



# Successful Aging Respectful Caring

## Workshop outline

*If you are caring for someone who is aging, or aging yourself, and are keen to understand what it means to age successfully, then this workshop is for you.*

*Dispel myths about aging, gain an understanding of the psychological factors that enhance successful aging, such as adaptability, optimism and resilience, and build a toolbox of knowledge and skills that will enhance your relationships, especially one with a carer.*



## The 2 hour workshop will cover the following areas:

**Myths about Aging** - By dispelling myths about aging, participants will be able to appraise the aging process with a fresh set of eyes.

**Psychological Factors** – Research shows that older people who have three personal characteristics, being adaptability, optimism, and resilience, are more likely to age successfully. Each of these personal characteristics will be explored fully by tapping into relevant research, fictional stories and real experience.

**Relationships** – For many older people, relationships provide a connectedness to the world, a sense of purpose and a source of happiness, but in some situations, they are also the bane of their existence, rich in anger and angst, devoid of love and are hence, very unhealthy. This module will provide an opportunity to tell your story, resolve old issues, and go away equipped with knowledge and skills to nurture healthy respectful relationships, especially with the carer.

Participants will receive a workbook with the content of the workshop as well as tip sheets on topics, such as caring for the carer, grand parenting, communicating love, driving, dealing with grief, caring from a distance, safety, eating, hygiene, and much more. A useful list of telephone numbers and websites on aging and caring will also be included. In addition, a list of books on topics relevant to aging and caring will also be included.

*"The workshop was brilliantly informative, knowledgeable, perceptive, empathetic and full of useful strategies." KPMG*

*"I realised that we all have similar experiences; we are not alone in our caring role." KPMG*

*"The workshop should be compulsory for everyone." KPMG*

*"The workshop really hit the mark on the topic." KPMG*

*"The workshop improved my awareness about the value ageing has in the everyday world." IAG*

*"I learnt the need to be more patient and empathetic." IAG*

*"It was good for raising my awareness and knowing what to look out for." IAG*

*"Knowing how to access resources for care of my aging parent was invaluable. IAG and KPMG*

## About the Life Institute of Family Education and its Presenters:

LIFE was founded by Dr Julie Rosengren to provide parents, carers and employees with learning and support in the psychology of cultivating healthy family relationships and raising emotionally healthy children. LIFE consultants have been delivering innovative parenting, caring and working seminars to corporate, government, schools, day cares and individuals since 1999 and consulting specifically on family issues since 1994.

**Dr Julie Rosengren** is a Consultant, Writer and Educator in Psychology with 20 years experience across a range of industries. Julie developed the parenting, caring and working programs based on her doctoral research in emotional intelligence, her experience as a mother of 3 and Aunt to 45 nephews and nieces, and her love for children's stories, activities and play for people of all ages.

Professional Qualifications: BA (Sydney), G. Dip. Education (Murdoch), MSc. Management (Oxford), Ed. D (Murdoch)

**Rebekka Tuqiri** is a Registered Psychologist working in private practice and at the Health Psychology Unit at the Royal North Shore Hospital, NSW. She works with adolescents and adults and runs cognitive behaviour therapy groups focusing on stress, anxiety, depression, anger, and self-esteem. She is a mother and given this new role has now turned her interest to supporting parents in the challenges of parenthood.

Professional Qualifications: Bachelor of Psychology (Hons), Assoc. MAPS.

**Julia Brierley** is a Sydney based consultant, coach and educator, who has combined a successful international career in the corporate sector with further studies in psychology and counselling. Julia is a mother to three girls. Her special interests include cross cultural relationships, developing resiliency in children and the challenges faced by working parents.

Professional Qualifications: BA Hons (Bristol); BSc Psych (Macquarie); G. Dip. Counselling/Psychotherapy (JNI)

**Donna Pettigrew** is a Registered Nurse with over 20 years experience. Whilst working in a variety of medical fields, her specialties are geriatrics, cardiothoracic (medical and surgery), cardiac rehabilitation and health promotion. Donna's passion is for people to age well, with choice and respect. For the past 4 years she has managed a large aged care facility in Chatswood, Sydney. Donna is married to Andrew, and they have four children. Her work and large extended family, has provided her with vast health and relationships experience.

Professional Qualification: Registered Nurse (QLD, NSW) Cert. C.T.

**Sue Saxton** is an artist, art educator and curator. She has exhibited widely in Australia and overseas and been the recipient of scholarships and residencies in New York, Paris and Budapest. Sue brings a wealth of knowledge and expertise in art making, art history and programming to the LIFE team, developed in roles including Visual Arts Co-ordinator for Sydney Festival and across Youth and Public Programming in the Education Department of the Museum of Contemporary Art.

Professional Qualifications: Bachelor of Art Education (COFA, UNSW); Graduate Diploma in Professional Studies, Painting major (COFA, UNSW); Currently Masters of Visual Arts Candidate at Sydney College of the Arts, Sydney University.

**Rita Princi** is a Registered Psychologist working in a private practice in North Adelaide, SA. She works with children, adolescents and adults individually, as well as running self-esteem groups for children and parents, and parenting programs for ante-natal and post-natal groups. She conducts workshops on children's issues for teacher and parent groups, provides counselling as part of Employee Assistance Programs and intellectual, academic and career guidance assessments. Rita is the mother of two adult sons.

Professional Qualifications: B Psych Hons (Flinders), M Psych Clin (Flinders)

**Annette Mutimer** is a Registered Psychologist working in private practice in the northern suburbs of Melbourne. She specialises in working with children and adolescents and visits schools regularly to assist with behaviour management. Annette's PhD thesis is looking at resilience and young children. Annette is married with two children.

Professional qualifications: BEd (Melb), Grad Dip Spec. Ed. (Melb), Post Grad Dip Psych (Monash), M Psych (RMIT)

**Alison Brown** is a Registered Psychologist in Melbourne, an experienced teacher and a parent of two daughters. In providing group programs for children, she brings experience from both an educational and psychological background. Having taught for seven years, and worked as a school psychologist, she has first-hand experience in recognising and catering for the social, emotional, academic, and organisational needs of students. Alison runs a private practice in Melbourne, working particularly in the areas of parenting, counselling and gifted children.

Professional qualifications: Grad Dip (Psych), B. Ed. (Psych), Dip. Teaching (Primary)

**Heidi Hibberd** (LIFE's Artist) is an illustrator and art director who has worked in magazines, advertising and graphic design. She has sold and published many paintings and designs. Heidi and her husband Pete won the Fairfax, Young Creative Award and represented Australia at the Cannes Advertising Festival in 2004. Heidi has received many more awards for her extraordinary and contemporary work. She is also an award winning musician, song writer and singer and has released an album, Stars and Streetlights. She is from a large family of 9 children, and she and her husband, Pete, have a son named Sol.

**Dr Sheena Males** trained in London as a medical doctor and worked for 10 years as a General Practitioner. As a mother of four girls ranging in age from 5 to 14, Sheena knows first-hand the challenges and joys of parenting. Fortunately, her medical background and additional training in Solution-Focused Therapy, Non Violent Communication and Appreciative Inquiry have equipped her well, allowing her to provide unique insights in her work with parents. Sheena has worked in Australia as well as the UK, and lives in London.

Professional Qualifications: MB,BS (London), MRCGP (London)

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