

You are cordially invited to:

Ageing Well:
Biological,
Psychological, and
Social Dimensions

This colloquium showcases the work of
CARE researchers and their colleagues,
and
celebrates the contributions of
Amanda Barusch,
on the occasion of her retirement.

Wednesday, 21 March
Colloquium: 10am to 4pm
Reception: 4pm to 6pm

Please RSVP to Helen O'Sullivan at 479-7951 or
helen.osullivan@otago.ac.nz

Dunedin Public Art Gallery

Ageing Well: Biological, Psychological, and Social Dimensions

Colloquium Programme (Tentative)

10:00 - 10:15 Welcome and coffee (Debra Waters and Hugh Campbell)

10:15 – 11:15 Research on Ageing Well

Yoram Barak (University of Otago) – Ageing Well with a Healthy Brain

Debra Waters & Stephen Chalcraft (University of Otago) – Ageing Well with Healthy Muscles and Bones

Rebecca Brookland (University of Otago) – Mobility as a Key to Ageing Well

Richard Egan (University of Otago) – Spirituality and Ageing Well: The Forgotten Factor

11:15 – 11:45 Focus Group Discussion “What is Ageing Well?”

11:45 – 12:45 Research on Ageing Well

Moana Theodore (University of Otago) – Ageing well in a Māori context

Myunik Panthi (University of Otago) – Is ageing well possible in residential care?

Rebecca Abey (University of Otago, Christchurch) – Combatting loneliness in residential care

Wendy Sweet (University of Waikato) – Personal trainers: A resource for ageing well?

12:45 - 1:30 Lunch & Networking (Catered by the Art Gallery)

1:30 - 2:00 Focus groups "Can we support Ageing Well?"

2:00 - 2:30 Focus groups report back

2:30 - 2:45 Tea Break (Catered by Art Gallery)

2:45 - 3:45 Ageing Ethics Debate (Facilitated by Stephanie Clare from Age Concern and Adrienne von Tunzelmann, AWNSC GG)

3:45 - 4:00 Wrap up "Where to from here?"

~ ~ ~ ~ ~

4:00-6:00 – Reception with Jazz, Nibbles & Drinks (Nathan Beck duo)

Sponsored by the Otago CARE Research Network and the Department of Sociology, Gender & Social Work.

**Please RSVP to Helen O’Sullivan at 479-7951 or
helen.osullivan@otago.ac.nz**