



3RD INTERNATIONAL CONFERENCE ON
**HEALTHY AGEING
AND LONGEVITY**
Melbourne | October 13th 14th 15th
Convention Centre | Australia 2006

Co-sponsored by the World Health Organization (WHO)

Programme developed by the International Research Centre for Healthy Ageing and Longevity (IRCHAL)

Endorsed by United Nations Focal Point on Ageing and the Australian Federal Government

Proudly supported by the State Government of Victoria

PRELIMINARY PROGRAMME

Friday 13th October 2006

8:00 *Registration Desk Open*

8:45 Opening Ceremony

Traditional Aboriginal Ceremonial Song and Dance Performance

9:00 Welcoming Remarks:

1. Representative of the International Research Centre for Healthy Ageing and Longevity (IRCHAL):

Prof. John McCallum, Deputy Vice-Chancellor and Director TAFE, Victoria University, Melbourne, Australia.

1. Representative of the World Health Organization (WHO):

Dr. Alexandre Kalache, WHO Ageing and Life Course Programme, Geneva, Switzerland.

2. Representative of the Victorian Government (Host State)

The Hon. Gavin Jennings, Minister for Aged Care, State Government of Victoria, Melbourne, Australia.

3. Representative of the Australian Government (Host Country):

Senator the Hon. Santo Santoro, Federal Minister for Ageing (officially representing the Prime Minister of Australia).

10:00 Keynote Introduction to Conference

Prof. Suresh Rattan, Danish Centre for Molecular Gerontology, University of Aarhus, Denmark.

10:30 *Tea Break*

11:00 Concurrent Symposia: (Choose ‘a’, ‘b’, ‘c’ or ‘d’)

a) **“Basic Science and Mechanisms of Ageing and Longevity - Part 1”**

Chair: Prof. Leonard Hayflick, Professor of Anatomy, University of California, San Francisco, USA.

1. *Mechanisms of Accumulation of Oxidised Proteins in Ageing Cells*
Ms. Nae Shiozawa, The Heart Research Institute, Camperdown Sydney, NSW, Australia.
2. *Small Natural Variation in Mitochondrially-Encoded Proteins Causes Large Effects on Lifespan*
David J. Clancy, School of Biological Sciences, Monash University, Clayton, Victoria, Australia.
3. *Comparative Analysis of Mitochondrial Genotype and Ageing*
Prof. J. William O. Ballard, University of New South Wales, Sydney, Australia.
4. *Modulation of T Cell Receptor and Cytokine Receptors Signalling with Aging in T Cells*
Prof. Tamas Fulop, Research Center on Aging and Immunology Graduate Program, University of Sherbrooke, Qc, Canada.
5. *Silencing Transcription Factor Ets-2 Inhibits Telomerase Activity and Cell Survival*
Ms. Julie Dwyer, Molecular Signalling Laboratory, Department of Immunology, Monash University, Prahran, VIC, Australia.
6. *Smad3 Mediates TGF- β Inhibition of Telomerase Activity in Cancer Cells*
Dr. He Li, Dept of Immunology, Monash University, Prahran, VIC, Australia.

b) **“Health and Wellbeing in Older Age”**

Chair: Prof. Helen Bartlett, Australasian Centre on Ageing, University of Queensland, Australia.

1. *Beyond 2000: Elder Ready Communities*
Dr. Rosemarie Lamm, Director, Rath Senior Connections and Education Center, University of South Florida, USA.
2. *Managing the Development and Implementation of Community Programmes for Older People to Ensure that they will Improve Well-Being and Health*
Mr. Stephen Jacobs, School of Medicine, University of Auckland, New Zealand.
Ms. Shereen Moloney, Capital and Coast District Health Board, Wellington, New Zealand
3. *Food in Later Life (SENIOR FOOD-QOL): Choosing foods, eating meals and sustaining independence and quality of life*
Dr. Wendy Hunter, Deakin University, Melbourne, Australia.
4. *Preparing for a Healthy Ageing Population: Affordable Housing*
Prof. Colleen Cartwright, Aged Services Learning and Research Collaboration (ASLaRC), Southern Cross University, Coffs Harbour, Australia.
5. *Senior Cooperative Housing: An Emerging Housing Option for Older Adults in Rural Communities to Age in Place*
Dr. Jill Eversole Nolan, Associate Chair, The Ohio State University, USA.
6. *Healthy Ageing through Safe and Effective Medication Management*
Ms. Suzanne Williams, Medication Management and Healthy Ageing Programs Leader, COTA (NSW), Sydney, Australia.
7. *Panel Discussion*

c) **“Challenges for ageing individuals, families, communities and societies that require informed and evidence-based policy responses”**

Chair: Prof Susan Dann, Head of Research, National Seniors Productive Ageing Centre, Brisbane, Australia.

1. *Global Hype or Hope?: Why Quali-Quantitative Analysis (QQA) could revolutionise Healthy Ageing Research, Policy, and Practice*
Dr. Erica Bell, University of Tasmania, Hobart, Australia.
2. *Involving Clients and Carers as Equal Partners in a project using electronic communication*
Sue M. Ashby, School of Nursing & Midwifery, Keele University, UK.
3. *Racism, Sexism and now Ageism - Involving the aged in research into ageing.*
Audrey Guy, NATSEM, University of Canberra, ACT, Australia.
4. *Debating the Influence of Denial in Research and its Impact on Healthy Ageing*
Dr. Kay Price, University of South Australia, Adelaide, South Australia.
5. *The Challenge for Clinicians – A just world through Acknowledgement and Two-way Communication*
Beryl Shaw. Published author, public speaker, educator of health professionals and the general public; in private practice – Another Life Services, Carnegie, Australia.
6. *Panel Discussion*

d) **“Depression and Dementia – Current Knowledge”**

Chair: Prof. Graham Burrows, Chair, Mental Health Foundation of Australia. Professor of Psychiatry, Austin Health, Heidelberg, Australia.

1. *Depression and Dementia – Current Knowledge*
Prof. Graham Burrows, Professor of Psychiatry, Austin Health, Heidelberg, Australia.
2. *Impact on Dementia: Mind your Mind*
Lynette Moore, Alzheimer’s Australia Vic, Melbourne, Australia.
3. *Normal Ageing, Dementia, and Working Memory Capacity*
Dr. Geoffrey A. Fox, Private Practitioner, Pt Macquarie, NSW, Australia.
4. *Patients with Dementia and Their Carers*
Dr. Charles Bridges-Webb, RACGP NSW Projects, Research and Development Unit, Australia.
5. *Dementia in Primary Care: The First Survey of Irish General Practitioners*
Suzanne M Cahill, Dementia Services Information and Development Centre, St James Hospital & Trinity College, Dublin, Ireland.
6. *Do the Neighbours Know Yet? Dealing with the Diagnosis of Dementia in a Rural Community.*
Debbie Clatworthy, School of Nursing and Health Science, Charles Sturt University, Bathurst, NSW, Australia.
7. *Panel Discussion*

12:30 *Lunch Break*

2:00 Concurrent Symposia: (Choose ‘a’, ‘b’, ‘c’, ‘d’ or ‘e’)

a) “Basic Science and Mechanisms of Ageing and Longevity - Part 2”

Chair: Prof. Brian F.C. Clark, Department of Molecular Biology, University of Aarhus, Denmark.

1. *Oestrogen-Deficiency may contribute to Ageing of the Adrenal Gland in Mice*
Sharyn Bayne, Department of Immunology, Monash University, Prahran, VIC, Australia.
2. *Autophagy is involved in the Anti-Ageing Mechanism of Caloric Restriction*
Prof. Ettore Bergamini, University of Pisa, Italy.
3. *Intermittent dietary restriction as a practical ageing intervention*
Prof. Gurcharan Kaur; Department of Biotechnology, Guru Nanak Dev University, India.
4. *Old Age is Associated with Hepatocyte Hypoxia*
Dr. Rajkumar Cheluvappa, Centre for Education and Research on Ageing (CERA) and ANZAC Research Institute, University of Sydney, Australia.
5. *Calorie Restriction Prevents Age-Related Changes in the Liver Sinusoidal Endothelium*
Dr. Hamish A Jamieson, Centre for Education and Research on Ageing (CERA) and ANZAC Research Institute, University of Sydney, Australia.
6. *The Liver Sinusoid and Ageing: Implications for Age-Related Vascular Disease*
Prof. David Le Couteur, Director of CERA and Professor of Geriatric Medicine, University of Sydney, Australia.

b) “Biological Predictors of Healthy Ageing and Longevity”

Chair: Dr. Bruce Carnes, University of Oklahoma Health Sciences Center, Oklahoma, USA.

1. *Gene Expression Profiles Predicting Life Expectancy in Humans*
Dr. Richard A. Kerber, Department of Oncological Sciences, University of Utah, Salt Lake City, USA.
2. *A Possible Explanation for the Longer Lifespan of Human Females in Comparison to Males*
Dr. Robin Holliday, Australian Academy of Science, Canberra, Australia.
3. *How do Interspecies Comparisons Contribute to Advances in Knowledge about Ageing?*
Dr. Bruce Carnes, University of Oklahoma Health Sciences Center, Oklahoma, USA.
4. *Panel Discussion*

c) “Changing Trends in the Quest for Healthy Ageing and Longevity”

Chair: Prof. S. Jay Olshansky, University of Illinois at Chicago, USA.

1. *Attitudes and Beliefs about Human Life Extension*
Dr. Nathan Kogan, Matthew Porter, Jennifer Tucker, New School for Social Research, Psychology Department, New York, USA.
2. *Who Wants to Live Forever? Community attitudes to life extension*
Dr. Mair Underwood, Australasian Centre on Ageing, the University of Queensland, Brisbane, Qld, Australia.
3. *Usage of Complementary and Alternative Medicine by Elderly Australians: A National Population-Based Study in 2005*
Lin Zhang, Division of Chinese Medicine, School of Health Sciences, World Health Organization Collaborating Centre for Traditional Medicine, RMIT University, Melbourne, Australia.
4. *Anti-Ageing Medicine in Australia and Global Trends to Redefine Ageing*
Beatriz Cardona, Centre for Cultural Research, University of Western Sydney, NSW, Australia.
5. *Panel Discussion*

d) “Promoting Balance and Preventing Falls in an Ageing Population”

Chair:

1. *Healthy Ageing, Healthy Hips: Does Healthy Ageing Protect Against Hip Fracture?*
Dr. Nancye M. Peel, Australasian Centre on Ageing and the Centre of National Research on Disability and Rehabilitation Medicine, The University of Queensland, Australia.
2. *What distinguishes women aged 40-80 years who have stable balance from those who are unsteady or unstable? An argument for using simple early screening tools.*
Nancy L. Low Choy, The University of Queensland, Australia.
3. *Building an Infrastructure to Prevent Falls in California: The Fall Prevention Center of Excellence.*
Dr. Debra J. Rose, Center for Successful Aging, California State University, Fullerton, USA.
4. *Panel Discussion*

e) HEALTHCARE PRACTITIONER WORKSHOPS (45-minutes each):

1. *Are We Adding to the Problem? Health Care and Age*
Beryl Shaw. Published author, public speaker, educator of health professionals and the general public; in private practice – Another Life Services, Carnegie, Australia.
2. *The Process and Skills Required in the Detection, Diagnosis and Support for Dementia Patients and Their Families.*
Mr. Hugh H. Woolford, Q-Health’s Aged Care Health Services, Far North Queensland, Australia.

3:30 ALL DELEGATES: Move to Main Auditorium

3:40 Keynote Presentation:

TBA

4:10 Poster Viewing with Refreshments – Posters of Ageing Research from 20 countries

A dynamic interactive session with visual presentations on display providing a fruitful exchange of ideas between poster presenters, conference delegates and speakers. All conference participants are encouraged to attend the poster session and interact with the poster presenters.

5:30 *End of Day’s Programme*

6:30 Gala Dinner at the National Gallery of Victoria

Pre-dinner drinks, 3-course meal and drinks

Guest Speaker

Entertainment by Australia’s most exciting Female Jazz Singer and Jazz Band *Don’t miss this remarkable networking function!*

10:30 *Close of Day*

Saturday 14th October 2006

9:00 Concurrent Symposia: (Choose 'a', 'b', 'c' or 'd')

a) "Hormone and Metabolic Interventions in Ageing – Part 1"

Chairs: Dr. Reubin Andres, M.D., Clinical Director, National Institute on Aging, USA.

Dr. S. Mitchell Harman, M.D, Ph.D. Director & President, Kronos Longevity Research Institute, USA.

1. *Testosterone - Beneficial Effects in Hypogonadism and Ageing*
Dr. Shalender Bhasin, M.D., Boston University School of Medicine, USA.
2. *Testosterone- A Sceptical Look at the "Andropause"*
Dr. David Handelsman, M.D., ANZAC Research Institute, University of Sydney, Australia.
3. *Metabolism, the Metabolic Syndrome, and Ageing*
Dr. Reubin Andres, M.D., Clinical Director, National Institute on Aging, USA.
4. *Panel Discussion*

b) "Sustaining Optimal Ageing: Inner Strength and Mutual Support"

Chair: Prof. Julie E. Byles, Director, Research Centre for Gender, Health and Ageing, The University of Newcastle, NSW, Australia.

1. *The Relationship between Psychological Strengths and Health and Quality of Life of People Over 65 Years Living in the Community with Low Level Support Services.*
Ms. Coralie J. Graham, University of Southern Queensland, Toowoomba, Australia.
2. *Health Status and Social Support among Older Adults in Sri Lanka*
Ms. Angelique Chan, National University of Singapore, Singapore.
3. *Older Women Living Alone and Their Perceptions of Health-Supporting Neighbourhoods: Stories from the western and eastern suburbs of Adelaide*
Dr. Ruth B. Walker, School of Population Health and Clinical Practice, University of Adelaide, South Australia.
4. *Successful Ageing in Health Care Institutions*
Ms. Pamela L. Ramage-Morin, Statistics Canada, Ottawa, Ontario, Canada.
5. *'Grey Nomads' in Australia: are they a good model for successful ageing and health?*
Dr. Paul F Higgs, University College London, London, UK.
6. *Panel Discussion*

c) **“The New Caring: Financial and asset management, and substitute decision making by and for older people”**

Chair: Prof. Linda S Rosenman, School of Social Work and Social Policy, The University of Queensland, Brisbane, Australia.

1. *Families, Asset Management and Care giving: Developing issues in policy, research and practice*
Dr. Cheryl Tilse, School of Social Work and Social Policy, The University of Queensland, Brisbane, Australia.
2. *Financial abuse, fraud and mismanagement of older peoples assets: Professional decision making about identification and intervention*
A/Prof. Jill Wilson, School of Social Work and Social Policy, The University of Queensland, Brisbane, Qld, Australia.
3. *Engaging the community in detecting and preventing financial abuse and mismanagement of elder's assets: from research into action*
Dr. Deborah Setterlund and Ms. Jennifer Peut, School of Social Work and Social Policy, The University of Queensland, Brisbane, Qld, Australia.
4. *Dementia, cognitive impairment and financial decision making: A view from Ireland*
Dr. Suzanne Cahill, Dementia Services Information & Development Centre, St James Hospital, Department of Social Studies, Trinity College Dublin, Ireland.
5. *Putting the Powers in Place: Who Would You Appoint to Make Decisions for You as Your Frailty Increases and Decision-Making Capacity Decreases?*
Margaret Brown, Hawke Research Institute, University of South Australia, Adelaide, South Australia, Australia.
6. *Panel Discussion*

d) **“Population Ageing in Developing Countries”**

Chair: Dr. Alexandre Kalache, Coordinator, Ageing and Life Course Programme, World Health Organization, Geneva, Switzerland.

1. *Disability and Longevity in India*
Dr. Shanthi Johnson, Acadia University, Wolfville, Canada.
2. *The Emerging Issues of Population Ageing and Policy Interventions in Bangladesh*
Assis. Prof. Mehedi Hasan Khan, Department of Population Sciences, University of Dhaka, Bangladesh.
3. *Ageing Women in China*
Dr. Xiaoying Zheng, Institute of Population Research/WHO Collaborating Center, Peking University, Beijing, China.
4. *The Development of Ageing Policy in Singapore: a Case Study on Dementia Care*
Mengjun Zhu, University of Sydney, NSW, Australia
5. *Lifestyle of the Elderly in Rural and Urban Malaysia*
Dr. Doris Padmini Selvaratnam, Faculty of Economics and Business, Universiti Kebangsaan, Malaysia.
6. *Quality of life for frail older persons living in Taichung, Taiwan*
Yi-Chen Lin, School of Nursing and Midwifery, La Trobe University, Melbourne, Australia & Department of Nursing, Central Taiwan University of Science & Technology, Taichung, Taiwan.
7. *Panel Discussion*

10:30 Morning Tea

11:00 Concurrent Symposia

a) “Hormone and Metabolic Interventions in Ageing – Part 2”

Chairs: Dr. Reubin Andres, M.D., Clinical Director, National Institute on Aging, USA.

Dr. S. Mitchell Harman, M.D, Ph.D. Director & President, Kronos Longevity Research Institute, USA.

1. *Oestrogens, Heart Disease, and the Menopause*
Dr. S. Mitchell Harman, M.D, Ph.D. Director & President, Kronos Longevity Research Institute, USA.
2. *Growth Hormone, Benefits and Risks in Ageing Patients*
Dr. Fred Sattler, University of Southern California Medical Center, USA.
3. *What is Optimal? - Effects of Nutrition and Exercise on Metabolism and Health*
Dr. Chris Heward, Kronos Science Laboratories, USA.
4. *Panel Discussion*

b) “Healthy Longevity – Lessons learned from the World’s Longest-Lived People”

Chair: Prof. John McCallum, Deputy Vice-Chancellor and Director TAFE, Victoria University, Melbourne, Australia.

1. *Investigating the World’s Longest-Lived People: An Update from the Okinawa Centenarian Study*
Dr. Craig Willcox, Assistant Professor at Okinawa Prefectural University--College of Nursing, Japan and Co-Principal Investigator of the Okinawa Centenarian Study.
2. *Novel Predictors of Healthy Ageing from Prospective Studies of the World’s Longest-Lived People*
Dr. Brad Willcox, Pacific Health Research Institute and the University of Hawaii, Honolulu, Hawaii, USA.
3. *Healthy Longevity of Greek Centenarians: A quantitative and qualitative exploration of exceptional longevity*
Prof. Christina Darviri, Technological Educational Institute of Athens, Athens Greece.
4. *Panel Discussion*

c) “Baby-Boomer Work Force Participation”

Chair:

1. *Will You Still Need Me, Will You Still Feed Me, When I’m 64? Reconceptualising retirement*
Prof. Margaret Steinberg, Centre of Philanthropy and Non-Profit Studies, Queensland University of Technology, Brisbane, Australia.
2. *Are We Getting Healthier As We Grow Older? Implications for baby boomer labour force participation.*
A/Prof. Deborah J Schofield, Northern Rivers University Department of Rural Health, School of Public Health, University of Sydney, NSW, Australia.
3. *The Contribution of Pharmaceuticals to Workforce Participation, Workforce Participation, Workforce Productivity and Healthy Ageing: New Empirical Data and Health Policy Reform*
Dr. Paul Gross, Health Group Strategies, Dee Why, NSW, Australia.
4. *Retirement, Updating Knowledge and Reinsertion into the Labour Market – Attitudes of older workers in Rio de Janeiro*
Dr. Lucia Franca, The University of Auckland, New Zealand, and The Open University for Studies on the Elderly (UnATI) of the Rio de Janeiro State University (UERJ), Brazil.
5. *Panel Discussion*

d) “Natural Approaches to Age-Associated Disorders”

Chair:

1. *Natural Approaches to the Management of Menopause*
Dr. Vicki Kotsirilos, General Practitioner, Clayton, Victoria. Chair, Royal Australian College of General Practitioners (RACGP)-AIMA working party.
2. *Hyperglycaemia-induced Oxidative Stress: A targeted clinical strategy to minimise complications*
Christine Houghton, Regensis Consulting, Cleveland, QLD, Australia.
3. *Does Bacopa monnieri Improve Cognitive Function in Older Australians?*
Annette Morgan, Department of Natural and Complementary Medicine, Southern Cross University, Lismore, NSW, Australia.
4. *Quasi-Permanent Brain Lesions in Ageing – The Polynya Concept*
Dr. R. Frank Gorman, Practising Medical Practitioner, Marrickville, NSW, Australia.

12:30 Lunch Break

2:00 Concurrent Symposia: (Choose ‘a’, ‘b’, ‘c’ or ‘d’)

a) “Frontiers of Knowledge in Biogerontology”

Chair: Prof. Suresh Rattan, Danish Centre for Molecular Gerontology, University of Aarhus, Denmark.

1. *Hormesis: Biomedical Benefits of Episodic Mild Stress*
Prof. Suresh Rattan, Danish Centre for Molecular Gerontology, University of Aarhus, Denmark.
2. *Human Immunosenescence: An infectious disease?*
Prof. Graham Pawelec, Center for Medical Research, University of Tübingen, Tübingen, Germany.
3. *Resveratrol Induces Expression of Genes Beneficial to Health of Mortal Human Fibroblasts in Culture*
Prof. Brian J. Morris, University of Sydney, Australia.
4. *Mortalin for Management of Cancers and Healthy Ageing*
Dr. Renu Wadhwa and Dr. Sunil C. Kaul, National Institute of Advanced Industrial Science & Technology (AIST), Tsukuba, Japan.
5. *Panel Discussion*

b) “Wellbeing, Retirement Planning and Expectations of the Baby-Boomer Generation”

Chair: Prof. Hal Kendig, Research Professor of Ageing and Health, Faculty of Health Sciences, University of Sydney, NSW, Australia. National Convenor, ARC/NHMRC Research Network in Ageing Well.

1. *Retirement Planning and Expectations of Baby-Boomers - are they ready?*
Dr. Wendy Hunter, School of Exercise and Nutrition Sciences, Deakin University, Burwood, VIC, Australia.
2. *Expectations, Intergenerational Obligations and Constraints of the Baby Boomer Generation in Providing for Old Age*
Prof. Linda Rosenman, School of Social Work and Social Policy, The University of Queensland, Australia.
3. *Independence, Wellbeing and Social Participation in an Ageing Population*
Dr. Fiona Alpass, School of Psychology, Massey University, Palmerston North New Zealand.
4. *Psychosocial Wellbeing Predictors of Successful Ageing of Australian Baby Boom Career Women: Preliminary Findings from the Far North Queensland Focus Groups*
Ms. Lyn Courtney, James Cook University, Cairns, QLD, Australia.
5. *Active Leisure Lifestyles as a factor in Mental Health, Well-being and Health Related Quality of Life of Older Individuals*
Ms. Elisabeth Lord, School of Tourism and Leisure Management, University of Queensland, USA.
6. *Panel Discussion*

c) **“Quality of Care and Quality of Life for the Elderly – Part 1”**

Chair: TBA

1. *The Elderly in a Period of Transition: Health, Personality and Psychosocial Aspects of Adaptation*
Dr. Ignat C. Petrov, Clinical Centre of Endocrinology and Gerontology, Faculty of Medicine, Medical University of Sofia, Bulgaria
2. *Living Until You Die – Quality of care and quality of life in palliative and dementia care*
Prof. Neil Small, School of Health Studies, University of Bradford, UK.
3. *Lost in Transition: Adverse Events in Elderly Patients*
Ms. Martha Mansah, University of Western Sydney, Australia.
4. *Healthy Ageing for Caregivers: What are their needs?*
A/Prof. Tina Wu, Department of Social Work, Shih-Chien University, Taipei, Taiwan.
5. *How Do We Prevent The Phenomenon of the Nineties Becoming the Uncontrolled Crime Of The 21st Century?*
Mr. Wayne Fielding, Australian Representative, International Network for the Prevention of Elder Abuse (INPEA), Melbourne, Australia.
6. *Panel Discussion*

d) **HEALTHCARE PRACTITIONER WORKSHOP:**

“Evidence-Based Medicine in Older People”

Workshop instructors:

1. Prof. David Le Couteur, Director of CERA and Professor of Geriatric Medicine, University of Sydney, Australia.
2. Prof. Rhonda Nay, Director, Gerontic Nursing Clinical School and ACEBAC, La Trobe University, Australia.
3. Prof. Leon Flicker, Professor of Geriatric Medicine, University of Western Australia and Royal Perth Hospital, Perth, Australia.

3:30 *Afternoon Tea*

4:00 Plenary Panel Discussion

Discussion of Issues Raised in Sessions of the Day and Future Directions for Research, Policy and Practice

Participants: Session Chairs from the day’s programme

5:30 *Close of Day*

Sunday 15th October 2006

9:00 Concurrent Symposia: (Choose 'a', 'b', 'c' or 'd')

a) "Nutritional Interventions in Ageing and Age-Associated Disease: Part 1 (Diet)"

Chairs: Dr. James Joseph, JM-USDA Human Nutrition Research Center on Aging, Tufts University, USA.

Dr. Donald Ingram, Laboratory of Experimental Gerontology, National Institute on Aging, National Institutes of Health, USA.

1. *Introduction*

Dr. James Joseph and Dr. Don Ingram

2. *Studies of the effects of High Fat Diets on Cognitive Function*

Dr. Carol Greenwood, Rotman Research Institute, Baycrest Centre for Geriatric Care, Toronto, Canada.

3. *From Beans to Berries and Beyond*

Dr. Mary Ann Lila, University of Illinois, USA.

4. *The Role of Energy Intake in Age-Related Disease Onset*

Dr. Arthur V. Everitt, Centre for Education and Research on Ageing (CERA), Concord Hospital, and School of Medical Sciences, University of Sydney, Australia.

5. *Panel Discussion*

Moderator: Dr. George Roth, Senior Guest Scientist, National Institute on Aging, USA.

b) "Psychosocial Predictors of Healthy Ageing and Longevity – Lessons learned from Longitudinal Studies"

Chair: Prof. Colette Browning, Professor of Healthy Ageing, Monash University, Australia.

Convenor, Healthy Ageing Theme, ARC/NHMRC Research Network in Ageing Well.

1. *Lifestyle Factors for Dementia: The Dubbo Study Additions to the Picture* Prof. John McCallum, Deputy Vice-Chancellor and Director TAFE, Victoria University, Melbourne, Australia. *Fit and*

2. *Well at 80: Defying the stereotypes of age and illness*

Prof. Julie E. Byles, Director, Centre for Research and Education in Ageing (CREA), The University of Newcastle, NSW, Australia.

3. *Healthy Ageing for People with Disability*

Dr. Susan M. Allen, Brown University, Providence, Rhode Island, USA.

4. *The Will to Live and Survival at Old Age: Gender Differences*

Prof. Sara Carmel, The Center for Multidisciplinary Research in Aging, Faculty of Health Sciences, Ben-Gurion University of the Negev, Israel.

5. *Perceptions of Age and Ageing, Experiences of Ageing and Health: Do positive thinking about ageing and positive ageing experience relate to better health?*

Dr. Panayotes Demakakos, Department of Epidemiology & Public Health, University College London (UCL), London, UK.

6. *Panel Discussion*

c) **“Respecting the Elders in our Care”**

Chair:

1. *“It Takes a Village to Make a World” - Restoring the Environment of Respect for Older People: The Role of Peak Bodies*
Gayle Richards, National Policy Executive, COTA Over 50s, Sydney, NSW, Australia.
2. *Ageing May Be Hastened By Emotional Abuse*
Dr. Osama M. Rajkhan, Emerging Social Issues Division, United Nations Economic and Social Commission for Asia and Pacific Bangkok, Thailand.
3. *The Human Mosaic: Cultural Beliefs and Health Professions Training*
Prof. Rosellen M. Rosich, Department of Psychology/Alaska Geriatric Education Center, University of Alaska Anchorage, Anchorage, AK, USA.
4. *Pattie’s Story: How do Health Care Students Learn to Respect the Older Person in our Care?*
Ms. Debbie Clatworthy, School of Nursing and Health Science, Charles Sturt University, Bathurst, NSW, Australia.
5. *The Intergenerational Project: Preserving Heritage in a Technological Society*
Prof. Edna Aphek, David Yellin College of Education, Jerusalem, Israel.
6. *Panel Discussion*

d) **HEALTHCARE PRACTITIONER WORKSHOPS (2 x 45-minutes):**

1. *Here and Now: Turning Theory into Practice. Distilling Scientific Research On Ageing Into Simple, Practical Guidelines For Clinical Practice.*
Ms. Ruth Kendon. National Herbalists Association of Australia. The Haven Natural Therapies, Sydney, Australia.
2. *Happiness Can Add More Than 9 Years to Your Life!*
Dr. Michelle Woolhouse, Australasian Integrative Medicine Association, Melbourne, Australia.

10:30 Morning Tea

11:00 Concurrent Symposia

a) **“Nutritional Interventions in Ageing and Age-Associated Disease: Part 2 (Supplements)”**

Chairs: Dr. George Roth, Senior Guest Scientist, National Institute on Aging, USA.

Dr. James Joseph, JM-USDA Human Nutrition Research Center on Aging, Tufts University, USA.

1. *Introduction*
Dr. James Joseph and Dr. George Roth
2. *Combining an Antioxidant Fortified Diet with Behavioral Enrichment Leads to Cognitive Improvement and Reduced Brain Pathology in Aging Canines*
Dr. Elizabeth Head, Institute for Brain Aging & Dementia, University of California, Irvine, USA.
3. *The Effects of Omega-3 Fatty Acids on protecting against Age-Related Changes in the Heart*
Dr. Salvatore Pepe, Baker Heart Research Institute, Melbourne, Australia.
4. *Spices of Life: Curcumin and other polyphenols as preventive agents against brain ageing and neurodegenerative disorders.*
Dr. Giovanni Scapagnini, Institute of Neurological Sciences, Council of National Research, Catania, Italy.
5. *Panel Discussion*
Moderator: Dr. Donald Ingram, Laboratory of Experimental Gerontology, National Institute on Aging, National Institutes of Health, USA.

- b) “Behavioural and Social Interventions for Healthy Ageing and Longevity”**
 Chair: Prof. Colette Browning, Professor of Healthy Ageing, Monash University, Australia.
 Convenor, Healthy Ageing Theme, ARC/NHMRC Research Network in Ageing Well.
1. *A Randomised Controlled Trial Testing the Impact of Exercise on Cognitive Symptoms and Disability of Residents with Dementia*
 Dr. John Stevens, Department of Nursing and Health Care Practices Southern Cross University, Lismore, NSW, Australia.
 2. *Dual Sensory Losses in Old Age: Some characteristics of the group and suggestions for early identification and rehabilitation*
 Dr. Kolbein Lyng, Norwegian Social Research – NOVA, Oslo, Norway.
 3. *Promoting Psychosocial Factors for Active Ageing*
 Prof. Rocío Fernandez-Ballesteros, Autónoma University of Madrid.
 4. *Well for Life, A Way of Life*
 Ms. Wendi A. Kruger, Aged Care Branch, Department of Human Services, Melbourne, Victoria, Australia.
 5. *Panel Discussion*
- c) “Quality of Care and Quality of Life for the Elderly - Part 2”**
 Chair:
1. *Management of Lifestyle Issues in Aged Care Facilities*
 Mrs. Kathleen Warren-Tibbetts, TAFESA Aged Care Program Coordinator and Lecturer, Mount Gambier Campus, Mount Gambier, South Australia.
 2. *Predictive Variables for Mortality Following Involuntary Interinstitutional Relocation*
 Dr. Mary E. Parsons, Creighton University School of Nursing, Omaha, Nebraska, USA.
 3. *Senior Residents of 'Pay & Stay' Homes: An Examination of Health & Physical Activity*
 Dr. Jyotsna M. Kalavar, Pennsylvania State University, USA.
 4. *Ageing and Aged-Care Enabled by Innovative Technology: The state-of-the-art and current research*
 Prof. Youngjoon Seo, Collaboration for Ageing and Aged-Care Informatics Research (CAAIR), University of Southern Queensland, Australia.
 5. *Panel Discussion*
- d) HEALTHCARE PRACTITIONER WORKSHOPS (45-minutes each):**
“Gentle Physical Activity for Healthy Ageing”
1. *Getting Grounded Gracefully: A Specific Feldenkrais Program Designed to Improve Balance and Function in Older People*
 Mr. Robert Webb, Moreland Community Health Service, Melbourne, Australia.
 2. *The Wisdom of Exercise: Tai Chi for Rejuvenation and Longevity*
 Dr. Snezana Dabic, Faculty of Further Education, Northern Melbourne Institute of TAFE and Celestial Tai Chi College of Australia, Melbourne, Australia.

12:30 Lunch Break

2:00 Plenary Panel Discussion

“Top 10 Tips for Healthy Ageing and Longevity from a panel of leading experts”

Participants TBA

3:30 Closing Remarks

Representatives of the International Research Centre for Healthy Ageing and Longevity (IRCHAL) and the World Health Organization (WHO)

4:00 *Drinks, Canapés and Celebration*

5:00 *Close of Conference*

*Please note this Preliminary Programme may change without notice.
Please view the conference website for up to date programme information.*

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