



## Preliminary Program Information

*Subject to change. All digital session times listed are Australian Eastern Standard Daylight Savings Time. Fridays local hub meetings will run at each locations local*

*time.* **Day 2 - Thursday 11 November 2021**

**ONLINE**

12.45pm	178 A Longitudinal Study of the Prevalence and Predictors of Older Persons' Computer Use: ALSOP Cohort Ms Tara Johnson	8 People Living with Dementia and Redress of Structural Harms in Residential Aged Care Dr Linda Steele	65 In their own words: sexual health priorities of older Australians Mx Louise Bourchier	328 Sharing the experience of participating in a co-design project: a senior perspective Ms Sue Izatt	245 The impact of COVID-19 on LGBTIQ+ older people: concerns and improvements Prof. Mark Hughes	111 Playful Placemaking with Pets around a Pandemic: Socially engaging older pet owners towards game-changing dialogues Mr Jacob Sheahan Ms Natalie Davey	311 The future of work for older people: changing the game Ms Susan McGrath Dr Marlene Krasovitsky Dr Emma Dawson Mr Hunter Leonard Dr Natasha Ginnivan	235 Innovative Ways of Promoting Cognitive and Social Engagement for Older Adults: From Research to Practice  Using Elaborative Reminiscing to Support Memory and Relationships in Residential Aged Care  Dr Celia Harris
1.00pm	216 Development of an evidence-informed education program teaching older drivers to use advanced vehicle technology Mr Nicholas Neville	161 Discourses relating to people living with dementia, carers, and their socio-spatial rights. Ms Carmela Leone	92 Muscle Strengthening And Cardiovascular Fitness Activities For Poliomyelitis Survivors: A Systematic Review And Meta-Analysis Mr Michael Jackson	Opportunities for improvement of international public policy for falls prevention in the community setting - a content evaluation of policy documents Ms Aleksandra Natora	313 Online yoga for seniors during COVID19: adaptations made in the SAGE trial A/Prof. Anne Tiedemann	74 Emotions, singing, and well-being Dr Amanda Krause		Maintaining active minds and bodies through online music reproduction and improvisation classes  Anthony Chmiel
1.15pm	39 Connect Online-Supporting CHSP consumers engaging in Technology Mr Nathan Hall	133 Achieving active and equal co-design: Perspectives of people impacted by dementia Ms Ellen Gaffy	80 Sensory Impairment and Successful Ageing in Older Adults Over Five Years Prof. Bamini Gopinath	291 Reflections on Working and Walking Gently Together Ms Sharon Wall Mr Terrence Donovan	46 Physical activity during COVID19 - results from the ENJOY Seniors Exercise Park project Prof. Pazit Levinger	15 "Train Your Brain" for Cognitive Gain? A Systematic Review and Meta-Analysis of Commercial Brain-Training Programs Ms Lan Nguyen		211 Characterising older adult engagement during group technology-driven reminiscence therapy. Ms Madeleine Radnan
1.30 pm	220 Virtual visits: Reminiscence in residential aged care with digital mapping technologies Dr Steven Baker	53 Online Deliberative Democracy to develop recommendations for an approach to reporting missing persons with dementia Dr Margaret MacAndrew	327 By Your Side – Physiotherapist-led care worker-supported program to prevent falls Dr Willeke Walsh Dr Claudia Meyer	304 Realising research outcomes using PAR in the Art Centres: Supporting our Elders study Ms Paulene Mackell Ms Roslyn Malay	96 A mixed methods study on the impact of COVID-19 in older Australians during second lockdowns Dr Joyce Siette	187 Neighbourhood living for people with dementia: Could dementia villages be the answer? Dr Nathan D'Cunha		221 Listen N Talk: developing an app to promote intergenerational language learning Dr Mark Richards
1.45 pm	288 Ethics of using social robots in aged care facilities: care staff perspectives Mrs Shuai Yuan	281 Navigating systems of care: structural burden for carers of migrants with dementia A/Prof. Bianca Brijnath	138 Measuring incidence and risk of falls – be careful what and how you ask! Ms Susan Antcliff	162 "I'm extremely worried about the future": A qualitative analysis of older carers' anticipated care endings Dr Lukas Hofstaetter	140 2020: the year of living bravely Prof. Julie Byles	16 Wisdom Project Australia (WPA): An innovative wellbeing program Ms Gail Green		230 Can we enhance video calls between grandparents and young grandchildren?  Dr Celia Harris

## Emotions, singing, and well-being

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### Abstract

The work of emotion where music has been used for explicit well-being outcomes has been understudied. For example, the successful use of choral singing with marginalised groups is well established, but it has been most typically reported as means of providing opportunity for improved health particularly related to physical outcomes such as improved breath control or social activity. The work of emotion in expressing and managing feelings as well as expanding sense of self in relation to maintaining and expanding social relationships has been less investigated. By focusing on emotion, the current study purposefully aimed to expand the scope of the discourse and understanding of music's role in well-being outcomes for individuals, small groups and the broader community. Two case study choirs were explored: a same sex and gender diverse youth chorus and a community senior choir. Thematic analyses of these rich data revealed the importance of emotions as corporeal, relational, socio-political and performative experiences, and emphasised the centre role of emotions across different age groups and group contexts. The research highlights the need to consider the work of emotions in social group contexts and also the power of emotions when experienced in musical contexts in particular. The present results highlight the significant and central role of emotions in gaining at least some of the well-being benefits associated with singing. Drawing on the PERMA model of well-being as a lens to interpret the results, implications arise when considering how to design and facilitate group singing opportunities for older adults.

### Presenter biographies

Prof Jane Davidson is Head of Performing Arts at Faculty of Fine Arts and Music, University of Melbourne and current President of the Australian Music and Psychology Society. Her research interests embrace performance and expression, intercultural engagement and music for wellbeing outcomes, particularly related to older people. She was Editor of *Psychology of Music* (1997-2001), Vice-President of the European Society for the Cognitive Sciences of Music (2003-2006), President of the Musicological Society of Australia (2010-2011), and Deputy Director of the Australian Research Council Centre of Excellence for the History of Emotions (2011-2018).

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.