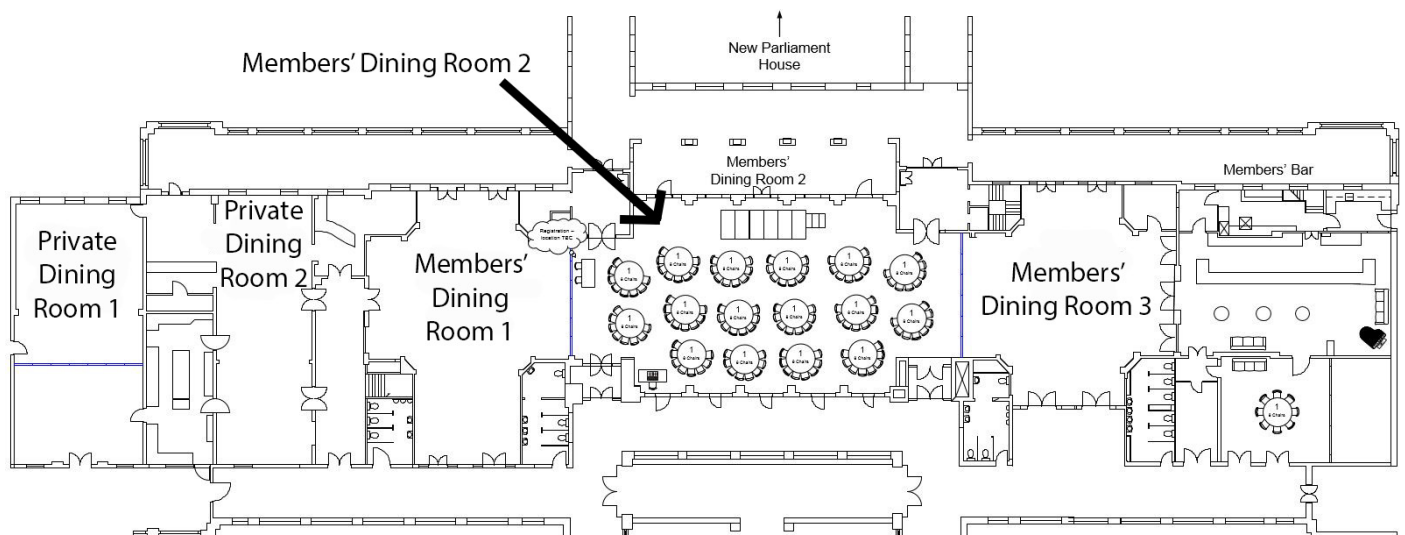
There is limited paid parking at Old Parliament House.

We encourage people to book accommodation nearby and walk to the venue.

Alternatively, the ACC&C will offer free parking at its venue for conference attendees. The carpark will be open 8 - 9am each day. The ACC&C is a 10-15 minute walk to Old Parliament House.

Conference Floor Plan

The Keynotes, Plenaries, Interfaith Panel discussion and the Monday night optional dinner will be held in Members' Dining Room 2. Paper and workshops sessions will be held in Members' Dining room 2, the Private Dining Room 1, Private Dining Room 2, Members Dining Room 1 or Members' Dining Room 3. Paper and Workshops sessions room allocations will be advised in due course.



Join Debbie Mazlin for Morning Reflections each day before the conference begins.

About the Conference Chaplain

Reverend Debbie Mazlin is currently the Anglican Chaplain at the Canberra Hospital and will soon extend her ministry responsibility to be the chaplain for Fred Ward Gardens, an RSL Lifecare Nursing Home facility. Having spent a number of years in both lay and ordained ministry, Debbie has ministered to countless people in spiritual or physical distress and in her Parish ministry she has travelled with many as they have aged or transitioned from independent living into Retirement Villages and Nursing Homes. Her current ministry is in a multi-faith environment which enriches her own walk with God and she is continually blessed by those He brings across her path, daily. Debbie is married to Warren and two adult daughters complete her family.



Monday 28 October 2019 Dinner Address

Starts 6:30pm

Members' Dining Room 2, Old Parliament House

'What ritual teaches us about life, humour and ageing: Or should that be the other way round?' By Dr Alan Niven

About the Speaker

In 2016 Alan concluded his lecturing role after over 30 years within the University of Divinity (Pastoral and Family Studies - Stirling College) and recently retired as Director of Research at Stirling. Continuing research, doctoral supervision and networking interests include: chaplaincy and spiritual care education; pastoral and spiritual care in the context of ageing; grief and loss, palliative care and bereavement studies; pastoral ministry supervision - formation and training. He is currently supervising and consulting within the Human Ageing Project, University of Divinity, Melbourne.



“Creating Cultures of Care: Thinking and Talking Faithfully About Dementia”

Presenter(s): Professor John Swinton

Room: Chapel

Location: Australian Centre for Christianity and Culture, 15 Blackall Street, Barton.

Dementia is one of the most feared conditions. It seems to strike at the heart of what we assume it is to be a human being. Surely “we are our memories?” “If we can no longer remember, then how can we be who we thought we were?” Questions like these are troubling and devastating if the person is forgotten about in either action or words (She is not the person she used to be) ... But such a story is not the only one that can be told about dementia. There is a convincing and growing body of evidence coming from neurology, psychology, psychiatry, anthropology, theology and spiritual care suggesting that the standard account of dementia is deeply flawed. Whilst dementia seems to be a condition that has its roots in a person’s neurology the actual dynamics of the neurological damage are much more complex and much more spiritual. Social circumstances such as loneliness, isolation and lack of support have been acknowledged as causative rather than simply a consequence of neurological damage. There seems to be a psychological and social dimension to dementia both in terms of cause and effect. Dementia is as much a meaningful human experience that is deeply affected by social, cultural, relational and spiritual issues as it a purely neurological issue. What we need is a change of culture; a new way of thinking and acting about and around dementia. We need a story that moves us from suffering, devastation and loss, to hopeful recognition and possible positive futures.

In this session we will think together about what dementia is and importantly what it is not. Dementia is a meaningful human experience that requires love, kindness and understanding. Dementia is not the loss of a person; it is not simply suffering. We will look at a variety of important issues such as:

1. The complex causes of dementia.
2. The language we use in relation to dementia and how that shapes and forms our cultures and practices;
3. The ways in which false understandings of dementia shape our thinking, which in terms shapes the ways we respond to people living with dementia.

About the presenter

John Swinton is Professor in Practical Theology and Pastoral at the University of Aberdeen, Scotland, United Kingdom. For 16 years he worked as a registered mental health nurse and as a community mental health chaplain. In 2004, he founded the University’s Centre for Spirituality, Health and Disability. The Centre enables academics, researchers, practitioners and educators to work together to develop innovative and creative research and teaching projects. He has published widely within the area of mental health. His book *Dementia: Living in the memories of God* won the Archbishop of Canterbury’s Ramsey Prize for excellence in theological writing in 2016.

Sunday 27 October 2019 Pre-conference Workshops 2

“Spiritual Reminiscence for older people: finding meaning in later life, especially for those in later life, especially for those experiencing dementia”

Presenter(s): Rev Prof Elizabeth MacKinlay & Elizabeth Pringle Room: Durie Room

Location: Australian Centre for Christianity and Culture, 15 Blackall Street, Barton.

Objectives of workshop

On completion of the spiritual reminiscence workshop participants will be able to:

- Explore spiritual reminiscence
- Assist older people to engage with spiritual reminiscence
- Explore strategies to engage people with dementia in spiritual reminiscence
- Workshop the process of spiritual reminiscence
- Workshop outcomes

On completion participants will have beginning skills to enable them to facilitate spiritual reminiscence small groups for older people with and without cognitive decline. Participants will be able to use this process with individuals or small groups. They will want to use this process in any situations where they work with older people.

About the presenters

Elizabeth MacKinlay is both a registered nurse and a priest in the Anglican Church of Australia. She was the inaugural Director of the Centre for Ageing and Pastoral Studies at St Mark's National Theological Centre, Canberra 2001 to 2012. Professor MacKinlay is a member of the Centre for Public and Contextual Theology (PACT) at Charles Sturt University where she researches issues around spirituality, frailty and ageing. The book: *Finding meaning in the experience of dementia*. (MacKinlay and Trevitt) was awarded the 2013 Australasian Journal of Ageing book prize. A companion book 2015 is titled: *Facilitating spiritual reminiscence for people with dementia: A learning guide*. A second edition of Elizabeth's book: *The Spiritual Dimension of Ageing* was published in 2017.

Elizabeth Pringle B.Ed (Adult Ed), M.Ed (Adult Ed), MBA, M.Arts (Ageing & Pastoral Studies) has a learning and development background. She was previously General Manager, Operations at the Australian Aged Care Quality Agency with oversight of accreditation. Since 2014, as Director of Improvement Matters she has undertaken a range of consultancies: 'National Guidelines for Spiritual Care in Aged Care'; cultural change in aged care; integrating spiritual care into innovative models of care; development of the initial training for Quality Assessors of the Aged Care Quality and Safety Commission. Elizabeth is the Course Coordinator/Lecturer for Ageing and Pastoral Studies at Charles Sturt University/St Marks National Theological Centre. Elizabeth is a volunteer chaplain.

“First and Last Spirituality Workshop”

Presenter(s): Professor Bruce A. Stevens

Room: Chambers Pavilion

Location: Australian Centre for Christianity and Culture, 15 Blackall Street, Barton.

What is our first spirituality? The infant and toddler learns from birth. Developmental psychology, especially in the area of implicit learning, has much to offer an understanding of early spirituality. Early learning determines later beliefs and attitudes. This workshop will explore the research as applied to spiritual development, introduce techniques such as early memories, sentence completion and The Early Spirituality Profile (Stevens) for chaplains and spiritual directors to use in their ministry with a special focus on the aged. Professor Stevens who is a clinical psychologist and researcher in ageing, will lead this six hour workshop. See www.earlyspirituality.com

About the presenter

Professor Bruce A. Stevens (PhD Boston University, 1987) is the Wicking Professor of Ageing and Practical Theology at Charles Sturt University, Canberra, Australia. He was ordained in the Anglican Church in 1980 and served in parish ministry until 1993. He is an endorsed clinical and forensic psychologist, who has written ten books for publishers such as Random House, Harper Collins, PsychOz Publications, Australian Academic Press, Wiley-Blackwell and New Harbinger. His latest book is *The Storied Self* (Fortress Academic, 2018) on narrative gerontology. He has four adult children. He is a minister-in-association at Wesley Uniting Church.

Keynote Speaker Professor John Swinton

Sponsor: HammondCare

Room: Members' Dining Room 2

Chair: Professor Bruce A. Stevens

Topic: "Re-imagining Personhood: Dementia, Culture and Citizenship"

Abstract

The issue of personhood and what it means to be a human being sits at the heart of the many of the conversations around dementia. For the most part the focus has been on philosophy and theology as a way of thinking about personhood. However, citizenship (in combination with the other two) offers much potential to facilitate positive and creative conversations around issues of personhood and humanness. Asking the question: What does it mean for all citizens within our country to live well and flourish helps us to think about dementia not as a problem to be solved, but a life to be lived and lived well. This presentation will explore citizenship as an aspect of personhood with a particular focus on spirituality and the creation of creative cultures of care.

About the presenter

John Swinton is Professor in Practical Theology and Pastoral Care at the University of Aberdeen, Scotland, United Kingdom. For 16 years he worked as a registered mental health nurse and as a community mental health chaplain. In 2004, he founded the University's Centre for Spirituality, Health and Disability. The Centre enables academics, researchers, practitioners and educators to work together to develop innovative and creative research and teaching projects. He has published widely within the area of mental health. His book *Dementia: Living in the memories of God* won the Archbishop of Canterbury's Ramsey Prize for excellence in theological writing in 2016.



Keynote Speaker Dr Robyn Wrigley-Carr

Sponsor: Anglicare Sydney

Room: Members' Dining Room 2

Chair: Associate Professor Ann Harrington

Topic: "Corporate Worship for People with Dementia: stimulating the senses and rituals"

Abstract

In this session, von Hügel's three "Elements of Religion" is used as the theoretical schema for exploring corporate worship for people with dementia. Crudely put, the "Intellectual Element" is rational, head knowledge of God, the "Mystical Element" is personal, experiential, "mystical" experiences of God, and the "Institutional Element" includes embodied, sacramental, communal aspects of knowing God. I argue that the best way to respond to the diminution of the "Intellectual Element" for people with dementia is to increase the attention and nurture we give to the other two "Elements" - the "Mystical" and the "Institutional." In particular, focusing upon the "Institutional Element" (stimulation of the senses, religious rituals and communal aspects), has the potential to enhance experiences of God for people with dementia during corporate worship.

von Hügel argued that "the spirit is stimulated through the senses" and that the primary functions of Church are adoration of God and "awakening souls" - reminding them of the life beyond the grave. In this session we explore ways of "awakening" people with dementia through chapel services that are more accessible and meaningful through sense stimulation and rituals. I will present my research as a participant-observer at weekly chapel services at an aged care home. Having interviewed residents after those chapel services, we will also explore their expressed experiences of chapel, and their suggestions for creative ways forward to help enrich their corporate worship.

About the Presenter

Dr Robyn Wrigley-Carr is Senior Lecturer in Theology and Spirituality at Alphacrucis College, Sydney Australia. She received an ARTFinc grant to research "spiritual care" for people with dementia. Robyn studied her PhD at the University of St Andrews, Scotland, and has published about spirituality and aging in the Journal of Religion, Spirituality and Aging.



Keynote Speaker Rev Professor Elizabeth MacKinlay AM

Sponsor: Bethanie

Room: Members' Dining Room 2

Chair: Rt Rev'd Professor Stephen Pickard

Topic: "Ageing and frailty: a spiritual perspective of the lived experience"

Abstract

Frailty awaits many of us if we live long enough. Is it to be feared, denied or eliminated from life experience? How are we to face it? What choices do we have as we move into this stage of life? Frailty may often be seen as a precursor to the process of dying and as such can be a confronting life and death challenge. One that we can not fully comprehend until or unless we are experiencing it ourselves.

But what is the experience really like, from the inside, for those making the final life journey? Can frailty be prevented? Is it an important component of the whole life experience? It is very difficult for those on the 'outside' to know and it is only through listening to the narrative of those making these final life journeys that we can learn, first what the experience is like, find commonalities and differences in the experience and then to begin to learn how we may more effectively walk beside those who are making this crucial final life journey. This paper, based on recent study of the lived experience of frail older people, explores the experience of frail people in residential care. The paper attempts to speak to their stories and to examine what we as loved ones and carers can learn to improve the experience.

About the presenter

Elizabeth is both a registered nurse and a priest in the Anglican Church of Australia. She was the inaugural Director of the Centre for Ageing and Pastoral Studies at St Mark's National Theological Centre, Canberra 2001 to 2012. Professor MacKinlay is a member of the Centre for Public and Contextual Theology (PACT) at Charles Sturt University where she researches issues around spirituality, frailty and ageing. The book: *Finding meaning in the experience of dementia*. (MacKinlay and Trevitt) was awarded the 2013 Australasian Journal of Ageing book prize. A companion book 2015 is titled: *Facilitating spiritual reminiscence for people with dementia: A learning guide*. A second edition of Elizabeth's book: *The Spiritual Dimension of Ageing* was published in 2017.



Bethanie

You're among friends

Keynote Speaker Professor Kalyani Mehta

Sponsor: Catholic Healthcare

Room: Members' Dining Room 2

Chair: Rev'd Professor Elizabeth MacKinlay

Topic: "The universality of spiritual pursuits"

Abstract

Different cultures have variety of terminology for 'meaning of life', but the essence of spirituality is universal. This is particularly reflected in gerontological literature on the aging process. The search for a purpose of life occupies all human beings especially towards the later part of their lives, and this enhances positive adjustment and preparation for the end of life.

About the presenter

Professor Kalyani Mehta is Head of the Graduate Gerontology Programme at the Singapore University of Social Sciences. She has a PhD in Social Work from the National University of Singapore. Dr Mehta's edited books "Social Work in Context: A Reader" (2004) and "Social Work in the Singapore Context" (2011) have been adopted as textbooks in Singapore. Although most of her research is conducted in Singapore, she has extensive knowledge of the Asia Pacific region. Her passion for older people has led her to specialise in gerontological social work. She was consultant for ESCAP, United Nations and the Asia Development Research Forum and contributed several reports and presentations.



Keynote Speaker Dr Richard Egan

Sponsor: Australian Centre for Christianity and Culture

Room: Members' Dining Room 2

Chair: Associate Professor Ann Harrington

Topic: "Spirituality in ageing from across the ditch: New Zealand perspectives"

Abstract

Spirituality permeates our land, our waters and our people; it is inherent in Māori culture, often explicit for new migrants, but largely ignored or tokenistically acknowledged in mainstream culture. Older New Zealanders are a pluralistic group, often fiercely secular, with a small but active religious population. As volunteers they underpin the social support fabric of the country. As citizens they fought for and worked to make the country what it is today. But how we now treat our elders requires work, needs careful monitoring, and vision beyond the fiscal jackpot they represent for private residential care providers or the grey tsunami they represent for the government. As a country, New Zealand has embraced the notion of 'well-being', with the first 'well-being budget' announced earlier this year?. But well-being, or hauora as it is known to Māori is incomplete without spirituality. In this context, spirituality has a part to play that is slowly being recognized. This presentation will examine the place of spirituality upstream, in policy, midstream in institutions and downstream with older New Zealanders.

About the presenter

Dr Richard Egan is the co-director of the Cancer Society Social and Behavioural Research Unit, part of the Department of Preventive & Social Medicine, Dunedin School of Medicine, University of Otago, New Zealand. His background includes five years working as a health promoter in a Public Health Unit and five years secondary school teaching. Richard's Master's thesis examined spirituality in New Zealand state schools, his PhD thesis explored spirituality in end-of-life care and he has qualifications in theology, English literature, religious studies, and public health. Richard is a past-president of the New Zealand Public Health Association and is currently on the Board of the Health Promotion Forum.



AUSTRALIAN CENTRE FOR
CHRISTIANITY AND CULTURE
WISDOM FOR THE COMMON GOOD

Room: Members' Dining Room 2

Chair: Rt Rev'd Professor Stephen Pickard

Speaker: Paul Bongiorno AM

Timeslot: 10:30am - 11:00am

Topic: Royal Commission into Aged Care

About the presenter

Paul Bongiorno AM is an Australian political journalist and commentator. He is a regular contributor to The Saturday Paper online. He is also a regular commentator on the ABC Radio National Breakfast. Paul has been reporting federal politics for three decades as a member of the parliamentary press gallery. Paul will be giving the plenary session on Tuesday 29 October on the Royal Commission into Aged Care.

Speaker: Ilsa Hampton

Timeslot: 11:00am - 11:30am

Topic: New Aged Care Quality Standards for Australia

About the presenter

Ilsa Hampton MPH, BA, BTheol, GradCertMgt, GradDipEd Ilsa has over twenty years experience in health, community services and aged care, and commenced in 2016 as CEO of Meaningful Ageing Australia. Prior to joining Meaningful Ageing, Ilsa worked in strategic and operational leadership in a range of senior roles in aged and community services including research, social policy, sustainability, spiritual care and community engagement. Ilsa lives in a five-generation household in Melbourne's north. Ilsa will be presenting delivering a plenary on the New Aged Care Quality Standards for Australia.

Speaker: Associate Professor Rev'd Andrew Cameron

Timeslot: 11:30am - 12:00pm

Topic: Spiritual care in a secular age: its risks and rewards

About the presenter

Andrew Cameron is the Director of St Mark's National Theological Centre in Canberra. His academic interests are in ethics and theology, and he teaches in the Aging and Pastoral Studies program with the Charles Sturt University School of Theology. His short book, *Living in the Next Phase: Developing the Theology, Practice and Ministries of Later Life* (Sydney: Anglican Deaconess Ministries, 2014), looks at how to age and minister well, from the perspective of the Bible's story. Andrew is married to Mary-Anne, and they have two fluffy border collies, Wally and Colah. Their first grandchild arrived in mid-2019. Andrew's latest hobby has been to create a veggie patch so vast it is known as 'Vegetable Park'.

Room: Members Dining Room 2

Chair: Dr Meredith Lake

Sponsor: Centre for Public and Contextual Theology Research

An Intefaitth Panel disucssion on the conference theme 'Changing Cultures of Ageing and Spirituality' with the following panel members:

Mahjabeen Ahmad is an independent researcher and advocate based in Adelaide, Australia. She is passionate about cultural appropriateness in care situations for the Muslim community. She received the 2016 Governor's Multicultural Award for her work in the area of Muslim aged care. She has published in academic journals and authored a guidebook on Muslim aged care for service providers. In addition, Mahjabeen delivers cultural training sessions in the context of Muslim aged care and palliative care.

Rabbi Shmueli Feldman is a Bondi (in Sydney) born and bred fifth generation Australian Rabbi. He is a widely recognized orator, cantor and teacher, specializing in the academic fields of Jewish philosophy and mysticism. Rabbi Feldman has numerous Rabbinic and Post-Rabbinical qualifications and gained community leadership experience in Argentina, Israel, Russia and the USA before returning to Australia to serve in 2007. Rabbi Feldman is the Chairman of Chabad in Canberra (Chabad is Australia's and the world Jewry's largest outreach movement) and is the Federal Political Liaison and Treasurer of the Rabbinical Council of Australia and New Zealand. Rabbi Feldman also holds tertiary qualifications in Leadership and Management and Education and Care. Prior to this appointment, Rabbi Feldman served as a Rabbi and teacher in Sydney.

Professor Kalyani Mehta is Head of the Graduate Gerontology Programme at the Singapore University of Social Sciences. She has a PhD in Social Work from the National University of Singapore. Dr Mehta's edited books "Social Work in Context: A Reader" (2004) and "Social Work in the Singapore Context" (2011) have been adopted as textbooks in Singapore. Although most of her research is conducted in Singapore, she has extensive knowledge of the Asia Pacific region. Her passion for older people has led her to specialise in gerontological social work. She was consultant for ESCAP, United Nations and the Asia Development Research Forum and contributed several reports and presentations.

Rt Rev'd Professor Stephen Pickard is the Executive Director of the Australian Centre for Christianity and Culture and Director of the Centre for Public and Contextual Theology, Charles Sturt University. He is also an Assistant Bishop in the Anglican Diocese of Canberra and Goulburn.

Professor Pickard is the author of several books, including *Seeking the Church: An introduction to Ecclesiology* (2012) and *In-Between God: Theology, Community and Discipleship* (2011).



**Centre for Public and
Contextual Theology**
Charles Sturt University

Stream 1: Ageing well, healthy ageing and spiritual wellbeing

Room: Members' Dining Room 1

Chair: Rev Andrew Nixon

Time slot: 11:00am - 11:30am

Support Staff: Katherine Waite

Dr James Schuurmans-Stekhoven

Title: Exploring the "Belief-as-benefit effect" among elderly Japanese. Are simple correlation techniques leading us astray?

Background and Aim/s: Evidence supporting a positive statistical correlation between religiosity/spirituality and well-being is overwhelming. However, given well-being is multifariously determined, significant correlations alone can never verify the proposed belief-as-benefit effect (BABE). Research incrementally validating a robust BABE in the presence of rival well-being predictors is necessary to ascertain the size of the unique effect. The published results from such multivariate designs have been equivocal—occasionally demonstrating that religiosity/spirituality adversely affects well-being. The current presentation reports multivariate results from an elderly sample collected from Tokyo, Japan.

Methods: Data from a large (N = 931) community sample recruited by random-digit dialing in Tokyo are analysed using correlational and hierarchical regression methods.

Results: Although the expected BABE correlation is observed, controlling for sociodemographic and personality traits the size of the effect is small. Moreover, in multivariate analyses religiosity appears to be associated with some statistically significant albeit small adverse effects.

Conclusion: These multivariate results suggest that the simple BABE lack incremental validity; adding to a growing body disconfirming evidence.

About the presenter

Dr James Schuurmans-Stekhoven is a full-time academic at CSU (Bathurst campus). He has previously worked as an economist in the Australian and ACT Public Services. He is also a registered psychologist with experience in counselling clients experiencing difficulties with pain, fertility and mood. Dr Schuurmans-Stekhoven has published extensively on the psycho-social effects of religiosity/spirituality and well-being.

Stream 1: Ageing well, healthy ageing and spiritual wellbeing

Room: Members' Dining Room 1

Chair: Rev Andrew Nixon

Time slot: 12:00pm - 12:30pm

Support Staff: Katherine Waite

Associate Professor Ann Harrington

Title: Confronting Ageism. The voices of baby boomers as to what constitutes 'healthy ageing'

Background: The world health organisation (WHO 2016) defines healthy ageing as the process of developing and maintaining functional ability to enable well-being in older age. Ironically, the policy of the United Nations, which determined the employment conditions for WHO up until May 2013, required all staff to retire when they reached 60 years. Since then depending on the date at which an employee joined the organisation, they may remain until the age of 65 years and with special permission from the Director of WHO, continue to age 68.

Of interest is the current research culture that describes the physical effects of ageing by using the terms 'morbidity' or 'frailty' for those over 60 years. While there is much discussion about what constitutes healthy ageing for baby boomers and those who will approach retirement in the next decade, there is little evidence from the perspectives of older people identifying what it means for them to age well.

Aim of the study/presentation: This paper reports the findings of interviews completed with 14 community dwelling seemingly healthy metropolitan Australians aged within the fifth to eight decade as to what they consider as healthy ageing. It is part of a larger study that documented the physical aspects of ageing on older people.

Methods /Results: Thematic analysis generated two main themes capturing healthy ageing from participants' perspectives. In addition, barriers and enablers to health ageing were documented.

About the presenter

Associate Professor Ann Harrington has been granted full academic status from Flinders University where she was employed for 36 years. She has supervised 20 Honours, Masters and PhD students to successful completion and is currently a primary supervisor for 5 PhD students. She has contributed to teaching including palliative care, spirituality, nursing care of the older person, research design and participated in curriculum design for post and undergraduate nursing students. Her publications include refereed reports, book chapters, book reviews and numerous conference presentations at national and international levels. She is a Registered Nurse and a Fellow of Australian College of Nursing.

Stream 1: Ageing well, healthy ageing and spiritual wellbeing

Room: Members' Dining Room 1

Chair: Rev Andrew Nixon

Time slot: 11:30pm - 12:00pm

Support Staff: Katherine Waite

Dr Laurence Lepherd and Ilsa Hampton

Title: Towards a valid and reliable spiritual assessment tool

Abstract: The Pilot research project *Exploring Spirituality With Older People (ESWOP)* was designed to understand more about the spiritual aspects of older people and work towards development of a new Australian valid and reliable spiritual assessment tool for use with older people. Building on ideas in the ConnecTo spiritual screening model developed by Dr Julie Fletcher and adapted by Meaningful Ageing Australia, the ESWOP team explored spirituality among 25 older residents in six of the Darling Downs Hospital and Health region's aged care facilities. The residents were aged between 65 and 98, with the average age being 83.5 years. The study was qualitative in that the assessment tool was based on semi-structured interviews that required verbal responses to questions. The responses were recorded, transcribed and subjected to thematic analysis. Many themes emerged. As well as those related to the specific questions of the assessment tool, some themes arose indirectly. These included the participants' gratitude, and their feelings about death, life, loss and their connections with, and reminiscences about, their past. As a Pilot study, this research was a precursor of a major national study of the same title. There were limitations in the pilot research because the participants resided in government aged care facilities in rural towns. It is anticipated that the national study will involve older people in a wider variety of circumstances and also include participants living in their own home and receiving an aged care package. The pilot research was carried out under the auspices of Queensland Health, and partly funded by the Toowoomba Hospital Foundation. The project has benefitted from the input of Meaningful Ageing research consultants Bruce Stevens, Rosalie Hudson, John Swinton, Richard Egan, Bruce Rumbold, Richard Fleming and Anne Harrington.

About the presenters

Laurie Lepherd (BA, MEd (Hons), PhD, DipMusEd, AMusA) is an Honorary Associate Professor in the School of Nursing and Midwifery at the University of Southern Queensland, and an Adjunct Associate Professor in the Rural Clinical School, Faculty of Medicine, the University of Queensland. He is currently the Project Co-ordinator for the research project *Exploring Spirituality With Older People (ESWOP)*. He has been training volunteer pastoral carers for some 15 years. His PhD was in the area of the spirituality of men with advanced prostate cancer. He has been a volunteer carer in the Cancer Connect program of Cancer Council Queensland.

Ilsa Hampton MPH, BA, BTheol, GradCertMgt, GradDipEd Ilsa has over twenty years experience in health, community services and aged care, and commenced in 2016 as CEO of Meaningful Ageing Australia. Prior to joining Meaningful Ageing, Ilsa worked in strategic and operational leadership in a range of senior roles in aged and community services including research, social policy, sustainability, spiritual care and community engagement. Ilsa lives in a five-generation household in Melbourne's north. Ilsa will be presenting a plenary on the New Aged Care Quality Standards for Australia.

Stream 2: Culture and Ageing

Room: Members' Dining Room 2

Chair: Dr Jane Kuepfer

Time slot: 11:00am - 11:30am

Support Staff: Hazel Francis

Dr Caroline Adams and Rev Marg Holt

Returnees – Reengaging with Faith Communities

A feature in Australian churches is the preponderance of older people in the congregation. It's assumed that these people have continually engaged with the church, however we have identified a cohort of older people who have actively returned to church after a significant absence (+10 years). While there has been some studies focussing on this phenomenon (Silverstein and Bengtson 2018, Hayward and Krause 2014, & Lamb 2011) there has been limited in-depth studies. Our research focuses on why they left, what encouraged them to return and what can further be done to welcome them back.

We adopted a mixed-method approach using quantitative data from NCLS and qualitative data generated from semi-structured interviews with older people who have returned to church. Participants will be drawn from Anglican, Uniting Church, Lutheran and Catholic churches.

In this paper, we will present preliminary findings from our research.

About the Presenters

Dr Caroline Adams - After graduating in nursing, Caroline worked in acute hospital and geriatric care settings. She also studied social work and dance and worked as a dance practitioner in studio and community settings. Returning to study gained her PhD looking at the history of nursing. She is a lecturer in health science at the University of South Australia where her research interests focus on older people and dance, reminiscence and pets.

Rev Margaret Holt - is a professed Franciscan and is an ordained deacon, serving in Milang and Strathalbyn. She has worked as a nurse and a midwife both in Australia and the Middle East. Margaret also helps support women refugees and their families in Syria through the WINS project. She also has a degree in music and a graduate diploma in Bible and Ministry at the BCSA.

Stream 2: Culture and Ageing

Room: Members' Dining Room 2

Chair: Dr Jane Kuepfer

Time slot: 11:30am - 12:00pm

Support Staff: Hazel Francis

Dr Margaret Trey

"The Mindful Way of Falun Gong for Graceful and Positive Ageing"

The promotion of mind-body and spiritual health for positive ageing has undergone cultural changes and hence requires ongoing considerations. People from diverse cultures are seeking antidotes from Eastern meditative practices. Falun Gong, an ancient Chinese practice, with its roots in Buddhist and Taoist philosophies, serves as one such mind-body spiritual cultivation way. Dr. John H. Court, retired professor of psychology from Fuller Seminary, Pasadena, California (U.S.A), identified in Falun Gong essential values, such as "knowledge, love, meaning, peace, hope, transcendence, connectedness, compassion, wellness, and wholeness" as qualities "congruent with healthy human adjustment and widely espoused in all spiritual traditions" (Trey, 2016, p. xii). Court stated that it is feasible to practice Falun Gong and reap benefits, "without invoking a strictly religious framework" (Trey, 2016, p. xii). Besides the pioneering studies by the author, there is a dearth of research and literature on the impact of Falun Gong and its use toward an elegant and positive ageing. However, studies on similar Eastern practices, such as tai chi and qigong, indicated the benefits of these practices on the greying population. A review of 36 randomized controlled tests (RCTs) comprising about 3,800 respondents showed that tai chi and qigong are beneficial for older adults (Rogers et al., 2009). The Australian survey confirmed that Falun Gong could contribute towards graceful and positive ageing. This workshop presentation aims to provide knowledge and experiential learning about Falun Gong.

About the Presenter

Dr. Margaret Trey, author of *The mindful practice of Falun Gong: Meditation for health, wellness & beyond*, adopts a spiritually integrated approach toward helping others. She holds a Doctor of Counseling degree from The University of South Australia. A social scientist, writer, and educator, she pioneers research on Falun Gong as an intervention strategy and considers its integration possibilities. Dr. Trey gives talks and has presented her research at conferences in Australia, Canada, U.S., Singapore, and Thailand. An Australian living in New York, Dr. Trey continues to write and explore the wellness and spirituality themes she is passionate about.

Stream 2: Culture and Ageing

Room: Members' Dining Room 2

Chair: Dr Jane Kuepfer

Time slot: 12:00pm - 12:30pm

Support Staff: Hazel Francis

Sally Mordike

"The lived experience of older people with frailty: finding meaning in the 'last lap of life'"

Researchers: Dr E MacKinlay, S Mordike, and Dr R Burns

The construct of frailty has attracted increased attention in the past decade, primarily from a medical perspective. As yet, little research has concentrated on the lived experience of frailty from older people's point of view, and from a spiritual perspective. When attention is given only to the deficits of frailty, the reality for older people can be misconstrued, and the importance of meaning missed.

A recent study of the lived experience of frail older people, on the final life journey towards death, focuses on finding life meaning, forgiveness, hope, intimacy, and transcendence, tasks outlined in MacKinlay's (2006, 2017) model of the process and spiritual tasks of ageing, and critical to well-being. Informed by a preliminary qualitative inquiry, a mixed-method study was undertaken, comprising psychometric tests and in-depth interviews of 25 participants aged between 71 and 102, from different cultures and religious faiths, or no faith. 22 participants lived in residential care, 3 received in-home care; all experienced frailty.

Drawing on participants' narratives, this paper presents the second-stage findings regarding sources of meaning, inner strength, hope and joy, and engagement with available spiritual supports, identifying what older people themselves regard as important for their well-being as they experience frailty in the final life journey, thereby informing best practice in spiritual care to provide more satisfying experiences in the 'last lap of life'.

This study was supported by a grant from the Centre for Public and Contextual Theology, Charles Sturt University.

About the Presenter

Sally Mordike BA (Hons), BSW, Grad Cert Past Couns. Sally is studying a Master of Ageing and Pastoral Studies through Charles Sturt University, with a keen interest in research into excellent, relevant and compassionate pastoral care for older people. She has a background in editing, administration, linguistics, and social work in the areas of mental health family support and disability policy development. Sally works part-time in classroom support whilst she completes her Masters dissertation.

Stream 3: Aspects of Dementia: living well, faith and spiritual care

Room: Members' Dining Room 3

Chair: Dr Alan Niven

Time slot: 11:00am - 11:30am

Support Staff: Lauren Bartley

Dr Christine Bryden AM

"We-Thou Communion: gathering of vulnerable equals before God despite cognitive, emotional or physical limitations"

The study proposes improving inclusivity within the church for those with physical or emotional limitations affecting sociality, particularly people with dementia.

An autoethnographic approach, from the subjective viewpoint of a person living with dementia, is used, providing a unique insider's perspective of the church. Relevant literature is examined.

- Humans have a shared vulnerability before God where all have been given the divine presence in Christ Jesus, yet today's society values autonomy and independence.
- Rediscovering the collective identity of ancient people, the church can focus on relationships, rather than individuality. All participate in the Body of Christ through the Holy Spirit.
- Communal interdependence is fundamental to welcoming and including all with cognitive, emotional or physical difficulties.
- Within a community of love, all those with communicative difficulties can rely on others for support. The church is called to see all humanity with Godly eyes, as an integral part of the Body of Christ.
- All people should be welcomed with delight within the church, where all are equal recipients of divine love.

A communal model is proposed: "We-Thou Communion," in which we are all gathered together equally in the power of the Holy Spirit. Gathering as "We" before the "Thou" of God, what is important is who we are, not what we can do. I am not defined by my dementia but included as a vulnerable equal, within the Body of Christ, to the Father, through the Son, and by the Holy Spirit.

About the Presenter

Dr Christine Bryden AM PSM is an Adjunct Research Fellow of the Public and Contextual Theology Centre of Charles Sturt University. As science and technology adviser to the Prime Minister, she was awarded the Public Service Medal in 1994. After diagnosis with dementia in 1995, she became a pioneering advocate for people with dementia. In 2016 she was appointed a Member of the Order of Australia (AM) for her advocacy. Christine has published five books; her most recent is *Will I Still Be Me?* based on her doctorate on the continuing sense of self in the lived experience of dementia.

Stream 3: Aspects of Dementia: living well, faith and spiritual care

Room: Members' Dining Room 3

Chair: Dr Alan Niven

Time slot: 11:30am - 12:00pm

Support Staff: Lauren Bartley

Linda Barclay and Peter Archer

"Faith for life: creating biblical resources to support the ongoing faith of people living with dementia"

How can we nurture the spiritual growth and ongoing connection to the Bible of people living with dementia for whom it's important? Prompted by this question, in 2015 HammondCare, Professor John Swinton and Bible Society Australia began a collaborative project resulting in the co-design and development of a suite of biblical resources.

Research began with the Dementia Centre at HammondCare undertaking a literature review and conducting focus groups alongside consultations with people living with dementia, their families, HammondCare residential care staff and pastoral care staff. From these initial explorations a number of recommendations guided the next phase of the project: developing a series of pilot products for individuals. These products were then tested beyond the initial group in order to refine what worked and had a broader appeal.

From this phase, the final collection of Faith for life products was developed. In every aspect of product development—size, materials, colours, images, font, language and format—the resources incorporate the principles of good dementia design. Most significantly, all products have been developed with the direct involvement of people living with dementia and their carers.

This project demonstrates the value of consumers and carer input in developing spiritual materials, and how we can use diverse tools to enable the spiritual growth and expression of people living with dementia.

This presentation walks the audience through the development of these resources, including a demonstration of the products. Further information: faithforlife.com.au

About the Presenters

Linda Barclay works for HammondCare in the Policy and Planning Office. She has spent the past 15 years working for organisations in Australia and the UK in creative writing and communications. Linda's love of storytelling has led her to explore how we capture and articulate who we are as individuals, communities and organisations. Drawing on her theological and creative writing background, she worked with the Faith for Life team to shape and write the resources. Finding new ways to open up the stories that are important to people is a fascinating aspect of holistic care.

Peter Archer spent many years focussed on Australian Indigenous ministries with the Baptist Church, and then humanitarian justice through World Vision Australia. In 2015 he commenced as a Pastoral Care Coordinator at HammondCare ministering with people experiencing advanced dementia. He is working towards a PhD through the University of Aberdeen under the supervision of Professor John Swinton. His area of interest is Christian worship and the experience of dementia. Peter is an ordained minister with the Baptist Churches in NSW. He is married to Joanne. They have two adult children.

Stream 3: Aspects of Dementia: living well, faith and spiritual care

Room: Members' Dining Room 3

Chair: Dr Alan Niven

Time slot: 12:00pm - 12:30pm

Support Staff: Lauren Bartley

Samantha Bews

Background and Aim/s: Breaking Bread: A Dementia Awareness Café was a live-art theatre installation conceived and directed by theatre artist Samantha Bews, with sculptor Eliza-Jane Gilchrist. It was presented as part of Artlands Out and About program and Dementia Australia's Dementia Awareness Month 2018, and in partnership with The Good Loaf Sourdough Bakery and Café in Bendigo, Victoria. The installation investigated the prejudice inherent within the Western medical terms 'higher' and 'lower' cortical function.

Methods: The project took place from June to September 2018. The process included research and design, construction, interviews with people experiencing the effects of dementia, an opening event, three days of open installation, and feedback from audience and by interview.

Results: Breaking Bread was situated on the forecourt of The Good Loaf Café with access from passing foot-traffic and café patrons. It consisted of a person-high cardboard maze leading to an inner chamber. On the walls of the maze were lines from a poem exploring questions relating to 'higher' and 'lower' cortical function. At the heart of the maze was a bowl of freshly baked bread rolls and the Loss and Nourishment Book containing interviews with people experiencing the effects of dementia. 300 participants passed through the installation in three days.

Conclusion: The installation gave participants a way to understand the effects of dementia in a non-threatening, creative and even 'fun' way. This imaginative response to dementia was beneficial in breaking down fears and prejudices relating to the disease.

References: Swinton, J. (2012) *Dementia: Living in the Memories of God* Michigan USA: Wm. B. Eerdmans Publishing Co.

About the Presenters

Samantha Bews is a theatre artist and writer based in central Victoria. Her recent works includes three major projects about dementia: *Letters of Love and Dementia* (for Dementia Australia 2017); *Breaking Bread: A Dementia Awareness Café* (as part of Dementia Awareness Month and Artlands Out and About Program 2018) and *The Language My Mother Speaks* (At Home Residency program Castlemaine, Victoria 2019). She has written for *The Melbourne Anglican* on a variety of subjects, including two series commissions about dementia and faith (2016/2019). Her collection of poems *These Days* was published by Mark Time Books in 2018.

Stream 4: Spirituality in residential aged care

Room: Private Dining Room 1

Chair: Elizabeth Pringle

Time slot: 11:30am - 12:00pm

Support Staff: EAVES Technician

Kellie Whelan

Ageing and the need for intimacy and connection.

The need for intimacy and connection is a basic human right, however as people age, and particularly enter residential care, this is often not a priority considered by providers of care. Further compounded by the social perception of the elderly's need for intimacy is 'taboo'.

At RSL Care SA, we have broken down the social barriers seeking to understand what each of our resident's needs are, intimacy being just as important as spirituality, social interactions and interests. When conducting our social history, we focus on the person and their search for meaning and purpose, which often requires support for intimacy. In identifying how to support meaning and purpose, including intimacy, we can then meet the overall psychosocial needs of our residents.

We achieved this by implementing the "Janus Approach"; a philosophy of care acknowledging residents' as individuals with a variety of personal needs and preferences. The Janus approach aspires to continually improve and enhance the quality of life by transforming the culture of care in our facilities, it adapts to meet the priorities and 'picture' of quality of life for each resident. We deliver the approach through speciality "Janus Keys"; the leader for each 'key' is accountable for maintaining evidenced based practice and monitoring this aspect of care delivery. We currently have six Janus Keys, which include the Key Intimacy and Sexuality and Key Spirituality and Connection. We intentionally designed this model so that as it matures, additional 'keys' can be added.

About the Presenter

With over 20 years' experience in aged care, Kellie Whelan has broad and deep experience from the 'ground-up' to executive management level. She has served in senior leadership and management positions for over 15 years. Kellie is the Chief Operations Officer of RSL Care SA, the premier veterans senior living organisation of South Australia, and has recently developed and implemented a philosophy of care for RSL Care SA which values the individual's life experience and identifies the life they wish to live. Kellie is on the Board of Meaningful Ageing and is an active member of Westbourne Park Uniting Church (SA).

Stream 4: Spirituality in residential aged care

Room: Private Dining Room 1

Chair: Elizabeth Pringle

Time slot: 12:00pm - 12:30pm

Support Staff: EAVES Technician

Donna Craig

Working with older people (with for and by older people)

Background/Aim: As a Pastoral Carer Team Leader, the importance of trust cannot be underestimated. Activities that promote joy and a sense of purpose, help to lay a solid foundation that permeates into a relationship that develops trust and transparent and meaningful disclosure. My hypothesis was that utilising a Montessori person care approach to provide activities that were both emotionally salient and had a procedural memory component, would be a flexible tool that is used within a variety of ways to enhance the spiritual wellbeing of people living with dementia.

Method: With the scripture Luke 14: 12-14 as inspiration, I incorporated Montessori based activities such as making relish and bringing the beach and nature to the aged care home, this allowed me to be a living example of God's kindness in my actions. This allowed for trust and rapport to develop, which then lead to a relationship on a deeper and more meaningful level.

Result: In my dual role as a Pastoral Carer Team Leader and Life Style Officer. I have been able to successfully incorporate Montessori based activity into the lifestyle program that was both intrinsically motivating and meaningful. This allowed for a deeper level of trust to build and meaningful discussion about spirituality, ageing and meaning of life to occur providing a truly holistic experience for elderly people living with dementia.

About the Presenter

Donna is a passionate Christian Minister, Pastoral Care Practitioner and Spiritual Well-being Coordinator with Southern Cross Care. Donna comes to us with over 22 years' experience, and leads her pastoral team of up to 40 volunteers. Donna works with our elderly as in the role of pastoral care and lifestyle and exemplifies dignity, and empathy with her consumers. Donna empowers them to live a fulfilling life. Donna's holistic approach allows consumers to reach their optimal ability. Donna's motto is "I choose joy" and with this our consumer receive love. Donna brings comfort and joy to those needing it most through her work "Your Purpose is My Purpose."

Stream 5: Ageing well, spirituality and education

Room: Private Dining Room 2

Chair: Capt Mavis Salt

Time slot: 11:00am - 11:30am

Support Staff: Johanna McBride

Gabrielle Macaulay

Policies, plans and purposes of spiritual care for nurses

Background and Aims: The aim of this project is to collate research and data from all over the world in order to discuss the need for better spiritual care for those ageing in the Australian health care system. From this stance we can together raise the issue of how to improve the quality of spiritual care – its assessment, diagnosis, implementation and documentation in the health care work environment.

The overarching aim is to identify the gap between the hopes, expectations and needs of the patients and understanding of the health care workers' possible lack of skill thus learning to create a space for the full, non-judged and free expression of spiritual care in our ageing population through better trained health care workers. It also touches on the overflowing benefits on the health care givers.

Methods: The method of study has involved literature searches, collation of empirical data, results of studies involving placebo effects, outcomes of prayer on health outcomes in blind studies and feedback within hospital and residential care facilities. The research also shows the disparity between nurses feeling adequately prepared to address this topic with the patients yet the patients hoping it would be addressed during their care time.

Results: The results indicate that there is a large discrepancy between the resource skill set that nurses have in spiritual care assessment and the patient's hopes for full holistic care. This disparity creates a measurable gap in the knowledge base for nursing students and their ability to provide their full competency standards (9.3) to deliver person centered quality care.

Conclusion: There is a clear gap between the capacity for nurses to care more fully for ageing patients due to a lack of spiritual care teaching and the mentorship of its expression to patients. The implications of this both to nurses and patients is a gap we can apply clear new models of care and better fulfilled staff and patients.

About the Presenter

Gabrielle Macaulay completed her Nursing training in Sydney in 1986. Since then she has had extensive experience in Intensive Care, Coronary Care and Emergency Care departments. Gabrielle went on to complete her Midwifery training and has taught in the Primary Health Care field working in a voluntary capacity on medical ships trips to Papua New Guinea. More recently Gabrielle has completed a Masters in Ministry and enjoys teaching and learning how to provide better holistic care to patients recognising the spiritual aspect as a valuable component of the healing process.

Stream 5: Ageing well, spirituality and education

Room: Private Dining Room 2

Chair: Capt Mavis Salt

Time slot: 11:30am - 12:00pm

Support Staff: Johanna McBride

Gabrielle Macaulay & Georgina Hoddle

Enspirited Aged Care Nursing Education

Background and aim: This paper discusses the need to educate under- and postgraduate nurses, to provide culturally appropriate spiritual care to aged patients/residents, within the context of holistic care, the Australian Aged Care Accreditation Standards(2010) and National Spiritual Care in Aged Care Guidelines(2016).

Method: A Literature search using PubMed/Medline/Google Scholar showed that spiritual care is often reserved for palliative and aged care, and nurses are well placed to assess and assist patients/residents with cognitive decline who are experiencing spiritual distress.

Results: Studies demonstrate that holistic, person-centred spiritual care provides hope, pain relief, reassurance and comfort which are identifiable using spiritual distress assessment tools, while respecting patients/residents' faith or worldview.

Conclusion: Nurses can assess spiritual needs in aged care by applying evidence-based research, with clear and positive health outcomes. However, they require strategies and tools developed through the art and science of spiritual care to support the whole person and correctly address spiritual distress.

About the Presenters

Gabrielle Macaulay completed her Nursing training in Sydney in 1986. Since then she has had extensive experience in Intensive Care, Coronary Care and Emergency Care departments. Gabrielle went on to complete her Midwifery and has taught in the Primary Health Care field working in a voluntary capacity on medical ships trips to Papua New Guinea. More recently Gabrielle has completed a Masters in Ministry and enjoys teaching and learning how to provide better holistic care to patients recognising the spiritual aspect as a valuable component of the healing process.

Georgina Hoddle is a registered nurse (RN) with experience as a clinical nurse educator in disability nursing, and as an RN in Aged Care. She studied General Nursing at St Luke's Hospital (1971), retrained at Royal North Shore Hospital (2005); in 2011, Georgina graduated from Macquarie University with a Master in Applied Linguistics (TESOL). Georgina has facilitated multicultural undergraduate nursing students on placements which led her to understand the lack of preparation for assessment of patients'/ residents' spiritual needs. She has presented on spiritual care in nursing at national and international conferences. Georgina lives on the glorious mid-north coast of NSW.

Stream 1: Ageing well and story

Room: Members' Dining Room 1

Chair: Rev Andrew Heron

Time slot: 12:00pm - 12:30pm

Support Staff: Katherine Waite

Trish Carroll

"Where there was darkness, now there's light" Life Review - a journey towards spiritual wellness

Background and Aim: This presentation discusses the benefits of 'life review' (Erikson, 1982) as a therapeutic process for older adults facing challenges of ageing. This presentation outlines a specific case study and discusses how 'life review' assisted an older female client to: make sense of life events, fulfil spiritual tasks (McKinlay and Trevitt, 2007) and access support on her journey towards spiritual wellness. 'Life review' formed part of an integrated approach to therapy. The ability to review, re-interpret and better understand past events created a sense of 'light' as this client approached her last weeks of life.

Methods: Counselling older adults who are facing critical life thresholds and experiencing spiritual pain requires an integrative approach which meets the specific needs of each individual. To achieve this, it is crucial to understand the theories/frameworks of the psychology of ageing, including: 'life review' influenced by Erikson's (1982) stages of psychosocial development; McKinlay and Trevitt's (2007) spiritual tasks in later life; and aspects of Tornstam's (2011) 'gerotranscendence'.

Results: Feedback from this and other clients has demonstrated the value of incorporating life review within an integrative approach to counselling older adults. "Where there was darkness, now there's light" expressed the client's sense of spiritual wellbeing which contributed to her ultimate sense of peace.

Conclusion: The implication for this presentation is that life review remains an important element of integrative therapy for older adults in their search for meaning and spiritual wellness.

About the Presenter

Trish Carroll, BA (Psych); MCounselling; Post Grad Dip Psych. Clinical Member, QCA; PACFA Registrant. Trish provides counselling and consulting services as part of her Brisbane-based private practice, Elder Matters, and her focus is on care and support for the uniquely felt experience of ageing. Trish has personal and professional experience in the aged care sector and a deep respect for older people and their families facing challenges of ageing, including: loneliness; loss, grief and bereavement; and health and capacity challenges. Trish also works with individuals who minister within faith communities and provides professional development on a range of topics.

Stream 1: Ageing well and story

Room: Members' Dining Room 1

Chair: Rev Andrew Heron

Time slot: 12:30pm - 1:00pm

Support Staff: Katherine Waite

Associate Professor Ann Harrington

'Yarning' – storytelling by Aboriginal People in residential care in rural South Australia of their spiritual and cultural needs*

Background/Aim: Spirituality and culture have been found to be important determinants of health for older people living in residential care. These determinants are especially important for Aboriginal residents whose cultural and spiritual well-being is strongly connected with divine beliefs, land and community. The research to date has revealed a dearth of literature providing information to residential aged care providers of the cultural and spiritual care needs of older Aboriginal people. This research went some way to address these deficiencies.

Aim of the study/presentation: This paper reports on the findings of a study that explored the culture and spiritual needs of Aboriginal people and their carers in two rural centres and one urban metropolitan centre in SA.

Methods: Ethical approval was gained from both the University in question and the Aboriginal Elders Council of SA. A conversational 'yarning' style of storytelling within a deeply respectful space was used. Analysis was employed using the theoretically interpretive approach by Thorne.

Findings: It was not surprising that considering both culture and spirituality can be intertwined, there was some overlap in findings. Three themes emerged from questions relating to culture and three from those relating to spirituality. They will be presented in this paper.

Adapted from:

- Sivertsen N, Harrington A & Hamiduzzaman H (2019) 'Two-eyed seeing': The integration of spiritual care in Aboriginal residential aged care in South Australia. *Journal of Religion, Spirituality and Aging* In press. And:
- Sivertsen, N, Harrington A & Hamiduzzaman H (2019) 'Exploring Aboriginal aged care residents' cultural and spiritual needs in South Australia. *BMC Health Services Research* <https://doi.org/10.1186/s12913-019-4322-8>

About the Presenter

Associate Professor Ann Harrington has been granted full academic status from Flinders University where she was employed for 36 years. She has supervised 20 Honours, Masters and PhD students to successful completion and is currently a primary supervisor for 5 PhD students. She has contributed to teaching including palliative care, spirituality, nursing care of the older person, research design and participated in curriculum design for post and undergraduate nursing students. Her publications include refereed reports, book chapters, book reviews and numerous conference presentations at national and international levels. She is a Registered Nurse and a Fellow of Australian College of Nursing.

Stream 2: Culture and Ageing

Room: Members' Dining Room 2

Chair: Rev Francis Chalwell

Time slot: 12:00pm - 12:30pm

Support Staff: Hazel Francis

Sabine Wardle

Spiritual inclusiveness at end of life: A regional perspective

Spirituality holds a significant place in the lives of several emerging minority groups in regional New South Wales (NSW). This study explores the significance of religion, faith, and spirituality at end-of-life for one of the emerging minority groups of the Punjabi Indians in regional NSW. It looks at the experiences of the older Punjabi Indians and their families with the regional residential aged care facilities (RACFs) at the end stage of their lives. From a care provider perspective, it also explores the experiences of and challenges faced by the care staff (nurses and personal care assistants) on spiritual facilitation in regional RACFs. By following a phenomenological approach to qualitative data, six (6) Punjabi Indian families from three towns of NSW (Wagga Wagga, Griffith, and Albury) and three (3) groups of care staff across three towns of NSW were interviewed.

The qualitative thematic analysis showed limitations in religious resources to accommodate the spiritual needs of minority groups such as the Punjabi Indians. Furthermore, there were systemic and financial limitations experienced by the care staff at the regional RACFs. This study argues for the development of spiritual sensitive aged care in regional towns and towards that end it calls for a policy and practice response to the changing demographics of regional NSW.

About the Presenter

Sabine is a lecturer in Social Work and Human Services at Charles Sturt University. She started working in the field of aged care and later practiced in areas of grief and loss, community development, rehabilitation, and vocational education and training. Sabine grew up in India knowing various cultures and religions. She has maintained an interest in spiritual and religious aspects of the culturally and linguistically diverse population within an Australian context, particularly on end of life care needs. Sabine is currently doing her Ph.D. exploring the culturally appropriate palliative care for ageing Punjabi Indians in regional New South Wales.

Stream 2: Culture and Ageing

Room: Members' Dining Room 2

Chair: Rev Francis Chalwell

Time slot: 12:30pm - 1:00pm

Support Staff: Hazel Francis

Dr Jane Kuepfer

Baby Boomers envisioning late life spiritual resources: A Canadian perspective

In this narrative inquiry, first-wave baby boomers (six males and six females born between 1946 and 1955) reflected on their lives and envisioned living into old age. While literature has focused on trends in baby boomer spirituality, issues of aging, and spiritual needs and tasks among elders, this study listened for "spiritual resources." Initially defined broadly as that which has sustained a person throughout their life and will sustain them in the future, spiritual resources came to be understood as those things, both internal and external, that address deep human need for such spiritual values as love, hope, peace, and joy. Through open-ended interviews, participants' reflections revealed the spiritual resources they have accessed and built up throughout life, and induced wonderings about future resources. This study found that first-wave boomers appreciate conversation about spiritual resources, as they grow older. Having been raised in the church, participants in this study reflected on the evolution of their traditional spiritual resources, including scripture reading, prayer, music and spiritual leadership, as well as their openness to explore, learn and embrace diversity in spirituality. For many, faith, rooted in both belief and experience, is a sustaining resource. The themes of "Self," "Someone," and "Space" frame these boomers' further reflections on what has sustained and will sustain them. Both participants and the researcher suggest adaptive considerations for spiritual care in long-term care. The findings of this study help define what is meant by "spiritual resources," encourage further conversation among baby boomers, and inform spiritual care.

About the Presenter

Jane Kuepfer is the Schlegel Specialist in Spirituality and Aging, a joint appointment by the Schlegel-UW Research Institute for Aging and Conrad Grebel University College (in Waterloo, Ontario, Canada). She has extensive experience as a spiritual caregiver in long-term care, a registered psychotherapist, spiritual director, and minister in Mennonite and United Church of Canada congregations. Her doctorate in Human Relationships (Spiritual Care and Psychotherapy) from Martin Luther University College focused on the spiritual resources of baby boomers. Jane coordinates an annual seminar, conducts research, teaches graduate courses, and enjoys engaging church and community groups in conversations about spirituality and aging.

Stream 3: Ageing and Ministry

Room: Members' Dining Room 3

Chair: Linda Barclay

Time slot: 12:00pm - 12:30pm

Support Staff: Lauren Bartley

Annie Bolitho

Poetry and End of Life, opening discussion on poetry and themes of death, grief and loss

The aim of providing 'Poetry and End of Life' is to introduce conference participants to a successful way of inviting discussion on death, grief and loss with a general audience of ageing people. Although this cohort tends to be reserved in sharing feelings especially on a difficult subject such as death or loss, this issue is overcome by framing the discussion around favourite poems. The workshop will cover background success factors such as choosing a community setting in which to conduct the workshop, advertising and invitations to participants ahead of the workshop. As in a community workshop, participants will hear a leader overview and introduce themselves, have the experience of listening to poetry read aloud, and perhaps to write something. The workshop will close with reflection and evaluation.

Poetry is of importance to many ageing people. It is a vehicle of the spirit and of experience, including difficult experiences like death and loss. Older people often know important poems by heart. Listening to others' favourite poems and their experiences can be extremely enjoyable as well as very helpful in normalising grief and loss.

About the Presenter

Annie Bolitho runs Kinship Ritual which helps people to take charge of their end of life arrangements and have great funerals. She has a Doctorate of Creative Arts and a strong interest in ritual, ceremony and writing. With long experience facilitating conversations that matter, she helps people to have realistic dialogue when facing the emotional terrain of death and its practical requirements. Annie appreciates poetry from different cultures and eras, and offers workshops that enable those who have experienced death and grief in their own way to be together and to unleash a powerful flow of spirit, in talk, readings and writing. Annie practices in the Soto Zen tradition with Jikishoan Zen Buddhist Community.

Stream 3: Ageing and Ministry

Room: Members' Dining Room 3

Chair: Linda Barclay

Time slot: 12:30pm - 1:00pm

Support Staff: Lauren Bartley

Dr Douglas Golding

Reflections on nursing homes ministry

In 2010, I was unexpectedly thrust into nursing home ministry, taking extended communion to residents of three nursing homes in the area.

Since then, the ministry has expanded in various ways, to the point of officiating at the funerals of deceased residents. Two private providers have asked me to visit some of their other homes, outside our parish. I have passed on the details to the ministers of the parishes involved, but they have not followed up.

As I approach the time when I will be too old to continue, I reflect on

- The availability of training for nursing home ministry
- The most appropriate form/s of ministry
- Ministering beyond denominationalism
- The vital role of 'recreation officers', 'activity officers' and other nursing home staff
- Possible involvement in issues of nursing home care
- Priorities in parish ministry - overcoming resistance from clergy who have no interest in ministry to the aged
- The need for trained and supportive assistants in the ministry
- Concern that the ministry is often seen as personal, not parish ministry
- Consequently, the need for stronger links between the nursing homes ministry and the parish

About the Presenter

Douglas Golding has spent his long life in two streams, as a journalist and academic and as a lay minister, initially in the Methodist church, later in the Anglican church. He has four degrees, in English language, education, media and religious studies. He is currently the seniors' minister of St Mark's Anglican church, South Hurstville, visiting nursing homes and hospitals, organising an annual seniors' service, and preaching and helping to plan festival services for the traditional congregation. He also tutors regular classes in history and comparative religion at WEA Sydney.

Stream 4: Aspects of Dementia: living well, faith and spiritual care

Room: Private Dining Room 2

Chair: Rev Kevin Stone

Time slot: 12:00pm - 12:30pm

Support Staff: Johanna McBride

Daphne Johnston

Faith-Based Volunteer Model of Care in Dementia: A Friendship Revolution

The goal of the “Respite Ministry” presentation is to share the faith-based, community model of care that provides purpose, meaning and hope to those individuals and families living with Alzheimer’s Disease and Related Dementias (ADRD). The objective will provide the need, vision of ministry, a sustainable business model, and volunteer training overview, which is based on Christ inspired relationships in a community setting.

With an estimated 50 million people living with dementia around the world, there is an opportunity for the church body as a whole to introduce a new volunteer model of support for families facing dementia by using trained, baby boomer volunteers while also changing the stigma of dementia in the community. Through hands-on participation with individuals and families, Respite Ministry enables us to experience for ourselves a theology of creation, a theology of redemption and a theology of hope.

The Respite Ministry in Montgomery, Alabama, USA began in 2012 with two participants living with dementia and 14 volunteers coming together two days a week for four hours a day. The daily schedule includes fellowship, educational lectures, art, music and most importantly, developing new relationships while living with dementia. Currently, the ministry has two employees, 65 active participants and 150 volunteers that have logged over 70K hours of service in seven years.

The Montgomery Respite Ministry has inspired 15 new volunteer programs across the USA which has served over 1000 participants in the network living with ADRD.

About the Presenter

Daphne Johnston founded “Respite for All Foundation” to help individuals living with dementia find purpose and hope through new relationships based on a volunteer model. Her original Respite Ministry has inspired 15 new community Respite programs across the USA with four more to open in the fall of 2019. The initial program has logged over 70,000 hours of volunteer time in seven years and served over 1000 people living with dementia and their care partners. The program has been recognized by the Administration on Aging as an innovative initiative for dementia in for 2016 and 2019.

Stream 4: Aspects of Dementia: living well, faith and spiritual care

Room: Private Dining Room 2

Chair: Rev Kevin Stone

Time slot: 12:30pm - 1:00pm

Support Staff: Johanna McBride

Julie Simpson

"The Voice of the Person with advanced dementia in residential aged care (RAC) and the support of spiritual care"

This paper will present interim PhD research findings of the voice of persons with advanced dementia, and their voice facilitated through spiritual care.

There is a dearth of research literature considering the lived experience of the person with advanced dementia, particularly from a pastoral and strength-based perspective.

An "interventionist ethnography" (Mesman, 2007) in two RAC sites has involved being 'alongside' participating residents (n=24) in relationships during their day, through conversations and other interactions. The perspective of family members (n=14) and staff (n=29) has been considered through interview and observation .

A range of themes have been illuminated: the significance of relationships for the person; their continuing agency and initiative; their creative expressions; their joy in being affirmed by another alongside them.

These findings will contribute to the ongoing development of pastoral-spiritual praxis (Louw, 2011) that further strengthen the voice of the person with advanced dementia in RAC. Further, it enhances their well-being, and provides understanding for individualized care.

About the Presenter

Julie Simpson enjoys being alongside people with advanced dementia, often sharing a song together. She is a Christian Pastor, and Chaplain in Churches of Christ Lifecare, South Australia. Her passion is discovering fresh understandings, debunking stereotypes, and enhancing our pastoral relationships. She contributes her spiritual praxis to innovative and imaginative multi-disciplinary approaches to spiritual care. Currently Julie is undertaking a PhD at Flinders University in "The Voice of the Older Person with Advanced Dementia in Residential Aged Care". She believes countless unsung heroes voice themselves in a multitude of ways through their day: an expression of their spirituality, and their means of thriving, and encouraging others to do likewise.

Stream 1: Ageing Well

Room: Private Dining Room 2

Support Staff: Johanna McBride

Melanie Lambert

Developing a Mindset for Life as you grow older

Mindset for Life is a peer program for people around retirement to identify strengths, skills, key mindsets and elements of wellbeing that will help them to intentionally and positively plan for the next phase of their lives.

This workshop aims to give a taste of the program and explores issues faced in this phase of life: finding meaning and purpose, creating a positive 'post-work' identity, planning life for holistic wellbeing and understanding the phases and related emotions of the retirement transition.

The program was developed using human-centred design techniques in partnership with older people and with funding from SA Health's Office for Ageing Well, and is being further developed with their ongoing investment throughout 2019-2021. We use interview-based research, prototyping and iterative design to develop the program.

Evaluation in the first year of Mindset for Life indicates that participants feel more equipped to make intentional decisions and feel more positive about their retirement transition. A growing number are choosing to stay involved in the program, either as peer convenors or as members of a growing informal network of peers. The workshop will share outcomes data gathered to date.

Mindset for Life is responding to a gap in current offerings for people around retirement. While retirement planning is available, its focus tends to be on the financial aspects of retirement and fails to address finding purpose and meaning in life post retirement. The workshop will challenge participants to consider how we as a society support the normalizing of purposeful older lives.

About the Presenter

Melanie Lambert is founder of Think Human, a consultancy specialising in strategy, dialogue and design to create better service and workplace experiences. Melanie has 20+ years experience in the not for profit and public sectors in the UK & Australia, most recently as Principal at The Australian Centre for Social Innovation, prior to setting up Think Human in 2016. She has held leadership roles in customer experience, service design & innovation management in aged care, youthwork, health, government and the volunteering sector. Melanie has been involved in co-designing many programs and service models to improve the lives of older people throughout her career.

Stream 2: Working with older people

Room: Members' Dining Room 1

Support Staff: Katherine Waite

Associate Professor Susan West and Dr Georgia Pike

The Emotional Bridge: singing as a means of altruistic connection for and with the elderly

This workshop offers a practical introduction to the philosophy of the Music Outreach and Engagement Program (MOEP), based on its longitudinal practice-led research paradigm. The approach was designed and developed by Associate Professor Susan West based on the work of Dr. John Diamond, a pioneer in therapeutic uses of music and creativity. The MOEP now operates in four countries and explores singing and other forms of creativity as a form of shared altruistic outreach to others. In this approach all participants, especially those who are often considered in need of help, such as the elderly, become active helpers of others. In this way the elderly, at-risk youth, and individuals living with disabilities, all become valued members of the community, contributing to the wellbeing and spiritual and emotional health of others. In essence, the 'helped' become the 'helpers'. In this workshop, the MOEP research paradigm and innovative outreach approach will be presented to participants through practical and engaging singing activities. The workshop will focus on the concept known as the Music Outreach Principle, which not only encourages wellbeing but also overcomes some of the obstacles created by current, formal approaches to music education and practice. Current research being undertaken in aged-care facilities in Canberra, Australia and in Invercargill, New Zealand will also be discussed.

About the Presenters

Susan West is Adjunct Associate Professor at Charles Sturt University as well as Artistic Director and Founder of the Music Outreach and Engagement Program (MOEP), which has a 35+-year history. Her social-therapeutic approach to creativity known as The Music Outreach Principle, based on the work of Dr John Diamond, has affected the musical lives of tens of thousands of individuals. A/ Prof West's work has attracted both national and international interest with recognition including a 2017 Financial Review Women of Influence award. She currently has projects operating in Australia, New Zealand, the USA and the UK.

Dr Georgia Pike is a practitioner, presenter and researcher focussed on enhancing human potential and wellbeing through the arts. A singer, educator, community outreach facilitator and transdisciplinary researcher, she is currently a Visiting Fellow at the Centre for Research in Ageing, Health and Wellbeing at the Australian National University (ANU) in Canberra, Australia.

Stream 3: Working with older people: Dementia

Room: Private Dining Room 1

Support Staff: Hazel Francis

Rev Andrew Heron

“Creating a Dementia Friendly Church”

Approximately 1 in 10 people over 65 are living with Dementia in Australia, this rises to over 3 in 10 for people over 85. Around 70% of these live in their own homes (Brown et al, p. 6). People living with Dementia may feel increasingly excluded and isolated from their faith community as the severity of their symptoms increase (Bryden, 3-4) and are “are overlooked and forgotten by all but a small number of family members and close friends” (Kinghorn, 99). The Church is uniquely positioned to overcome the isolation experienced by many living with Dementia by its communal nature. Many churches are unaware of people living with Dementia in their community or feel unable to reach out a care for people living with Dementia (Folkins).

Anglicare’s Dementia Friendly Church initiative seeks to overcome the isolation that may be experienced people living with Dementia. The aim of the program is to enable churches to become Dementia Friendly. A Dementia Friendly church is defined as a church where people living with Dementia are; welcomed, accepted, included, supported and missed.

The program is built upon Anglicare’s proven effectiveness in ministering to people living with Dementia and is based on the strategy of assessing a churches ability and willingness to engage in this ministry, educating a group of volunteers about Dementia ministry, training these volunteers and church leaders in how to minister to and care for people living with Dementia and enabling the church to effectively run Dementia Friendly church service and community gatherings as well as provide ongoing pastoral support to those affected by Dementia. Initial results from three churches in northern Sydney are that this program is both needed and effective.

About the Presenter

Andrew Heron is an ordained Anglican minister, working as a chaplain with Anglicare in Sydney. He has been ministering with older people living in retirement living and residential care for over 10 years. Andrew is a graduate of both Moore Theological College and Morling Theological College and has completed the Master of Arts (Ageing and Pastoral Studies) at Charles Sturt University. Andrew has been examining the theory and practice of pastoral care amongst older people in both parish and aged care settings and delights in working and spending time with older people.

Stream 4: Spiritual wellbeing in aged care

Room: Members' Dining Room 3

Support Staff: Lauren Bartley

Beate Steller

Mindfulness Meditation Groups in Residential Aged Care and its Relevance to Spiritual Growth and Wellbeing

This workshop invites you to experience the Mindfulness Meditation Group and you will also hear the evidence and learning gained from the residents through the research project.

Background and Aim - The study evaluates the effectiveness, benefits and relevance of Mindfulness/Meditation Group(s) (MMG) in enhancing spiritual growth and well-being for older people living in residential aged care (Nagle Residential Aged Care, Sutherland, Southern Cross Care NSW and ACT). The study adopts a qualitative research approach where 13 residents attending the group were interviewed at the beginning of the six (6) week program and then at the end of the program. The MMG has six elements which include reflection time, a period of silent meditation, structured group prayer, time for sharing and practicing gratitude with a mindful hand massage. The study explored each element of the group in terms of meaningfulness and wellness benefits for the residents and four themes were identified that promote this growth. The MMG program was designed by the researcher. The workshop will outline the results of this research, provide an overview of the MMG program with an experience of the group.

Methods - The research was conducted by interviewing the 13 residents before and after the 6 weekly MMG. The qualitative data was collated and four themes emerged that promote spiritual growth and wellbeing.

Results - The four themes that emerged are:

1. Meaningfully connecting and sharing.
2. Providing a supportive and reflective space.
3. Practicing mindfulness meditation.
4. Practicing and expressing gratitude.

Conclusion - Other current general literature on what promotes wellness and enhances spiritual growth supports the results that emerged in the context of older people living in RAC. More research will be needed to confirm these findings. Research also raises questions in regards to how well these themes are addressed by staff and spiritual carers.

About the Presenter

Beate Steller is a Spiritual Wellbeing Co-ordinator at Nagle (Southern Cross Care NSW & ACT) where she facilitates Mindfulness Meditation Groups. Her Master's Degree in Ageing and Pastoral Studies research topic was on Mindfulness Meditation Groups in Residential Aged Care and Relevance to Spiritual Growth and Wellbeing. She has been an adult educator/trainer for the last 25 years and is the author of Tech Connect- Staying Meaningfully Connected in Aged Care, published by Meaningful Ageing Australia. Beate has a background and graduate and postgraduate qualifications in Spiritual Care, Social Work, Adult Education and Nursing.

Stream 1: Ageing Well

Room: Private Dining Room 2

Support Staff: Johanna McBride

Elizabeth Pringle and Lyn Worsley

Resilience: the Spiritual Dimension

Background: Culture, age and spirituality influence resilience in older people. Resilience is often considered a trait of personality rather than an attribute that can be improved. A literature review on resilience in older people across cultures (1) found that there are links between increased interventions related to spirituality and increased resilience. A project on later life resilience (2) has identified the factors and interventions that impede and increase resilience in older people. Improving resilience in older people has been demonstrated to improve quality of life (3). Based on a range of literature, the aims of this workshop will be to explore practical interventions to promote resilience in older people.

Results: The literature identifies factors that impede resilience such as negative life events, poor health, psycho-spiritual distress and socio-economic factors. The literature also identifies a range of interventions that improve resilience such as faith, meaning, purpose, self-efficacy, connections and relationships, peer support and strong communities.

Presentation: Focusing on spirituality, the presentation will equip participants with practical strategies to improve resilience in a range of contexts and cultures.

About the Presenters

Elizabeth Pringle B.Ed (Adult Ed), M.Ed (Adult Ed), MBA, M.Arts (Ageing & Pastoral Studies) has a learning and development background. She was previously General Manager, Operations at the Australian Aged Care Quality Agency with oversight of accreditation. Since 2014, as Director of Improvement Matters she has undertaken a range of consultancies: 'National Guidelines for Spiritual Care in Aged Care'; cultural change in aged care; integrating spiritual care into innovative models of care; development of the initial training for Quality Assessors of the Aged Care Quality and Safety Commission. Elizabeth is the Course Coordinator/Lecturer for Ageing and Pastoral Studies at Charles Sturt University/St Marks National Theological Centre. Elizabeth is a volunteer chaplain.

Lyn Worsley B.A.Hons(Psych), R.N., MAPS is a Senior Clinical Psychologist and Director of The Resilience Centre. She is also the author of the Resilience Doughnut which has become a foundational ecological model of resilience used in clinical and developmental settings across the lifespan and advocates a positive approach to clinical intervention. Her work with the Resilience model proposes a focus on what is working and with whom strong connections are already building strengths. She is a visionary leader, with a knack of applying theory of positive change to practice which has led to impressive results with clients at the Resilience Centre.

Stream 2: Theological and ethical issues in ministry

Room: Members' Dining Room 1

Support Staff: Katherine Waite

Dr Laurie McNamara, Dr Alan Niven and Michelle Eastwood

Towards a Richer Spiritual Understanding of Human Ageing

Ageing must be viewed from two perspectives - from the inside (i.e. as experienced by the individual), and from the outside (as the focus of a variety of disciplines). Often the widely held deficit view of ageing focuses on increasing diminishments that accompany growing old – be they physical, psychological or emotional. Currently, social issues of injustice to and abuse of older people are gaining increasing public awareness as the Royal Commission goes about its work. Our examination of the literature on human ageing, particularly in the areas of theology, spirituality, pastoral care and ethics, leads us to argue that serious theological studies which have the potential to engage with these issues are hampered by a mosaic of perspectives and ideas lacking coherence, depth and significance.

This workshop will outline the work of the Human Ageing Project based within the University for Divinity, Melbourne. Participants will be invited to engage in and respond to a comprehensive examination of the literature, its insights and theoretical frameworks. This will provide an important foundation for future detailed study of ageing and the surrounding cultures as it explores the theology, spirituality, pastoral care and ethics of human ageing.

About the Presenters

Laurie McNamara is currently Director of the Human Ageing Project, University of Divinity, Melbourne. For many years he lectured in moral theology in Adelaide, Sydney and Melbourne in addition to pastoral work in parish ministry. He has pursued a special interest in the theology, spirituality, pastoral care and ethics of human ageing for thirty years and has presented at conferences organised by the Centre for Ageing and Pastoral Studies organised by Dr. Elizabeth MacKinlay.

In 2016 Alan Niven concluded his lecturing role after over 30 years within the University of Divinity (Pastoral and Family Studies - Stirling College) and recently retired as Director of Research at Stirling. Continuing research, doctoral supervision and networking interests include: chaplaincy and spiritual care education; pastoral and spiritual care in the context of ageing; grief and loss, palliative care and bereavement studies; pastoral ministry supervision - formation and training. He is currently supervising and consulting within the Human Ageing Project, University of Divinity, Melbourne.

Michelle Eastwood is a doctoral student whose thesis is concerned with hearing Psalm 71 from the perspective of the old woman. This includes thinking about social constructions of ageing and considering the way older women are shamed. She is employed as a Research Assistant with the Human Ageing Project. Her research interests include ageing, feminism, liturgy and worship, gender and sexuality. Michelle loves attending conferences, especially ones that involve overseas travel.

Stream 3: Equipping congregations to work effectively with dementia

Room: Members' Dining Room 2

Support Staff: Hazel Francis

Professor Emeritus Mary Marshall and Professor Emeritus Faith Gibson

How do we enable people with dementia to continue to participate in the life and workshop of the church?

This workshop is designed to generate discussion. It will explore the challenges experienced by many congregations who struggle to ensure that their members who have dementia continue to participate in the life and worship of the church. Church people, clergy and laity may be fearful, embarrassed, lack knowledge about dementia or feel unable to communicate effectively. The stigma of dementia remains an issue. Aspects of an extensive tool produced by Faith in Older People, a Scottish organization which assists congregations to be dementia friendly and inclusive by providing training, help and advice will be presented and its planned set of simple worksheets, backed up by online resources, discussed. This tool was produced after extensive consultations with Christian and other faith groups. The experience of one Sydney congregation's efforts to raise awareness of dementia and make changes in aspects of its plant, programmes and people's knowledge will be presented as an illustration of problems and possibilities

About the Presenters

Mary Marshall, is Professor Emeritus (Stirling, Scotland) where she ran the Dementia Services Development Centre for sixteen years and Honorary Professor (Edinburgh). She is an associate with Faith in Older People, which aims to enable a better understanding of the importance of the spiritual dimension to the well-being of older people. She undertakes training for congregations on assisting people with dementia and their family and friends. She is a senior consultant for Dementia Centre HammondCare.

Faith Gibson, Professor Emeritus, (Ulster University, Northern Ireland) has both a personal and professional interest in gerontology, reminiscence and dementia which culminated in her recent edited book, *International Perspectives on Reminiscence, Life Review and Life Story Work*. Returning to live in Sydney after 56 years away, she joined a church that is seeking to raise awareness of dementia and to meet the spiritual and social needs of its ageing members, especially those who have dementia.

Chris Pomfret

Boomers and Beyond, a New Age of Ageing

In the 300,000 years that humans have lived on Earth, never has the life expectancy of a generation been as long as that of the Boomers. We are thus in uncharted territory and are, in essence, a test case for those generations to follow. We retire earlier than prior generations and are kept alive longer by modern medical practices and drugs, all with ramifications that we didn't expect. The culture of ageing has thus changed significantly in the past 30 years and our mindsets have tended not to keep up. Moreover, ageing is arguably the one global topic that is independent of race, creed, gender and location, thus making it a quintessential ecumenical topic. We will each experience a plethora of inevitable life changes in some individualistic way in our "Third Thirty" of life that are not widely recognized by most in the Boomer generation. The workshop will identify a spectrum of these issues and interactively discuss approaches and mind-sets to accommodate them. Issues include: accepting the reality of aging; being open to talk about aging in a positive, matter-of-fact manner; embracing retirement, whether it was chosen or mandated; downsizing our homes and material possessions in a timely manner; and recognizing the impact that our actions and behaviour can have on our loved ones. The workshop also encourages participants to find and explore their spirituality to help them through their Third Thirty years. The workshop has been built on several years of continued development and delivery across the USA.

Abstracts for presentations provide brief implications of issues discussed. Based on several years of experience, the workshop has a profound effect on participants. Typical comments centre around giving people a whole new perspective on ageing that changes their outlook and mindset. Uppermost is the impact that one's ageing can have on family members, especially one's children, and the need to take timely action so as to make ageing as enjoyable and fulfilling as possible, despite the ultimate mental and/or physical constraints. The workshop challenges previous conventional thinking on the subject and gives people goals and a fresh perspective on something that we all face.

About the Presenter

Chris believes that ageing is ecumenical and arguably the one subject in our world that affects us all similarly, irrespective of race, creed and location. "The Third Thirty" addresses the myriad of challenges that we face as we age, and encourages people to think differently about ageing, embracing the challenges instead of ignoring them. His workshops equip Churches and other organizations to initiate their own "Third Thirty" discussion groups, promoting awareness of ageing in a positive, realistic and spiritual manner.

Originally from the UK, Chris has lived in the USA for the past 27 years and resides in New Orleans.