

eBulletin

1. [CARDI Updates](#)
2. [CARDI Publications](#)
3. [CARDI Online](#)
4. [Ageing Research Updates](#)
5. [Ageing Policy Updates](#)
6. [Research and Policy Publications](#)
7. [Events and Seminars](#)
8. [Funding, Awards, Training Opportunities](#)

Supporting research to play a vital role in planning for an ageing population across the island of Ireland.

Our e-bulletin provides up-to-date information on ageing research including seminars, funding opportunities, latest research and innovation. More detailed information is available on our website. www.cardi.ie

If you have a news story, event or publication relating to ageing please send it to us at news@cardi.ie. Follow CARDI on:

**CARDI Updates****Ageing globally – ageing locally, registration – call for abstracts now open**

CARDI will host a major international conference on ageing research on 2 & 3 November 2011 in Dublin. This conference will explore how different countries address the challenges and opportunities of population ageing and why global ageing matters to Ireland. Registration for the conference is now open. Further information on the call for abstracts, speakers, registration and the conference programme can be found at www.cardi.ie/conference2011.

Seminar - Work, wealth and health of older workers in Ireland –north and south

CARDI's strategic research officer, Paul Mc Gill, will lead a one-hour seminar at Trinity College Dublin on Thursday 31 March on the topic "Work, wealth and health of older workers in Ireland, North and South". It will be held at 13:00 in Room 5020 of the Arts Block as part of the Employment Research Centre's seminar series. Advance registration is not needed.

Launch of research on inappropriate prescribing of medicines

On 6 April, research led by Dr. Stephen Byrne of University College Cork, with researchers from University College Cork, Queen's University Belfast, University of Ulster and Bandon Community Hospital, will be launched in Dublin. The project, which evaluates inappropriate prescribing in long-stay facilities for older people in Greater Cork and Northern Ireland, was supported by CARDI's Grants Programme. The launch will include a commentary by Eamon Timmins of Age Action Ireland. The full details and conference agenda are available from the CARDI website, [here](#).

Is Increasing Life Expectancy also Improving Ageing?

On 7 June in Dublin CARDI, in conjunction with the Institute of Public Health in Ireland and the International Longevity Centre – UK, will host a seminar which shares the latest research focusing on 'quality of life' and 'quality of health' in the context of increasing life expectancy. It will include presentations by Professor Kevin Balanda of the Institute of Public Health in Ireland, Professor Ann Bowling of University College London and Paul Cann of Age Concern Oxfordshire – editor of 'Unequal Ageing'. Registration and further details are available at www.cardi.ie.

CARDI Publications

Universal Design for older people

It is critical that policymakers, planners and designers in Ireland, North and South, create environments that meet the diverse and changing needs of all older people. The principles of “universal design” can help to meet these needs. CARDI has published a briefing on the topic of universal design and what benefits it can bring to older people. It includes research findings from a CARDI grants programme project led by Professor Mark Dyer of Trinity College Dublin. The briefing is available [here](#).

Forthcoming

Inappropriate prescribing of medicines – Implications for older people and health budgets

This briefing will examine the issue of inappropriate prescribing of medications in long-term care facilities for older people in Greater Cork and Northern Ireland. Inappropriate prescribing has been reported to be a substantial cause of morbidity and mortality and has been identified as a major contributing factor to increased healthcare utilisation. The full research briefing and research report will be available from 7 April on www.cardi.ie.

Focus on ageing strategies

April’s “Focus on” article will examine the approach taken by governments around the world in tackling the challenges and opportunities presented by our ageing populations. It compares ageing strategies from around the world and looks at international policy on ageing. The article will be available shortly on www.cardi.ie.

CARDI Online

For all the latest news and publications on ageing research, policy and practice please log onto the CARDI website www.cardi.ie.

Researchers can register at www.cardi.ie to post details including research and interests, and to post updates on their current research projects. Registered users will have their details added to the CARDI Directory of Researchers. They can also bookmark pages on the CARDI website for easy referencing and create their own personal reading list which they can access at any time as well as having the option to receive a daily digest of new content added to the website by email.

Ageing Research Updates

TILDA pilot study results

Initial results from the [Irish Longitudinal Study on Ageing](#) pilot have been published, with some interesting outcomes for older people. The results show that 20% of people aged 65 and over are on five or more medications. There is also a lack of awareness of disease – the pilot study indicated a 30% gap in awareness between people who think they have high blood pressure, high cholesterol and osteoporosis and those who actually have it. According to the initial results, reliance on the state pension is very high, while 15% of people aged 50 and over volunteer in some capacity at least once each week.

Third of patients admitted at risk of malnutrition

A new survey of 10,000 patients in the UK indicates that one in three people admitted to hospital in the UK is at risk of malnutrition. Nutrition charity BAPEN, which ran the survey, said it was concerned about a rise in malnutrition among people admitted from their own homes. Hospitals routinely screen patients for their risk of malnutrition when they are admitted, but the new research suggests that the problem may be getting worse. More than one in three were found to be at risk, which was higher than in previous surveys, though this was the first to be carried out in winter. The full survey results can be found [here](#).

Is retirement good or bad for your health?

Two new pieces of research published this month contribute to the debate on whether or not

retirement is good for the health. The [Longevity Project](#) at the University of California shows that subjects who were the most involved and committed to their jobs had higher life expectancy. Continually productive men and women live much longer than their more laid-back comrades. Meanwhile a study was conducted by the [Stress Research Institute](#) of Stockholm University on the association between retirement and the subsequent risk of chronic diseases, depressive symptoms and fatigue. It shows that mental and physical fatigue decrease significantly one year after retirement, and there is also a reduction in depression symptoms. However, the findings suggest that early retirement does not directly affect the risk of developing a major chronic disease.

Why older people are more vulnerable to infection

New scientific research published in the [Journal of Immunology](#) shows that older mice have fewer immune system cells than younger mice. This could indicate why, when compared with younger adults, older people are at higher risk of becoming seriously ill or dying from pneumonia. Moreover, vaccines against the disease are less effective in older people. Replenishing these immune system cells could hold the key to helping older people fight off infections.

Dependency after a stroke

People who have a stroke are more likely to be dependent if they are depressed, older or have other medical problems, according to new research. Published by the [American Academy of Neurology](#), the study shows that one third of the 795,000 people in the United States who have a stroke each year develop depression as a result. 20% of the people studied following their stroke became dependent, with depression, age and medical problems being key factors.

Breakthrough in Alzheimer's study

Scientists have for the first time transformed a human embryonic stem cell into a critical type of neuron that dies early in Alzheimer's disease and is a major cause of memory loss. This new ability to reprogram stem cells and grow a limitless supply of the human neurons will enable a rapid wave of drug testing for Alzheimer's disease, allow researchers to study why the neurons die and could potentially lead to transplanting the new neurons into people with Alzheimer's. More details on the breakthrough are available [here](#).

Ageing Policy Updates

New government in ROI

Dr. James Reilly has been appointed the new Minister of Health in the Republic of Ireland, following the general election on 25 February. His first television interview can be viewed [here](#). Two new Ministerial roles have been created: Roisin Shortall is Minister for State with responsibility for Primary Care and Sean Sherlock is Minister of State for Research and Innovation. There is no longer a dedicated Minister for Older People.

A Commissioner for Older People for Northern Ireland

Following the passing of the legislation in the Assembly, the competition is now open for the role of Commissioner for Older People in Northern Ireland. The appointment is for a four-year term and the role is to champion the interests and rights of older people. Further information is available from Christine.allen@hrconnect.nigov.net

Greater health and social care needs in NI

Professor John Appleby has issued an update of his 2005 review of Health and Social Care in Northern Ireland. It identifies a 9% greater need for Health and Social Care (HSC) services in Northern Ireland than in England. Professor Appleby points out that Northern Ireland HSC is facing a funding gap of £1billion to meet the needs of the population. In addition, he has highlighted a further £1billion productivity challenge on top of that facing Health and Social care in Northern Ireland by 2014/15. Further details can be found [here](#).

Biggest fall in UK household incomes since the early 1990s

A new report from the UK [Institute for Fiscal Studies](#) has shown that in the three years from 2008 to 2011, real household incomes have fallen by 1.6%, or £360 a year. So households are likely to be about 6% worse off than they might have expected had incomes risen in the normal way. Earnings have failed to keep pace with inflation and interest earned from savings has been lower than normal. The news for pensioners is even worse, with median incomes falling £460 per year, or 1.3%

more per year than working age households.

Age discrimination in Europe

Recently published research on age discrimination in Europe found that 64% of those interviewed in the UK and 44% across Europe judge age discrimination as a serious problem. The study also shows the disparity across Europe in what is considered "old". For example, old age in the UK is considered to start at age 59, while in Greece, people are not thought of as old until they reach the age of 68. Employment is the major area where people face age discrimination - the majority of those interviewed said they would find it easier to accept a suitably qualified 30-year-old as a boss than a 70-year-old with exactly the same qualifications. Full details on the research are available [here](#).

Rise in numbers of older workers

The UK Office of National Statistics has published new figures which show that the number of over-65s in work in the UK has doubled from 412,000 in 2001 to 870,000 at the end of last year. The increase was for full and part-time work. Full-time employment rates fell for 16 to 64-year-olds over the past two years but rose by 0.5% for those aged over 65. Full details on the new statistics can be found [here](#).

UK consultation on age discrimination

The UK Government Equalities Office has launched a new consultation on ending age discrimination in services, public functions and associations. It follows on from the introduction of the Equality Act 2010 and discusses situations where different treatment of people of various ages is justified. The closing date for the consultation is 25 May and details on how to respond are available [here](#)

Research and Policy Publications

NI household migration study

A new [household migration study](#) conducted by Queen's University Belfast shows that mid and later-life moves are likely to dominate rural immigration trends for the foreseeable future in Northern Ireland. This is particularly important given that 24% of Northern Ireland's population will be over 65 by the year 2041.

"Shameful" care for older patients in Wales

The Commissioner for Older People in Wales has published a report showing that care of some elderly hospital patients is "shamefully inadequate". The review was carried out following a public consultation and a poll of 1,500 people which found that one in five respondents either knew someone who had a negative experience of hospital care, or had one themselves. The publication makes several recommendations, including improving patient waiting times and patient privacy. The full report can be found [here](#).

Pensioners' huge contribution to the economy

A new publication from the volunteer organisation WRVS in the UK quantifies, for the first time, the economic and social contribution made by older people. The findings show that the over 65s made a net contribution of £40 billion to the UK economy in 2010 alone. And as the overall number of people over 65 increases and people remain healthier for longer, opportunities to make a positive contribution through work or volunteering will only grow. The contribution is made through provision of social care, volunteering and family donations. The report of the findings, *Golden Age Pensioners*, can be downloaded [here](#).

Ageing, government budgets, retirement and growth

The effects of demographic ageing on per-capita growth are examined in a new international [research publication](#) from Germany. The outcome of the study is to predict that taxation and the retirement age in OECD economies will increase and per-capita growth will accelerate. If the retirement age were held constant, the growth rate in politico-economic equilibrium would essentially remain unchanged, due to a surge of social security transfers and crowding out of public investment.

Sustainable Systems of Social Care

The Social Care Institute for Excellence in the UK has produced a new [publication](#) which explores the opportunities and challenges of delivering a model of adult social care which can meet the individual needs of current and future generations while protecting and enhancing the environment. The conclusion is that while adult social care can be delivered in a more sustainable way, this requires vision and commitment from local leaders, commissioners and providers to look across the whole system. Creative solutions also need to be produced in conjunction with service users.

For more research, policy and practice publications please visit: www.cardi.ie/directory

Events and Seminars

Caring for an ageing population

ASITIS Consulting will host a seminar on 7 April in Belfast entitled "Caring for an ageing population". The seminar will address the issue of how we will meet and fund the rising care requirements of an increasing older population. Further details and booking can be made by contacting Seamus Conboy at sconboy@asitisconsulting.com.

The Great Ageing Debate

A debate on the New Cultures of Ageing: Narratives, Fictions, Methods & Researching the Future will take place in Brunel University on 8 April. It features novelist Will Self and Professor Fay Weldon. The debate is free but registration must be made in advance by contacting denise.odell@brunel.ac.uk.

7th Annual IAGG European regional congress

The International Association of Gerontology and Geriatrics will hold its seventh annual European regional congress in Bologna, Italy from 14-17 April 2011. This year's theme will be "Healthy and active ageing for all Europeans". The congress will provide an opportunity for scientific interdisciplinary dialogue among experts in biological, biomedical, chemical, clinical, engineering, nursing, psychology, social sciences, public health and policy. Further information can be found [here](#).

Ageing Population 2011

This event on 10-11 May 2011 in London is aimed at anyone shaping or directly delivering care to the rapidly growing ageing population in the UK. Further details can be found on the conference website which is www.ageing-population-conference.co.uk.

British Society of Gerontology events

The British Society of Gerontology is accepting abstracts and registrations for Understanding and Promoting the Value of Older Age, the 40th annual conference which is taking place in Plymouth on 5-7 July 2011. Full details are available at www.bsGPLymouth2011.org.uk.

For more events go to: www.cardi.ie/events

Funding, Awards, Training Opportunities

Post-doctoral Research Fellowships in Translational Medicine - Bench to bedside and bedside to bench

Clinicians from any relevant profession can apply to this fellowship scheme (e.g. doctors, dentists, nurses and other health care professionals). Non-clinical applicants may come from a range of disciplines, e.g. scientists, engineers, IT specialists. All applicants must have three years or more post-doctoral (or equivalent) research experience. The closing date is Wednesday 13 April at 12.00 noon. Full information is available from the [Health Research Board](#).

Digging into Data Challenge

Eight international research funding agencies are jointly announcing their participation in round two of the Digging into Data Challenge, a grant competition designed to spur cutting edge research in the humanities and social sciences based around new analytical techniques and new forms of data with research value. Deadline Thursday 16 June 2011. More details are available [click here](#).

Interdisciplinary Capacity Enhancement (ICE) Awards

A new post-doctoral fellowship scheme has been launched by the Health Research Board in ROI. The aim is to build and attract capacity into population health and health services research and enable the development of partnerships between researchers, practitioners and decision makers in policy and health service delivery. The deadline for applications is 9 May 2011. More details are available on the Health Research Board [website](#).

Neurodegenerative diseases research

The Health Research Board and Science Foundation Ireland are seeking to fund research that will tackle a range of age-related neurodegenerative diseases. This is part of the EU member states, joint programming on neurodegenerative diseases. The closing date for applications is 9 June 2011 and full information is available from the Health Research Board [website](#).

Please feel free to circulate the information within your organisation as appropriate. If you do not wish to receive this E-bulletin email info@cardi.ie and your details will be removed from our mailing list.

CARDI Staff Team

If you want to explore how to be involved in progressing ageing research or want to find out more about our work please contact our team.

CARDI staff are:

[Roger O'Sullivan](#)

Director

[Elaine Cartmill](#)

Administrative and Finance Officer

[Paul Mc Gill](#)

Strategic Research Officer

[Nicola Donnelly](#)

Communications Officer – New Media

[Conor Breen](#)

Policy Officer – Research Translation

CARDI Steering Group

CARDI has been developed by leaders from the ageing field across Ireland (North and South).

Our Steering Group Members are:

Professor Davis Coakley

Co-Chair of CARDI

Professor Robert Stout

Co-Chair of CARDI

Owen Metcalfe

Institute of Public Health

Dr Denis O'Mahony

Cork University Hospital

Anne O'Reilly

Age NI

Professor Eamon O'Shea

Irish Centre for Social Gerontology

Robin Webster

Age Action Ireland

Dr Roger O'Sullivan

Director of CARDI

This work has been made possible through funding by The Atlantic Philanthropies, augmented by grants from the Department of Health and Children in Dublin and the Health & Social Care Research & Development Office, Public Health Agency, Northern Ireland. CARDI is hosted by the Institute of Public Health in Ireland.