



**NZPOPs**  
NZ Psychologists of Older  
People



APS Psychology  
& Ageing  
Interest Group



AUT CENTRE FOR  
ACTIVE AGEING



# “Innovations and Advances in Ageing Well”

## Two Day Conference

Joint Conference of the NZ Psychologists of Older People  
and the Australian Psychological Society’s Psychology & Ageing Interest Group  
in partnership with the AUT Centre for Active Ageing

Friday 28–Saturday 29 June 2019  
Auckland University of Technology, Auckland

### CONFERENCE SCHEDULE

#### FRIDAY 28<sup>th</sup> June

- 8.15           **Registrations open**
- 9.00 – 9.30    Opening (Maori welcome and opening remarks by Nancy Pachana, President PAIG and Dionne Taylor, President NZPOPs)
- 9.30 – 10.30   **Keynote : Prof Gerard J Byrne**  
TRICK QUESTION: CAN SUICIDE BE PREVENTED? Risk Assessment and Mitigation in Older People
- 10.30 – 10.50   Factors influencing the self-management of depression in older adults (M Polacsek)
- 10.50 – 11.10   Developing a psycho-educational tool to address loneliness in older adults  
(K Harrington et al.)
- 11.10 – 11.40   **Morning tea**
11. 40 – 12. 00   Improving Psychological Treatment through Social Participation in Anxious and Depressed Older Adults (V Wuthrich et al.)
- 12.00 – 12.20   Can volunteers help older adults with depression and anxiety? (C Doyle & M Fearn)
- 12.20 - 12.30   Identifying and treating hearing loss for adults with dementia in care homes  
(A Bott et al.)
- 12.30 – 12.50   The Effect of Use of a Mindfulness Smartphone App on Psychological Wellbeing in Older and Younger Adults (D Townsend & C Doyle)
- 12.50- 1.00     Using smartphone apps to support Mindfulness practice with older adults (A Boston)
- 1.00 - 2.00     **Lunch**

- 2.00 – 3.00      **Keynote : Dr Duncan McKellar**  
 BUILDING TRUST AFTER BROKENNESS. The Oakden Persons’ Mental Health Service  
 Narrative from Failure to Reform
- 3.00 – 3.10      CBT and Dementia: A model of care delivery in residential aged care settings  
 (S Bahr et al.)
- 3.20 – 3.40      Consumer experience in residential aged care: What makes a difference?  
 (Y Wells & K Solly)
- 3.30 - 4.00      **Afternoon Tea**
- 4.00 – 4.20      What do we know about dementia in New Zealand? (S Yates & S Cullum)
- 4.20 – 4.30      Australian GP opinions regarding assessment of medical fitness to drive  
 (M Cooper & A Schulenberg)
- 4.30 – 4.50      Can you really assess driving with an app? (M Cooper & A Schulenberg)
- [4.50 – 5.30      **NZPOPS AGM** ]
- 6:30pm            **DINNER** (location to be advised; self-pay)

**SATURDAY 29<sup>th</sup> June**

- 8.30 – 9.30      **Keynote : Prof Nancy A Pachana**  
 AN EASY PILL TO SWALLOW. Creative Arts Engagement for Well-being in Later Life
- 9.30 – 9.50      The Meaning of Wisdom – An Australian Context (L Mitchell & N Pachana)
- 9.50 – 10.00     Re-Evaluating the Factor Structure of the Self-Assessed Wisdom Scale (T Leenan et al.)
- 10.00 – 10.20    Growing old in old age psychiatry (C Perkins)
- 10.20 – 10.30    Navigating an Ageing Workforce: the challenge and opportunity (S Cotton & R Palmer)
- 10.30 -11.00     Morning tea
- 11.00 – 11.20    Do no harm: Improving current usage of the MoCA in healthcare settings (H Paton)
- 11.20 – 11.40    Older Parents Caring for Adults with Intellectual Disability (S Wintherbotham et al.)
- 11.40 – 12.00    Caring for Carers: Framework, Economics and Outcomes (A Velnoweth & J Beresford)
- 12.20 - 1.00     Lunch
- 1.00 – 3.00      **WORKSHOP**  
**Prof Sara Honn Qualls**  
 INTERVENTIONS TO HELP CAREGIVERS AND THEIR FAMILIES
- 3.00 - 3.15      Closing remarks