

Acknowledgement of Country

Nairn Walker

The Power of Language and Communication

Returning by demand! Nairn is undoubtedly one of CCSA's most popular previous conference speakers. She is an Educator and Community Development Practitioner, having worked across Australia, NZ, the US and the UK with over one hundred thousand professionals to build optimal relationships and communications. She draws on the work of international specialists including Watkins' Support Group framework, Payne's understanding of economic diversity, de Vol's 'Bridges' insights and Professor Bernards' psychological expertise.

Entertainment Throughout The Day

MP Louise Miller Frost

Advocating to have political impact and meaningful impact on the ground

How to advocate to have political impact as well as meaningful impact for the communities you support on the ground? Louise knows this space well. As previously CEO of Vinnies, and of Catherine House, Louise has worked across the human services sector in areas grappling with persistent poverty and disadvantage. Now as a MP in Federal Government, Louise will share her deep insight into advocacy and impact.

Morning Tea

Anneke Fitzgerald

Intergenerational Connectivity

We all know of the beautiful ABC series bringing young children and older Australians together - Old People's Home for 4 Year Olds? Anneke's passion and research takes a deep dive into intergenerational connectedness. She is the Emeritus Professor of Health Services Management at Griffith University, and a national and international lead researcher on intergenerational practices, as well as the founder of the Australian Institute for Intergenerational practice (AIIP). With her team, she investigates the benefits of bringing societies oldest and youngest members together as part of the Integernational Care Project. With learnings about what works, what doesn't and why, Anneke's research is compelling for improving our collective experiences in navigating age friendly communities.

Belinda Curtis

Dementia Australia

Belinda with Dementia Australia brings together a number of their advocates to crack myths, highlight the tricks you can do individually and in your organisation to be Dementia Friendly, and voice the stories of life with Dementia. You'll discover the variety of experiences and complexities that come with Dementia. Moments of joy will also shine in these conversations because the advocates will highlight how small and big actions by community make big differences!

Mark Pearce

Volunteering at Every Life Stage

Mark Pearce, the CEO for Volunteering Australia will discuss the trends and strategic directions in volunteering, with a focus being on the benefits and potential for volunteering to be part of all of our lives, from youth to old age. How can we attract a variety of cohorts and ages to volunteer? What works? What are some take home lessons for our conference participants from the community services sector.

Lunch

Workshop: At The Grass Roots

Community Centres Around South Australia Share Their Insights

Ageing in your Community Centres and Neighbourhood Houses. Their learnings, lessons and shining moments in making projects and activities that respond to the community's experiences of ageing.

Workshop: Community Visitors Scheme**Sonja Williams, Lutheran Care**

Moving to aged care homes sometimes comes with the feelings of disconnection for new residents. Lutheran Care is taking action with their Community Visitors Scheme. A program that promotes links between people living in an aged care home or in their own homes and the wider community. They will discuss with us their method for recruiting, training and supporting volunteers. They'll also delve into the challenges and resolutions they have had with running the program, helping you to see how other organisations support volunteers and tackle loneliness.

Workshop: Lessons From Best Practice Co-Design**Stacey Thomas, Wyatt Trust**

Wyatt Trust have been creating a completely new grants program specifically for older women who are experiencing, or at risk of falling into, poverty. You'll hear about their process to making the grant with a special focus on responding to the research they gathered. Their research has involved about 20 interviews with older women around South Australia, sharing their stories, what kinds of support they have accessed and would like to access and what life looks like for them when everything is going well or not so well. You'll be inspired by Wyatt Trust's commitment to responding to the key issues the interviews identified and understand how they made it work.

Afternoon Tea**Panel: Innovations in Ageing Sector****Various Speakers including: Julianne Parkinson (CEO of Global Centre for Modern Ageing), Mel Lambert (Mindset for Life) and Edoardo Rosso**

Global Centre for Modern Ageing's Living Laboratory in Adelaide produces best-in-class research outcomes to help improve all of our lives as we age. With deep expertise in end-user experience research, Julianne's team brings fresh, evidence-based insights to the notion of "ageing well".

Mindset for Life responds 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. Mel's inclusive approach supports retirees through finding purpose, value and meaning through exploration of tools, tips and tactics with people from all walks of life as they navigate this phase.

Edoardo Rosso will unpack the ways our social infrastructure can enhance our ability to age well: continuing to feel socially connected, healthy and included. Using his experiences and research from University of Adelaide, Walking Football and ACH, he'll highlight how sport and age-friendly dining can improve people's lives.

Dr Dixon Chibanda**A Grandmother's Wisdom: Lessons From The Friendship Bench Zimbabwe**

Dixon is based in Zimbabwe where he is the Director of the African Mental Health Research Initiative (AMARI). His flagship "Friendship Benches" program has seen transformative changes around Zimbabwe through tapping into the wisdom and knowledge of grandmothers in addressing mental health. The Benches nurture community wellbeing through a cognitive behavioral therapy-based approach to kufungisisa, the local term for depression, literally translated into "thinking too much." It is this program that inspired SA's own Loneliness Warriors Program designed by CCSA. A TED Talk favourite, Dixon is known for thinking outside the box as he explores ways of helping people with conditions such as depression, PTSD and ADHD.

Conference Close