

# Seniors in focus

Monday 30th October 2023  
Dixson Room - State Library of NSW

## PROGRAM

9 AM	<b>Registration</b>
9:30 AM	<b>Welcome</b> Cameron Morley - Head of Public Library Services, State Library of NSW
9:35 AM	<b>Introduction</b> Susan Bradley-Hoy - Convenor, Home Library Service Working Group
9:40 AM	<b>Ageing and Disability Commission</b> Robert Fitzgerald, AM - NSW Ageing and Disability Commissioner
10:30 AM	<b>Seniors Rights Service</b> Nazhin Safavi - Aged Care Advocate
11 AM	MORNING TEA
11:30 AM	<b>Engaging with ageing</b> Dr Anne Ring – Sociologist and Freelance Writer
12:20 PM	<b>Happy Healthy You</b> Jane Massa - Coordinator, Suicide and Depression Prevention (OPMH)
1:10 PM	LUNCH
1:50 PM	<b>Healthy Brain Ageing / Dementia</b> Dr Catriona Ireland – Geriatrician, Healthy Brain Ageing Program Dr Philip Eames (SCM) – Postdoctoral Researcher, Musician, Musicologist, Choral Conductor and Musical Director
3 PM	<b>Inclusee – Connecting Community</b> Sarah Xu – Chief Development Officer
3:35 PM	<b>HLS Highlight - Envoys and Partnership with Vision Australia</b> Nicki Fox – Home Library Services Support, Northern Beaches Library
3:55 PM	<b>CLOSE</b>

This seminar is brought to you by the Home Library Service Working Group and the State Library of NSW

# SPEAKER'S DETAILS



**ROBERT  
FITZGERALD  
AM**

Robert is the inaugural NSW Ageing and Disability Commissioner. He formerly served as a Commissioner on the Commission into Institutional Responses to Child Sexual Abuse for 5 years. A lawyer by profession Robert was also Community Services Commissioner and Deputy Ombudsman in NSW.

Robert was a Commissioner with the Productivity Commission for over ten years and conducted numerous inquiries including into Care for the National Disability Agreement, Australia's Health Workforce, Australia's Competition Policy and the Contribution of the Not for profit sector.

Robert has served on numerous NGO boards including previously as President of the Australian Council of Social Service, the Benevolent Society, the St Vincent de Paul Society and is currently on the boards of Social Ventures Australia and Caritas Australia. Robert was the inaugural Chair of the Australian Charities and Not-for-Profits Commission.

Robert holds degrees in commerce and law from the University of NSW and an honorary doctorate from the Australian Catholic University and is currently an Adjunct Professor with the University of Western Australia. He was made a Member of the Order of Australia in 1994.



**NAZHIN  
SAFAVI**

Nazhin has been working for more than 8 years in the community sector and in aged care programs, especially with peoples from culturally and linguistic and diverse (CALD) backgrounds. Nazhin has been working for over a year as an aged care advocate with Seniors Rights Service.

This role involves supporting older people by giving them a voice, educating them about knowing and protecting their rights and assisting seniors in their aged care journey by advocating on their behalf of them to resolve any conflicts and achieve desired outcomes.



**DR ANNE  
RING**

Anne is an 81-year-old health sociologist and freelance writer whose understanding of ageing matters comes from extensive experience both professionally and personally. Professionally, she has a PhD in health sociology (completed in her 50s), researching health, body image and ageing issues as they were separately presented in popular media for women and for men, over a 50-year period, and she has continued since then to monitor the media on those topics, as well as writing extensively about them in a variety of media.

In addition, Anne has a broad social science background, with qualifications and professional experience in psychology (BA), medical anthropology (MA), and health education (Grad. Dip); and for several years she was principal researcher in medical education research at the University of Queensland (publishing as Anne Wise).

In addition, as a freelance writer, Anne writes about ageing matters for a number of newspapers as well as – pro bono – for the online media of various organisations for older people.

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**JANE  
MASSA**

Jane is the Coordinator -Suicide and Depression Prevention, Older People's Mental Health Team, Sydney Local Health District. Her role focusses on prevention, early intervention, and health promotion. Jane provides information on these matters to the Ministry of Health. Her focus is on positive psychology and Jane has an honours degree in psychology from Sydney University.

Jane has worked over the last decade to promote positive mental health and wellbeing in older people. This has included improving mental health literacy in the community through education (such as Older People's Mental Health First Aid), and through running groups. In the last two years Jane has run "Social Connections" groups for older people because we know that the most important predictor of wellbeing and longevity is social connection. Loneliness kills people.

This year Jane has started a "Suicide Prevention Collaborative" because research shows that collaboration drives down suicides. Depression and suicide don't happen out of the blue – people's environments have a huge impact on them. There are very many ways to prevent suicide and depression. We know that exercise can treat major depression and Jane is a member of Sydney Local Health District's Active Ageing Network.



**DR CATRIONA  
IRELAND**

Catriona is a geriatrician with over 20 years' experience working in memory clinics in regional and metropolitan settings and as clinician in research focused on healthy brain ageing. Over the last 20 years Catriona's work has centred around assessment diagnosis and ongoing management of cognitive concerns and dementia in the context of general health and lifestyle.

Since 2016 Dr Ireland has been working at the University of Sydney's Brain and Mind Centre, exploring the modifiable factors in brain ageing and ways we can reduce the risk of dementia in adults of all ages.

Dr Catriona's interests include the impact of sleep and psychological health on cognition, and she has joined the CogSleep Centre for Research Excellence to contribute to this important area of research.

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**DR PHILIP  
EAMES**

Philip is a Music Academic and Research Associate at the Sydney Conservatorium working as part of the Spencer-Bennett NeuroMusic Collaborative, and the Classical Department Convenor and postgraduate lecturer at the Australian Institute of Music. An active composer, pianist and conductor, Philip Eames studied piano at the Queensland Conservatorium where he was a category finalist in the ABC Young Performers Awards, before undertaking further study on scholarship at the Royal Northern College of Music, Manchester. He completed his doctorate in 2017 at the Sydney Conservatorium on the choral music of Percy Grainger.

Philip has worked extensively with choirs for over a decade and was appointed Principal Conductor of the Macquarie Singers in 2023. Most recently, he was the conductor of Gian Carlo Menotti's chamber opera *The Medium*.

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**SARAH XU**

Sarah is the Chief Development Officer at Inlusee and is responsible for developing and maintaining their programs. Sarah's focus is making the user experience as easy and enjoyable as possible for those who stand to benefit the most from modern technologies.

Inlusee is a connecting community that facilitates online social connection experiences for older Australians. They provide online clubs, digital mentoring, one on one virtual visitors, and an online drop in chat where our participants can connect at their convenience.

Their goal is to increase inclusiveness and connection by creating a community where everyone feels valued, comfortable and can belong.