

and their family. This study aimed: (1) To develop an assessment, treatment and education program for staff in residential aged care facilities. This educational training is delivered by a psychologist or social worker. It is anticipated this process can be replicated and sustained across aged care services throughout Australia. The overarching aim is to implement and trial an educational and training package for staff in residential aged care facilities that replicates the study – *“Evaluation of a training program for aged care staff to improve the care of older people with depression – The beyondblue aged care depression training program”* conducted by Deakin University, School of Psychology, Victoria. (2) To ameliorate the psychological distress accompanying admission in aged residents and their family carers who have recently entered an aged care facility. Through selected, evidenced-based interventions for residents, which are: Consistency of staff, Resident’s Life Story, Regular Exercise – walking & talking program and support group for family carers. This paper will discuss the components of - the training program for staff, the residents’ interventions and the family carers support groups. Results showed that levels of staff knowledge and confidence in dealing with depression significantly increased pre and post training. Scores for the residents on the PAS, CSDD and the CMAI fell slightly between the first and the second interviews. GHQ 28 dropped by 15% for relatives, although results were not statistically significant. Resident’s responses to interventions: 30% reported that they found contact with their key-worker enjoyable, and 45% very enjoyable. Forty percent reported they found the life-story book preparation an enjoyable or very enjoyable experience, and 15% ‘sometimes enjoyable’. The exercise and conversation program was rated as enjoyable or very enjoyable by 50% of the residents interviewed.

Positive ageing: Resilience and Indigenous grandmothers raising grandchildren

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As psychologists, we have been encouraged to interact with Aboriginal and Torres Strait Islanders in a different way than other community members. Differences between communities are highlighted in order to outline the uniqueness of the Indigenous experience. While much can be learned from exploring uniqueness, it is important to recognise similarities between communities. Delineation and separateness between communities has resulted in some professionals experiencing apprehension when considering interacting with Aboriginal and Torres Strait Islanders. While differences are acknowledged, identifying similarities may enhance therapeutic alliance and thus health outcomes. Better health outcomes may also be produced by identifying similarities, as it may facilitate the use of current therapeutic tools. The current study uses a positive psychology framework in order to identify an individual’s strengths. The framework encourages the identification of strengths so that these may be amplified to enhance quality of life. This framework includes factors that encompass three themes: positive subjective experience, positive individual traits, and positive group level interaction. The design of the study included interviewing seven Aboriginal and/or Torres Strait Islander grandmothers in a parenting role. Grandmothers were interviewed in order to identify factors that affected their resilience. Analysis was conducted on qualitative interview data using a grounded theory method. Grandmothers described positive subject experience factors as acceptance of life situations, spiritual belief and cultural connections. Positive individual traits included self-reliance, and implementing problem-solving skills and flexibility of responses. Positive group level interactions included developing and maintaining social networks, maintaining traditional kinship structure, participating in traditional adoption and employment. Similarities in aspects of strength and resilience can be seen between the factors identified by the grandmothers and those of other community members. Understanding and working with these similarities may bring about a meaningful starting point to facilitate successful therapeutic interactions and alliances. As these older Indigenous women provide a link between generations through their connectedness to traditional knowledge and support mechanisms, supporting these women is crucial to the improvement of the health and well-being of the Indigenous community by the growing up of ‘healthier’ children.

A theoretical framework for modifying The Triple P-Positive Parenting Program to a grandparent population

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Grandparents are an important component of the family unit, and with increasing dual earner households, and the demand on child care services rising, the role that grandparents play within the family unit has increased significantly. Reflective of these trends, grandparents are now the biggest single providers of both formal and informal child care between birth and 12 years of age in Australia. As a result, there is a need for programs to be developed to assist grandparents with their role as care