

# Embolden 2023

## 3-4 October, Daylesford Town Hall,

### Day 1 Program

**Registration: 1-2pm** (Town Hall, 76 Vincent St Daylesford)

#### **Welcome to Country: 2-2.30pm**

Welcome to Country by Djaara Elder Uncle Rick Nelson and presentation on respect for Elders in Dja Dja Wurrung culture.

#### **Welcome to Embolden: 2.30-2.45pm**

- Dr Catherine Barrett, Founder/Director of Celebrate Ageing Ltd
- Debra Nicoll, CEO of Elder Rights Advocacy
- Isolde Kauffman, Director, Diversity and Inclusion Section. Australian Government Department of Health and Aged Care

#### **Marginalisation and compassionate listening**

June Lowe, Director of Celebrate Ageing Ltd will lead an interactive activity to deepen reflection on the problem of marginalisation and our capacity to generate solutions.

#### **Congress of Older People's Voices from the Margins: 2.30-6pm**

Marginalised groups of older people (and their reps) will share perspectives on ageism and respect for older people. With special guest Kerrie Tim and presentations from:

- Listening to Auslan users: Katrina Mynard, John Pierce Centre
- Aboriginal people living with dementia: Gwenda Darling
- Men living with dementia: Steve Grady
- Women living with Dementia - Theresa Flavin
- Male care partners: Dubhg Taylor
- Older women: Yumi Lee, CEO Older Women's Network NSW
- Dialysis and older men: Max Primmer
- Ageing on a Farm
- Living with HIV: David Menadue
- Homelessness, Chuping Yu, HAAG
- LGBTIQ+ Veterans: Yvonne Sillett
- Trans and Gender Diverse people: Dr Clare Gabriel Headland
- Polio survivors: Shirley Glance OAM, CEO Post-Polio Victoria
- Moslem Immigrants, Hayat Doughan, Ethnic Community Council of Victoria
- Older sex workers: Rachael Brennan, Uni of Qld



## Congress cont'd

Following the presentations by older people, a Design Café will be led by service providers and community leaders to explore building more inclusive families, communities, services and policy. The Design team includes:

- Debra Nicholl, Arati Vidyasagar, Sue Petrini, Elder Rights Advocacy, Victoria
- Lauren Hewitt, Elder Abuse Reform, Dept of Families, Fairness and Housing
- Dominique Horne, North West ACAS, Melb Health
- Meg Humphrey, Merri Health EAPN
- Dora Mansbridge, Tree House Programs, Central Highlands Rural Health
- Meg Polacsek and Amber Mills, Australian Association of Gerontology
- Paula Fernandez Arias, Queerspace Drummond St
- Ara Cresswell, Independent Chair OPAN
- Susie Dunn and Hazel McKenna, OPAN
- Georg Tamm, The Centre for Cultural Diversity in Ageing
- Rosa Goncalves, PhD Candidate La Trobe University
- Maria Katsabanis, Council on the Ageing

Special thanks to Tonye Segbedzi for her curatorial role in Congress.

## Session break: 6-6.30pm

### Market of Great Ideas: 6.60-8pm

The Market of Great Ideas invites delegates to share their great ideas for combatting ageism and building respect. We will host a networking activity to help you connect with other delegates to share your Great Ideas. Bring any information you would like to share. Food will be provided by Splade to Blade Catering.

### Artist in Residence: both days

Dr. Julie Gross McAdam PhD - an artist and the director of MAC.ART -will work with delegates to produce a visual art piece responding to the theme #OldisBeautiful.

### Roving evaluator: both days

Our roving evaluators will gather feedback on key words i.e.: marginalisation, co-leadership, beautiful, old and continue. Roving evaluators include:

- Jan Porter, President of Elder Rights Advocacy and OPAN Board Member
- Melissa Williams, Celebrate Ageing Ltd
- Max Primmer, event Patron



## Day 2 Program

### Arrival: 8.30-9am

### Co-Leadership and Older People: Wednesday, 9-9.30am

This session explores the role of older people as critical thinkers, strategic planners, designers, networkers and evaluators in initiatives to combat ageism and build respect for older people. The Philippa Campbell Fellowship for Older Women will be launched and presenters include:

- Sarah Liversidge, Director Celebrate Ageing Ltd
- Graduates of the Elder Leadership Academy: Shirley Glance OAM and Kathy Mansfield
- Fellowship Candidate: Max Primmer.

### #OldisBeautiful: 9.30-10.30am

The #OldisBeautiful project centres around workshops for older people to explore ageism and what beautiful means to them. Portraits of workshop participants and their messages about what beautiful means to them are shared on social and other media to shift ageism and promote connection to older people. Presentations on this primary prevention project include:

- Melissa Williams, workshop co-facilitator
- Anne Tamblyn, workshop participant
- Irene Mooney, workshop participant
- Richard Joseph, Maroondah City Council workshop host
- Suzanne Phoenix, workshop photographer.

### Morning tea break: 10.30-11.00am

### The Power of Words, Prof Kate Burrige: 11am-12midday

Professor Kate Burrige will reflect on ageist language and the power of language to lead change.

Kate is a Professor of Linguistics at Monash University and Fellow of the Australian Academy of the Humanities and the Academy of Social Sciences in Australia. Her main areas of research including language change, ageist language and de-tabooing depression and anxiety in old age. She is a much loved, regular guest on ABC radio.

### Lunch break: 12 midday – 12.30pm



### Old is Good: 12.30-2pm

This Makeshop includes presentations, discussion, interactive activities and practical strategies to combat ageism by changing our language or culture. By focusing on the word “old” and its cultural meanings we will explore how language reflects culture and can lead cultural change. Presenters include:

- Dr Catherine Barrett, Founder/Director Celebrate Ageing
- Robyn Smith, Public Health Researcher, Evaluator, Carer Advocate
- June Lowe, Director Celebrate Ageing Ltd.

### May you Continue – strategies to prevent fatigue and burnout: 2-3pm

Fatigue, burnout and workforce shortages are real issues in a 'post-covid' world. These issues are amplified for advocates and caregivers working in a world that too often does not value older people - or those who work with/for older people. This session presents activities to reduce fatigue and burn out.

Presenters include Stephanie Dowrick, Australian writer, Interfaith Minister and social activist, who has written 20+ books (5 best sellers) including Your Name is Not Anxious. Stephanie will be joined by Debra Nicholl, CEO of Elder Rights Advocacy and Catherine Barrett.

### Closing: 3-3.30pm

Announcements about new resources available to Embolden participants and next steps.

### Contact us

If you would like more information on Embolden2023 please contact Dr Catherine Barrett on 0429 582 237 or email [director@celebrateageing.org](mailto:director@celebrateageing.org)

### Partnerships

Embolden2023 is an initiative of Celebrate Ageing Ltd and we are pleased to announce Elder Rights Advocacy as our Principal Partner. Other partners include:

- The Australian Government Department of Health and Aged Care
- Older Person's Advocacy Network (OPAN)
- Australian Association of Gerontology
- ADA Australia
- The Older Women's Network NSW
- QueerSpace Drummond St
- Council on the Ageing.

