

**Victorian Active Ageing Partnership**  
**2019 Research and Practice Forum**  
**Thursday 29 August 2019**  
**'Communication, older people and physical activity: Giving and receiving the message'**  
**Final Program**



Time	Program
8:45am	Registration
9:30am	Brief welcome – MC – Mr Rob Anderson, CEO, Musculoskeletal Australia
9:35am	Opening address – Mr Gerard Mansour, Victorian Commissioner for Senior Victorians
9:45am	Keynote presentation – ‘Principles of good communication and other considerations’ - Prof Bill Bellew, Adjunct Professor, Public Health, School of Public Health, University of Sydney
10:25am	Second keynote presentation – ‘What do older people hear when I say "falls prevention"?’ – Dr Darshini Ayton, Senior Research Fellow and Lecturer in the School of Public Health and Preventive Medicine, Monash University
10:45am	An older person’s perspective on what is meant by ‘good communication’ – Ms Margaret O’Loughlin, Member, City of Maribyrnong Older Persons’ Reference Group
10:55am	Panel/question time with plenary speakers – Mr Rob Anderson, CEO, Musculoskeletal Australia
11:10am	Forthcoming concurrent sessions – Ms Gen Nolan, Manager, Victorian Active Ageing Partnership (Programs Manager, Musculoskeletal Australia)
11:15am	<b>MORNING TEA</b> (+ information stalls involving Life Activities Clubs Victoria, Musculoskeletal Australia, COTA Victoria, Australian Camps, U3A Network Victoria, Centre for Culture, Ethnicity and Health)

11:45am	Concurrent sessions		
Room and Format	Title	Presenter/s	Synopsis
<b>Club Pavilion – Oral presentations + questions</b>  (Chair: Prof Ben Smith; Room Assistant: Helen Parker)	‘Doing sport differently – A preview’	Ms Melanie Chisholm, Manager, Physical Activity, Sport and Healthy Eating, VicHealth	We know that the way people want to be active is changing, and for some people, there has been a shift away from traditional club-based sport towards more flexible, social sporting activities. We have analysed the results from the last four years of VicHealth investment in sport and are now ready to share the findings and resources we have developed. In this presentation, I will focus on the six key principles coming out of the research to design, engage, communicate with and support less active Victorians to be more physically active.
	‘Life Café: A Move from knowing to doing to improve quality of life for older adults’	Ms Disha Doshi, Physical Activity Coordinator, Caulfield Community Health Service	As health and fitness professionals, we are frequently required to ‘give’ health messages. The Life Café model is a discussion group that provides a new environment and opportunity for like-minded participants to exchange experiences, thoughts and knowledge about a variety of health topics. Participants engage in meaningful conversations that act as catalyst for changing habits related to health and wellbeing. This new model facilitates shared learning, giving and receiving of health messages without sole responsibility on the health and fitness professionals.
	‘Social Prescribing in Practice: Implementation in the Australian Setting’	Ms Natalie Seed, Program Officer, Integration, North Western Melbourne PHN and Ms Meagan Chiuchiarelli, Manager, Health Promotion and Community Strengthening, IPC Health	Many patients present to GPs with a range of issues that are non-medical, but which impact their health and well-being. Social prescribing is an integrated care approach designed to complement traditional health care by providing social prescriptions to assist people to address these issues and build their capacity to self-manage. This presentation will provide an overview of the social prescribing model currently being implemented at IPC Health and insights into the implementation of the model, including working with GPs and allied health professionals to embed the model.

Room and Format	Title	Presenter/s	Synopsis
<b>Bourke Room 1 (Interactive session)</b>  (Maximum: 40 participants)	'Critical messages that motivate older people to Live Longer and Stronger'	Ms Michelle Wright, COTA Victoria  (Room Assistant: Chris Alexander)	Keep both your business <i>and</i> your clients living longer and living stronger! Byron Rivers once said, 'For effective communication think about how your speech is perceived rather than what you are actually saying.' This part theory/part practical session will give you take-home strategies of how to craft effective communication around strength training that resonates with your target audience.
<b>Bourke Room 2 (Interactive session)</b>  (Maximum: 40 participants)	'Personality and communication – Are you being heard?'	Ms Deborah Peppard, Director, HR staff n' stuff (HR company)  (Room assistant: Tom Dixon)	Different people need to hear information in different ways, based on their natural learning style and personality. Learn about the different ways people need to hear information and what's important to different personalities – and adapt accordingly!
<b>Bourke Room 3 (Interactive session)</b>  (Maximum: 40 participants)	'Avoiding the 'F word (FALLS)' when developing falls prevention and physical activity messages: A session of brainstorming and case studies'	Dr Darshini Ayton, Senior Research Fellow and Lecturer in the School of Public Health and Preventive Medicine and Ms Danielle Berkovic, PhD student, Monash University  (Room Assistant: Emma Cross)	Most older people do not know what is meant by the term 'falls prevention' and many believe that falls prevention is for other older people and not for them. If we want to engage older people in strength and balance exercises to reduce their risk of falls - we need to brainstorm person-centred, strength-based positive messages to encourage participation. In this session, we will use case studies and activities to come up with health messages to enhance participation and engagement.
<b>1:00pm</b>	<b>LUNCH</b> (information stalls involving Life Activities Clubs Victoria, Musculoskeletal Australia, COTA Victoria, Australian Camps, U3A Network Victoria, Centre for Culture, Ethnicity and Health)		

1:45pm	Concurrent sessions		
Room and Format	Title	Presenter/s	Synopsis
<b>Club Pavilion – Oral presentations + questions</b>  (Chair: Prof Ben Smith; Room Assistant: Emma Cross)	‘Feedback mechanisms and systems thinking to improve service delivery’	Mr Clint Wilkie, Team Leader Population Health, Caulfield Community Health Service	‘Receiving the message’ to improve service delivery is more than an annual questionnaire. Engaging our community is a dynamic evolving process that facilitates communication, interaction, involvement, and exchange between our organisation and all stakeholders.  Feedback mechanisms using systems thinking approaches are being used to shape future activities and programs to address the identified barriers to physical activity in our community.
	‘Activism, Action and Engagement – Ageing in Port Phillip’	Dr Jane Sims Older Persons Consultative Committee Deputy Chair, Mr Neville Aphoy Linking Neighbours Leadership Group, Sherridan Green Port Phillip Community Development & Liaison Officer, Laura Cattapan Coordinator Access and Inclusion	Port Phillip has a rich history of active and engaged older residents. Since 2000 Port Phillip City Council has had an Older Persons Consultative Committee (OPCC) who have advocated for Council to establish and deliver innovative and progressive Age Friendly events, activities and services. This has resulted in our city having a highly visible and engaged older community.  The session today will cover how through community leadership/activism and co-design practice, sustainable outcomes for the community have been developed and delivered. They include, a thriving U3A, a free accessible timetabled community bus service, an enviable Seniors Festival Program and our Linking Neighbours Program. We will also discuss our effective methods of communication and promotion that play a key role in our success.
<b>Bourke Room 1 (Interactive session)</b>  (Maximum: 40 participants)	‘Strategies to modify physical activity programs for older adults through communication’	Ms April Wilson, Inclusion Manager, Gymnastics Victoria; Ms Sue Westerway, Coach, Moving Monkeys Gymnastics Club; Mr Tom Dixon, Participation Strategy Manager, Vicsport	This session will involve a practical demonstration of how physical activity sessions can be modified for the needs of people with disability or medical conditions. Using gymnastics as the example, the session will introduce the TREE method (teaching style, rules, equipment and environment) of sport and recreation program modification.

Room and Format	Title	Presenter/s	Synopsis
<b>Bourke Room 2 (interactive session)</b>  (Maximum: 40 participants)	'Health literacy tips for effective communication'	Jolyon Burford, Trainer and Online Training Coordinator, Centre for Culture, Ethnicity and Health  (Room Assistant: Helen Parker)	Find out what the health literacy research tells us about effective communication. We'll look at guiding ideas at a theoretical level, briefly at what works in written communication and finally look at techniques at a spoken level.
<b>Bourke Room 3 (Interactive session)</b>  <b>REPEAT SESSION</b>  (Maximum: 40 participants)	'Avoiding the 'F word (FALLS)' when developing falls prevention and physical activity messages: A session of brainstorming and case studies'	Dr Darshini Ayton, Senior Research Fellow and Lecturer in the School of Public Health and Preventive Medicine and Ms Danielle Berkovic, PhD student, Monash University  (Room Assistant: Chris Alexander)	Most older people do not know what is meant by the term 'falls prevention' and many believe that falls prevention is for other older people and not for them. If we want to engage older people in strength and balance exercises to reduce their risk of falls - we need to brainstorm person-centred, strength-based positive messages to encourage participation. In this session, we will use case studies and activities to come up with health messages to enhance participation and engagement.
3:00pm	Forum feedback – Please complete the feedback form (at the back of your Forum program) and place in the 'feedback' boxes or give it to your final presenter or a staff member		
3:15pm	<b>FORUM CLOSE</b>		

