

**Clare Age Expo 2016**

**Health & Wellness Centre, Carrigoran House**

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|  | **Conference Programme, Day 1 , Friday April 15th** |
| **Morning Session** | Chair: Maria Molloy, Chair Implementation Committee, Clare Age Friendly |
| **10.00am** | Welcome - Valerie Vaughan, CEO, Carrigoran House |
| **10.15am** | Opening Address: Gerry Kelly, Chairperson, Clare Age Friendly |
| **10.30am** | *Psychosocial Interventions in Dementia Care,* Dr. Eamon O’ Shea, NUIG |
| **11.15am** | Coffee |
| **11.45am** | *Protecting Vulnerable Adults*, Dr. Amanda Phelan, UCD |
| **12.15am** | *Men’s Sheds in Ireland,* Dr. Lucia Carragher, Institute of Technology Dundalk |
| **12.45pm** | Panel Discussion |
| **1.15pm** | Lunch & Exhibitors |
| **Afternoon Session** | Chair: Ethna Mc Teague, Manager of Community Services for Older People, HSE |
| **2.15pm** | *Clare Sports partnership,* John Sweeney , Coordinator |
| **2.45pm** | *Positive Ageing - Policy to Practise*, Teresa Hennessy, Health Promotion & Improvement, HSE |
| **3.15pm** | *Education & Development for the Third Act,* Liz Early, Mary Immaculate College |
| **3.45pm** | Panel Discussion |



**Biographies**

**Professor Eamon O’Shea** is a Professor in the Department of Economics and founder member of the Irish Centre for Social Gerontology (ICSG) at the **National University of Ireland Galway**. His research interests are focused on the economics of ageing, rural gerontology and dementia. Professor O'Shea has recently been awarded a prestigious Health Research Board Leadership Grant in dementia.  The award will provide the research framework to support the implementation of the National Dementia Strategy.

**Dr. Amanda Phelan** is Associate Dean for Global Engagement, Subject Head of Older Persons’ Nursing and Co-Director of the National Centre for the Protection of Older People in the **UCD School of Nursing, Midwifery & Health Systems**. Amanda holds the position of national representative for the International Network for the Prevention of Elder Abuse. Amanda was appointed to the Irish Nursing Midwifery Board Fitness to Practice Committee in 2014 and is an editorial board member on the *International Journal of Older People Nursing,* *International Journal of Nursing & Clinical Practice and Sage Open Journals.*

**Dr. Lucia Carragher** is a senior researcher in the **Netwell Centre, Dundalk Institute of Technology**. Her research interests lie broadly in the field of ageing and later life, with a special interest in education, how older people learn, informal learning and innovative pedagogy. In 2013, Dr Carragher led the first national study of older men’s informal learning through men’s sheds in Ireland. Since then she has continued to explore the relationship between informal learning and individual well-being in later life.

**John Sweeney (BA Phys Ed, MSc PPM**, **Coordinator, Clare Sports Partnership)**  John is an experienced project and program manager working in this not for profit sector since 2001. John has vast experience working with both statutory and non-statutory stakeholders, at Board and individual level. He has expertise in policy development, conflict, influencing and negotiation skills. John is married with three children and his hobbies include sailing, caving, cycling and kayaking.

**Teresa Hennessy** B. Sc. (Env. Health) M.A. (**HSE, Health Promotion**) originally worked as an Environmental Health Officer in the UK and Ireland for five years before completing her Masters in Health Promotion in NUIGalway in 1996. She has been working in Health Promotion in the community setting for the past 18 years and involved in Kilkenny and Carlow Age Friendly County programmes since their inception in 2010 and 2012 respectively. She is also a member of the HSE National Carers Strategy Implementation Group.

**Liz Early** is working as Coordinator of the new *MA in Education and Wellbeing of the Older Person* in **Mary Immaculate College.** Liz has a particular interest in the care and wellbeing of the older person having worked as a nurse, midwife and public health nurse both in Ireland and the UK. She worked with CareBright – a care in the community organisation and is now on the Board of this organisation. Liz is involved in the Third Act Organisation which addresses the issues relating to the gift of longevity which we have today. Liz has worked for many years as a Management & Leadership Trainer and Facilitator, working mainly in the Health Sector.

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| **Time** | **Programme Day 2 , Saturday April 16th All Day events** |
| **10.00am** | **Fitness for Fun**  **John Conroy Exhibitors**    **Health Screening**  **Mindfulness**  **Kate Ahearn**    **Art as a therapy**  **Frances Bailey**  **Reflexology**  **Patricia Dillon** |
| **11.00am** | **Coffee & Exhibitors** |
| **11.30am** | **Pilates**  **Mary Donlon**  **Mindfulness**  **Kate Ahern**  **Reflexology**  **Patricia Dillon** |
| **12.30am** | **Yoga**  **Rosie Mc Mahon**  **Hands only CPR**  **Mary Woods** |
| **1.30pm** | **Lunch & Exhibitors** |
| **2.30 pm** | **Tea Dance**  **Music by Tom Ryan** |

**Clare Age Expo wish to thank the following Sponsors for their generous support**

**Beau Ireland Healthy Leg Centre /Roslevan Physiotherapy**

**Insight LPI Invite Ireland Monitor Alarms**

**Shannon Group Specsavers Care Store Ennis**

**Exhibitors guide**

1. Clare Age Friendly
2. Monitor Alarms(Sponsor)
3. Specsavers (Sponsor)
4. Healthy Leg Centre /Roslevan Physiotherapy (Sponsor)
5. Insight LPI (Sponsor)
6. Beau Ireland (Sponsor)
7. Care store, Ennis (Sponsor)
8. Department of Social Protection
9. FLAC
10. MABS
11. Citizens information
12. Clarecare
13. HSE
14. Active Retirement
15. Clare Volunteers
16. Older Person’s Forum
17. Family Carer’s
18. Third Age
19. Alzheimer’s Society
20. Samaritans
21. Shannon Group (Sponsor)
22. Invite Ireland (Sponsor)
23. Clare Co .Council
24. Lions Club
25. ICA
26. Hands only CPR
27. St Vincent de Paul
28. Ennis Mental Health
29. Clare Sports Partnership
30. LCETB
31. Clare COPD Support group
32. Clare Parkinson’s Support group
33. Glor,Ennis
34. An Garda Siochana

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