



The Royal
Australian &
New Zealand
College of
Psychiatrists



MEDIA ALERT

WHO: The Australian Psychological Society Psychology and Ageing Interest Group and The Royal Australian and New Zealand College of Psychiatrists Faculty of Old Age

WHAT: Combined 2009 Conference of the RANZCP Faculty of Psychiatry of Old Age and The APS Psychology and Ageing Interest Group

WHERE: Bond University, Gold Coast, Queensland

WHEN: Thursday 12th November to Saturday 14th November 2009

INTERVIEW OPPORTUNITIES: Presenters will be available for interview during conference breaks. Morning tea 10:00-10:30, Lunch 12:00pm-1:00pm, Afternoon tea 2:30-3:15pm

KEYNOTE SPEAKERS

Thursday 12th November 9.00-10.00am Dr Ken Laidlaw, University of Edinburgh, asks *Is it time for a specific theory of psychotherapy for older adults?*

10:30am-12:00pm

- Professor Osvaldo Almeida, University of Western Australia, *50 years of anti-depressants but are we any happier now?*
- Professor Nicola Lautenschlager, University of Melbourne, *A RCT of physical activity for the treatment of AD*
- Professor Elizabeth Beattie, Queensland University of Technology, *The latest data from an international wandering consortium.*

CONFERENCE HIGHLIGHTS

THURSDAY 12TH NOVEMBER

- **Dr Mark Bahr, Bond University, *The implications of decline in the ability to recognise faces as we age***
The ability to recognise emotion in faces declines as a person ages. The mechanism for this decline is not well understood and has not been verified in literature. This study finds that decline in the ability to recognise emotion on faces is likely attributed to declines in other cognitive systems. The ability (of lack thereof) to recognise emotion in faces may be useful as an indicator for diagnosing mild cognitive impairment.
- **Dr Richard Hicks, Bond University, *Well-being among retired individuals: Walking makes a difference***
Study looks at the impact of a walking program on the health, wellbeing, vitality and perception of mental health on sedentary older people.

-more-

- **Professor Wendy Moyle, Griffith University, *Older people maintaining psychological well-being: an appreciative inquiry study in four countries***
This study found that the key to maintaining psychological well-being in older age was related to older people keeping mentally active and their perceptions and reactions to their connection to community and relationships. The findings conclude that listening to older people will help to determine what help is needed and how healthcare and policy makers can assist.
- **Ms Meegan Kilcullen, James Cook University, *Positive ageing: Resilience and Indigenous grandmothers raising grandchildren***
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 and the development of healthier children.
- **Associate Professor Karen Sullivan, Queensland University of Technology, *Can we change stroke survivors' beliefs about exercise to reduce stroke risk?***
Exercise is known to significantly reduce stroke risk but some older adults have misconceptions about exercise and stroke risk. This study shows it is possible to change perceptions about stroke risk and exercise through a structured intervention program.
- **Professor Edward Helmes, James Cook University, *Depression and dementia in rural general practice: A preliminary view of knowledge among general practitioners***
General practitioners provide the most common access point for psychological services for older adults. This preliminary study identifies gaps in knowledge among GPs in northern Queensland with regard to differentiating depression from dementia in older adults.

FRIDAY 13TH NOVEMBER

- **Dr Nadeeka Dissanayaka, University of Queensland, *Risk factors for depression in Parkinson's Disease***
Depression is a common non-motor symptom of Parkinson's disease (PD) which has a major detrimental effect on patients' quality of life. Overlap of symptoms between depression and PD complicates identification of depression. This study investigates whether depression in PD is a response to the manifold life stressors associated with the diagnosis of a chronic disabling condition or an organic neuropsychiatric consequence of the PD disease process.
- **Ann Boston, Massey University New Zealand, *Health anxiety among older people: an exploratory study of health anxiety and safety behaviours in older adults in New Zealand***
There is a pervasive stereotype that characterises older people as excessively anxious about their health; however there is little research into this phenomenon. This study explores whether older adults are unduly health anxious, which demographic and health factors contribute to health anxiety and whether an aspect of the cognitive behavioural model of health anxiety is applicable to older adults.
- **Donna Pinsker, University of Queensland, *Financial exploitation in older adults: Social vulnerability, gullibility and credulity***
Exploitation of older people can result in devastating emotional and financial consequences. Early identification of older adults vulnerable to exploitation is critical for ensuring a balance between autonomy and safety in later life. A personal characteristic which can contribute to exploitation is tendency towards credulity and gullibility. Yet these attributes are not directly addressed by any of the extant screening instruments. The findings indicate that credulity and gullibility are important latent dimensions underlying exploitative vulnerability.
- **Mr James Kirby, University of Queensland, *A theoretical framework for modifying The Triple P-Positive Parenting Program to a grandparent population***
The role that grandparents play within the family unit has increased significantly. Grandparents are now the biggest providers of both formal and informal child care between birth and 12 years of age in Australia. Therefore there is a need for programs to be developed to assist grandparents in their role as care providers for their grandchildren.

For media enquiries please contact:

Karen Coghlan
Senior Media Coordinator
Australian Psychological Society
T: 03 8662 6638 | M: 0414 740 891
www.psychology.org.au

Kirrily Johns
Communications Coordinator
The Royal Australian and New Zealand College of Psychiatrists
P: 03 9601 4960
M: 0438 063 618
www.ranzcp.org