

## Karen Wilson

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**Subject:** Seniors Social Isolation (SSI) Community of Practice 4 - Reminder  
**Location:** Teams meeting online

**Start:** Wed 6/11/2024 10:00 AM  
**End:** Wed 6/11/2024 11:30 AM

**Recurrence:** (none)

**Meeting Status:** Accepted

**Organiser:** Stephanie Power  
**Required Attendees:** Stephanie Power; Karen Wilson; Nancy Pachana; Mahnoosh Hassankhani; Renee Zahnow; Stephanie Power  
**Optional Attendees:** Tayla Powell; James O'Connor; Janelle Barlow  
**Resources:** enquiries@omu.org.au; christine.harkins@ich.org.au; sharyn.holmes@bne.centacare.net.au; jillian.keyser@bne.centacare.net.au; borourke@raq.org.au; tmeehan@raq.org.au; tthanki@raq.org.au; aletia.twist@murakosker.org.au; juliedarbey1@gmail.com; robynr@encircle.org.au; t.boulton@cooktowndcc.org.au; linda.sexton@mutkin.org.au; seniors@mcnc.org.au; ceo@murakosker.org.au; debra.cochran@bcaburdekin.org.au; manager@warringnu.com; liz.lewry@lwb.org.au; cmbchris15112014@gmail.com; jeanw@barc.qld.gov.au; 60s@btrc.qld.gov.au; 60better.bundaberg@ymcabundaberg.org.au; herveybay60@bigpond.com; manager@omu.org.au; rocky60better@outlook.com; james.oconnor@frasercoast.qld.gov.au; secretary@madcota.com.au; bronwyns@winton.qld.gov.au; manager@carebalonne.com; deb.alick@health.qld.gov.au; manager@eastcreek.com.au; monique.krynen@health.qld.gov.au; admin@60andbetteripswich.com.au; jpig1038@gmail.com; cdo@taranc.com.au; shannon@tomnet.org.au; sixtdbay@bigpond.com; shirley@calcomm.org.au; stephenh@encircle.org.au; haley.kiata@ich.org.au; operationalsupport@bne.centacare.net.au; rebecca.naumovski@bne.centacare.net.au; maria.martakis@goccare.com.au; coordinator@ownqld.org.au; admin@wynnum60andbetter.org.au; deborah.gliiddon@ymcaqueensland.org.au; fundingcontract@ucareqld.com.au; troyn@mccgc.com.au; manager@keng.org.au; kaye.wood@cofcqld.com.au; manager@goldcoast60andbetter.org.au; jlezanski@raq.org.au; tracey.makoni@bne.centacare.net.au; rachel.bruce@murakosker.org.au; kim.wright@keng.org.au; kathryn@kahester.com.au; operational.support@bne.centacare.net.au; cuppaplus@gmail.com; michelle.swanridel@binca.org.au

Dear everyone,

We hope you have enjoyed a good start to the week. We send through a friendly reminder regarding the Community of Practice this coming Wednesday 6 November from 10:00AM – 11:30AM.

We are very lucky to be joined by innovative researchers from the University of Queensland – Professor Nancy Pachana who will be presenting on the CarFreeMe program; and Mahnoosh Hassankhani and Dr Renee Zahnow who will be presenting findings from Mahnoosh's PhD project on social isolation and loneliness. Please see the original agenda and further information below (including Teams meeting link).

For those unable to join us, we will be recording the session, and the video will be uploaded to YouTube in mid-November.

See some of you online on Wednesday!

Kind regards  
Steph and Karen

Dear everyone,

We hope you have enjoyed a great start to Seniors Month :)

We send through the invitation to the fourth community of practice which will be held *Wednesday 6 November, 10:00AM – 11:30AM*. Please scroll down for the Teams meeting link.

We have added some extra time to provide ample opportunity for questions and longer reflections or discussion since this our final community of practice for the year.

At CoP 4 we welcome guest presenters [Professor Nancy Pachana](#), Clinical Geropsychologist and Program Lead in the University of Queensland (UQ) Age-Friendly University and Healthy Ageing Initiative, in addition to Co-Director of the [UQ Ageing Mind Initiative](#). Nancy will be joining us to discuss the [CarFreeMe program](#) which through evidence-based design assists older adults and people with health conditions to stop driving without limiting their life and freedom.

We will also be joined by Mahnoosh Hassankhani and [Associate Professor Renee Zahnow](#) who will be providing an overview of a research project which addresses loneliness and social isolation, focusing on the role that infrastructure in neighbourhoods, such as parks, plays in shaping these dynamics. Mahnoosh will draw on survey findings (the responses from older adults aged over 70 years) and will highlight the role of local neighbourhoods in supporting older people's life satisfaction.

Please find the agenda below.

#### Wednesday 6 November 2024 - CoP 4 Agenda

Time	Who	Item
10:00 – 10:10	COTA Queensland	Welcome Agenda Brief updates – COTA QLD - Seniors Social Isolation Peak
10:10 – 10:35	Professor Nancy Pachana	<ul style="list-style-type: none"><li>Overview of <a href="#">CarFreeMe program</a> and how the program assists older adults to transition to a non-driving lifestyle.</li></ul>
Questions & thoughts (10 minutes)		
10:45 – 11:10	Mahnoosh Hassankhani & Dr Renee Zahnow	<ul style="list-style-type: none"><li>Presentation of the social isolation and loneliness research project including initial insights.</li></ul>
Questions & thoughts (10 minutes)		
11:20	Final questions & close	

We will record the session for those unable to attend and send a link to the recording along with resources from the session.

**A note regarding CoP 3 recording:** Some IT system updates at the COTA Queensland end have resulted in ongoing issues with access to Teams recordings. Thank you kindly to those organisations which have notified us of this issue. I will re-send the recording link as soon as this access issue is resolved.

We would like to highlight an event coming up at the end of the month, *Thursday 31 October, 11:00AM – Midday*, hosted by the Australian Association of Gerontology (AAG, Queensland Division) in partnership with COTA Queensland: [Ageing well in the 21st century: Combatting Social Isolation and Fostering Connection](#).

There will be an excellent panel discussion from QUT, Griffith, University of Queensland, and La Trobe University thought leaders, including our CoP guest presenter, Professor Nancy Pachana (UQ), and COTA Queensland's Darren Young and Karen Wilson. Topics of discussion will include e.g. design for connection and inclusion, intergenerational practices, mental health and loneliness, social prescribing, rural and regional contexts and considerations, ageism and inclusion, and social isolation services and the role of the new Seniors Social Isolation Peak body.

Find out more information and register for this free event at this link:

<https://www.aag.asn.au/EventDetail?EventKey=WEB241031>

Have a wonderful Seniors Month and see you in November!

Kind regards  
Steph and Karen

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### [Join the meeting now](#)

Meeting ID: 459 336 807 126

Passcode: LuZrks

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For organizers: [Meeting options](#)

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