

Pre-Conference Workshops

Thursday, 13th February 2020



S/N	Proposed Workshop Outline	Capacity
Workshop 1: Half-day AM	<p>Implementation Research: An Alternative Approach in Programme Evaluation</p> <p>This half-day workshop serves as an introduction to fundamental terms, concepts, and principles of implementation research and its application in the health and social care sector. Implementation research can address any aspect of implementation, such as the factors influencing the processes and outcomes of implementation as well as how to improve and scale up a programme or intervention. The basic components of implementation research frameworks will be covered, and delegates will be equipped with the knowledge on common methods and conduct of implementation research.</p> <p>Presenter: Professor Jenny Billings, Professor of Applied Health Research, University of Kent, Canterbury, UK</p>	50
Workshop 2: Half-day PM	<p>Qualitative Methods and its Application in Programme Evaluation</p> <p>This half-day workshop serves as an introduction to concepts, approaches, and purposes of qualitative methods in programme evaluation. Qualitative research methods can be used to supplement the evaluation of programme by providing valuable insights into complex issues which quantitative methods may not otherwise achieve. The basics of qualitative research methods, such as developing qualitative evaluation questions, data collection and qualitative data analysis techniques will be covered. Delegates will be equipped with knowledge and skills in qualitative data collection, data analysis techniques in the context of programme evaluation.</p> <p>Presenter: To be confirmed</p>	50
Workshop 3: Half-day AM	<p>Intimacy and Romantic Relationships in Nursing Homes: Implications for Practice</p> <p>This half-day workshop showcases the importance of understanding residents' preferences for intimate expression in a nursing home context. Discussing intimacy with older adults can be problematic, so it is not uncommon for their needs to go unrecognised. This workshop explores attitudes and experiences of intimacy in nursing home from the perspectives of residents, family and caregivers. Delegates will be equipped with knowledge and skills in identifying barriers to addressing intimacy needs and learn simple strategies to raise awareness of them among nursing home residents and staff, thereby facilitating a discussion to enable such needs to be met.</p> <p>Presenter: Assistant Professor Erin Yelland, School of Family Studies and Human Services, College of Health and Human Sciences, Kansas State University, USA</p>	50
Workshop 4: Half-day AM	<p>Whole Person, Whole Family, Whole Community, Whole System – Local Area Coordination in England, Wales and Western Australia</p> <p>This half-day workshop showcases the design, development and implementation of Local Area Coordination (LAC) in England, Wales and Western Australia. LAC is an innovative approach to support people with disabilities, mental health needs and older people (and their families) to achieve their vision for a good life, and support people to be part of and contribute to their communities. The aim of LAC is to support residents in the local community to 'get a life, a not a service', empowering individuals to find community-based solutions instead of relying on traditional services. Delegates will be equipped with the knowledge on the ten core principles and learn how LAC can deliver positive outcomes at the individual, family, community and system levels.</p> <p>Presenter: Mr Ralph Broad, Director of Inclusive Neighbourhoods and Founder of the Local Coordination Network CIC in England and Wales, UK</p>	50
Workshop 5: Half-day PM	<p>Making Sense of Social Prescribing: A Complement to Traditional Healthcare</p> <p>This half-day workshop explores holistic and community-led approach to help track health issues. Social prescribing is an initiative that looks at how connecting people with their local communities can improve health outcomes and also aims to support individuals to take greater control of their own health. Support provided through social prescribing can involve a variety of activities which are typically provided by voluntary and community care organisations. This includes volunteering, art activities, befriending, cookery and sports. The core principles of social prescribing and various case studies of the different models will be covered.</p> <p>Presenter 1: Ms Nicola Kay, Deputy Director, NHS Personalised Care, NHS England and NHS Improvement, UK</p> <p>Presenter 2: To be confirmed</p>	50

Workshop 6: Full-day	Singapore's Community Care Sector Learning Journey	25
<p>This one-day workshop is for delegates who are keen to gain a deeper insight into how residential and community-based services are provided in Singapore. Singapore recognises the need to look beyond its traditional model of acute-centric hospital-based care and shift the focus towards preventive and community care so that more patients can be taken care of in the community. Delegates will have an opportunity to experience a patient's journey and understand the various types of services and programmes offered by the community care sector. The workshop includes site visits to one community hospital, one nursing home, and one community care facility.</p>		
Workshop 7: Half-day AM	Gerontechnology – Opportunities and Challenges	50
<p>Despite the development of numerous technological products, such as home telehealth systems, wearable devices, and smart living systems, very few of these products are widely adopted for the care of older adults. This half-day workshop explores the use of a designer mentality (as opposed to technologist mentality) in the design of technological products for older adults and their caregivers. New directions, trends and application of gerontechnology to facilitate independent living and social participation will be covered in the workshop. Delegates will learn about how the design of such technological products requires the understanding of the changes in physical and psychological conditions of the older adults, the interaction with the environment, as well as the cultural and social differences.</p>		
<p>Presenter 1: To be confirmed Presenter 2: To be confirmed</p>		
Workshop 8: Half-day PM	Eldercare with a Human Touch – Humanity	50
<p>Humanity focuses on respecting each person's dignity and independence to develop positive relationships between caregivers and persons with dementia. The Humanity techniques are based on the four pillars of gaze, speech, touch, and verticality (being upright). Originally designed for nurses to help patients stand on their feet in order to prevent them from being bedridden, the Humanity techniques have since been found to improve patient outcomes, increase staff retention in the hospitals and community care settings and improve caregivers' ability to care for their family members living with Dementia. Delegates will be equipped with the knowledge and skills in Humanity techniques and practices.</p>		
<p>Presenter: To be confirmed</p>		
Workshop 9: Half-day AM	Creative Singing and Movement to Better Health for Seniors	15
<p>This fun-filled introduction to a musical body and voice through movement workshop aims to create an awareness of the whole body (including the voice) as a musical instrument through rhythmic exercises, and improvisatory vocal sounds, movements and gestures. Delegates will explore and experience how the movements and singing for seniors are beneficial to sharpening and coordinating the body and mind via listening, quick reacting and responding to music and singing. Delegates should be expecting activities such as rhythmic movements, musical games, interaction, creative speaking, and singing. You will also get to understand how the voice weakens as one ages. The workshop will provide you with tips on voice care for yourself and seniors.</p>		
<p>Presenter: Dr Wong Su Sun, Voice Diagnostician and Pedagogue</p>		
Workshop 10: Half-day PM	Experiencing Joy through Music and Movement: The Orff Schulwerk Approach	15
<p>This workshop introduces the European Orff approach to strengthen mental and physical agility via music making. The workshop shows how music is introduced through improvisatory and exploratory exercises which engages the mind, and enhances fine motor abilities through both different musical and movement activities. In the process, delegates will learn more about the Orff approach in improving agility, delaying dementia, and help seniors develop their confidence and rediscover their talents. Should there be time, delegates may get to perform a finale which is the highlight of the workshop. Whether you are an absolute beginner (without musical background) or an experienced musician, this workshop is for you!</p>		
<p>Presenters:</p>		
<p>Dr Ivy Chia, Head of Arts & Music Education Programme, Singapore University of Social Science</p>		
<p>Mr Paul Grosse, Adjunct Lecturer, Singapore University of Social Sciences and Orff Schulwerk Pedagogue</p>		