



**A CLIMATE FOR
CHANGE IN
AGEING**
DIGITAL EVENT



Wednesday 18 November

	1	2	3	4	5	6	7	8
	Social Engagement and Wellness	Arts, Design, Innovation and Technology	Health and Medical	Policy, Advocacy, Planning and Change	Service Delivery, Workforce and Reform	Policy, Advocacy, Planning and Change	Health and Medical	Social Engagement and Wellness
Chair	Claire O'Connor	Danny Hills	Michael Tan	Suanne Lawrence	Kristiana Ludlow	Symposium	Symposium	Symposium
10.00am to 10.14am	240 Digital Wayfinding: Discovering Opportunities Online for People Living with Dementia to Engage in Participatory Arts Programs Mrs Azam Bazooband	117 'Co-design' with people living with dementia: How is the term being used? Ms Ellen Gaffy	272 Collecting, reporting and analysing CALD variables in dementia research Dr Samantha Croy	245 Estimating the monetary value of providing informal care to people with dementia that accounts for carers' negative and positive experiences Dr Lidia Engel	33 ElderPride: developing LGBTI inclusive practice through consumer engagement Ms Christine Morris	60 Rights for Life: Incorporating Ageing and the Law into the law curriculum to ensure access to justice for older people. Prof Eileen Webb 85 Strengthening the Evidence Base: Investigating the 'Essential Knowledge, Skills and Attributes of Elder Law Lawyers' Ms Christie Gardiner 72 Experiential Learning in Elder Law: Promoting the Rights and Dignity of Older People Assoc Prof Nola Ries 70 Embedding Elder Law: Could we do more to incorporate elder law into the existing curriculum? Ms Teresa Somes 61 Ageing and the Law education in Australia – Opportunities for a new and dynamic area of teaching, research, and practice. Prof Eileen Webb	299 How do we achieve safe and effective use of medicines in people living with dementia? Dr Emily Reeve 196 Caregivers' perspectives of medication management advice for people with dementia at hospital discharge Dr Mouna Sawan 190 Poisonings in people with dementia: findings from the NSW Poisons Information Centre Dr Edwin Tan 239 Unanswered questions about medicines in people living with dementia Dr Emily Reeve	133 Optimising Health and Wellbeing in Aged and Community Care during the COVID-19 Pandemic Prof Judy Lowthian 128 Addressing mental and social wellbeing during COVID-19: The HOW-R-U? program Elizabeth Robinson, Ms Laura Rouhan, Dr Marissa Dickins 131 Promoting Wellbeing through the Be Healthy & Active Program Ms Kerry Rendell 130 Innovation at a time of Physical and Social Distancing Assoc. Prof Liz Cyarto, Ms Georgina Johnstone, Dr Xanthe Golenko
10.15am to 10.29am	79 Virtual Reality in Residential Aged Care: depression, anxiety, apathy and agitation Ms Rachel Brimelow	187 Readiness to Adopt Health Smart Home Technology in Older Australians Dr Gordana Dermody	287 Predictors of avoidable hospitalisation in people living with dementia in Victoria Mr Kerry Hwang	338 Senior housing block as an environment supporting wellbeing in old age Dr Outi Jolanki	322 Barriers to effective pain management in residential aged care Ms Anabelle Peck, Dr Christa Dang			
10.30am to 10.44am	52 Virtual cycling tours and exercise for people with cognitive impairment Mr Nathan M D'Cunha	181 Understanding technology use for increasing independence in older autistic Australians: towards the co-design of a smart, assistive technology Dr Ye In (Jane) Hwang	341 Evaluation of an Aboriginal health practitioner led dementia prevention program Alex Lalovic, Ms Glennette Dowden	96 Indigenous Elders co-creating research on health meaning and wellbeing Mr Charles Waldegrave	335 Development of a Victorian Falls and Balance Service Directory Ms Amy Parker			
10.45am to 10.59am	290 What are the active ingredients of creative music-making for wellbeing impact in older people? Dr Helen English	38 Music technologies: Opportunities for social connection Dr Amanda Krause, Dr Jennifer MacRitchie	218 Dementia, cognitive impairment, and mortality: evidence from the ASPREE study Dr Xiaoping Lin	321 Information and Communication Technology in Aged Care: how is it shaping the workplace environment? Mrs Annissa Hansen	328 Staffing levels in residential aged care - how does Australia compare internationally? Ms Carol Loggie, Dr Conrad Kobel			
11.00am to 11.14am	Chair led discussion – all presenters	Chair led discussion – all presenters	Chair led discussion – all presenters	Chair led discussion – all presenters	Chair led discussion – all presenters			
11.15am to 11.29am	165 'Music, Mind, and Well-being': Music Intervention for Residents with Dementia Dr Mohammad Hamiduzzaman	178 Aboriginal and Torres Strait Islander Online Dementia Training Package Mrs Lauren Poulos, Ms Sharon Wall	311 Do age, frailty or dementia predict anti-hyperglycaemic treatment intensity in hospitalised older adults with type 2 diabetes complications? Mr Stephen Wood	216 Driving a regional partnership with Local Government to tackle Ageism Ms Sharon Porteous	175 Reducing missed oral healthcare in Geriatric Evaluation and Management units Dr Joanne Murray			

Music technologies: Opportunities for social connection

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Abstract:

Strategies to support psychosocial well-being in older adults are desperately needed. A developing body of research points to the relationship between continued engagement with the arts and maintaining mental health and quality of life (Wang, et al., 2020). Music is an effective, non-pharmacological tool with many social and emotional benefits particularly for older adults (Creech, et al., 2014), and technology is posited to play a role in making music interventions more accessible and cost-effective (Garrido, et al., 2018).

In addition to a brief overview of how musical engagement can support older Australians' psychosocial well-being, this presentation will discuss technologies for both consuming and making music. This will focus on recent empirical research findings comparing the impact and benefit of technology-driven music opportunities designed to promote social connection. Because technologies continue to develop, it is important to consider the underpinning principles corresponding to use and engagement. These principles can guide the purchase and implementation of these technologies in aged care. We will focus on fostering musical engagement through technologies for social connection and well-being. Through this lens, we will explore:

1. Technology Types – what equipment is needed, considering price, availability, and levels of user interaction?
2. Skills & Education – how to make use of existing staff and resident knowledge, and sourcing relevant education & training.
3. Flexibility & Accessibility – how easy is it to mould or modify music technology activities to residents' personal choices as well as their physical/ cognitive abilities?
4. Sustainability – what is reproducible and sustainable in the face of staff/resident changes? I.e. how to make sure the newly purchased technology doesn't end up in the cupboard?!

Addressing aspects of implementation relevant to practitioners creates the link between increasing awareness of the benefits of music consumption and creation and being able to translate these empirical research findings into everyday use.

References

- Creech, A., Hallam, S., McQueen, H., and Varvarigou, M. (2014). *Active ageing with music: Supporting well being in the Third and Fourth Ages*. London: IOE Press.
- Garrido, S., Dunne, L., Perz, J., Chang, E., and Stevens, C. J. (2018). The use of music in aged care facilities: A mixed-methods study. *Journal of Health Psychology*. <https://doi.org/10.1177/1359105318758861>
- Wang, S., Mak, H. W., and Fancourt, D. (2020). Arts, mental distress, mental health functioning & life satisfaction: Fixed-effects analyses of a nationally-representative panel study. *BMC Public Health*, 20(1), 1–9. <https://doi.org/10.1186/s12889-019-8109-y>

Presenter Biographies

Dr Amanda Krause is a Lecturer (Psychology) in the College of Healthcare Sciences at James Cook University. She is interested in the social and applied psychology of music, and her research examines everyday music interactions, with an emphasis on considering how everyday music experiences influence well-being. Her current research projects concern how everyday music and the radio influence older people's well-being.

Dr Jennifer MacRitchie is a Senior Research Fellow in Health and Wellbeing at Western Sydney University. With a background in engineering, music and cognitive science, her research examines how cognitive and motor skills are acquired through instrument learning. Current research projects include the design of new musical interfaces specifically for older adults, as well as discerning the cognitive, social and emotional benefits of learning to play a musical instrument in later adulthood.