

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](#)

November/December 2011

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**

CARDI's first international conference, *Ageing Globally-Ageing Locally*, took place in Croke Park, Dublin, 2 & 3 November, 2011. The event attracted almost 400 national and international delegates from academic, governmental and non-governmental organisations. Keynote presentations were given by Professor Peter Lloyd-Sherlock, Sir Michael Marmot, Professor Peter Passmore, Professor Rose Anne Kenny, Professor Alan Walker and Professor Anne Martin-Matthews. More information and presentations available:

- www.cardi.ie/conference2011
- [Images from CARDI Ageing Globally-Ageing Locally Nov 2 & 3 2011](#)
- [Remarks by President McAleese at the opening of the CARDI Conference 'Ageing Globally, Ageing Locally', Croke Park, 2nd November 2011](#)

64th Annual Scientific Meeting of the Gerontological Society of America (GSA) in Boston

CARDI was part of a symposium entitled "Building a community of ageing researchers" at the recent [Annual Scientific Meeting of the Gerontological Society of America \(GSA\) in Boston](#) which included CARDI's Director Dr Roger O'Sullivan, Professor Peter Lansley, University of Reading; Professor Anne Martin-Matthews, University of British Columbia; Professor Judith Phillips, Swansea University and Professor Victor Marshall, University of North Carolina. CARDI's presentation will be available shortly at www.cardi.ie

CARDI present to ROI's Seanad Committee

CARDI presented a submission on rural transport and older people to the ROI's Seanad Public Consultation Committee on the "The Rights of Older People", at a public hearing Thursday 24 November 2011. Among the other groups who have been invited to make presentations are The Irish Hospice Foundation, The National Federation of Pensioners Associations, The Carers Association, Age Action Ireland, Institute of Community Health Nursing, Older and Bolder, Irish Congress of Trade Unions and the Irish Nurses and Midwives Organisation. [CARDI's submission is available here](#). For more information on the hearing please visit www.oireachtas.ie

CARDI joins International Association of Gerontology and Geriatrics (IAGG) research network

CARDI is delighted to have been accepted as a member of the IAGG's Global Ageing Research Network. With the support of the World Health Organization, IAGG's Global Ageing Research Network (GARN) will bring together major worldwide centres of excellence. The network aims to be a tool for exchanging information about all types of topics related to gerontology and geriatrics and to be involved in highlighting the importance of Gerontology in the world. [More information here](#)

ERA-Age Network

CARDI has also recently become an associate member of [ERA-Age Network](#). The European Research Area in Ageing 2 (ERA-AGE 2) is a three year project funded by the European Commission, under the Seventh Framework Programme. ERA-AGE 2 continues the work of the highly successful ERA-AGE, which ended in 2009 after 5 years under FP6. The project recently launched Europe's first joint research programme on ageing "[Active and Healthy Ageing Across the Life Course](#)".

CARDI Publications

Multimorbidity in the older population

New research funded by CARDI finds that people suffering from two or more chronic conditions are 20 times more likely to report disability than those with none. The study, led by Dr George Savva, Trinity College, Dublin, examines the prevalence of two or more chronic conditions, known as multimorbidity, and its impact on quality of life and disability in older people. CARDI has prepared a briefing paper based on the findings: [Multimorbidity in the older population](#)

Physical activity and mental health in ageing

This research brief examines the links between maintaining recommended levels of physical activity and positive effects on mental health and brain functioning as well as the public policy strategies in place to promote physical activity in the older population. It is based on three CARDI-funded projects:

- *Physical activity and core depressive symptoms in the older Irish adult population*, led by Karen Morgan at the Royal College of Surgeons in Ireland.
- *Using aerobic exercise to promote brain plasticity*, conducted by Richard Carson at Queen's University, Belfast.
- *Leading dance for older people*, led by Sylvia O'Sullivan at the University of Limerick.

Download the briefing paper here: [Physical activity and mental health in ageing](#)

Global ageing: An Overview

A new CARDI paper examines the theme of ageing from a global perspective. It looks at the current

evidence on global ageing as well as the areas of policy where challenges and opportunities will arise, focusing on sharing common concerns and national policy and service solutions: [Global Ageing: An Overview](#)

Forthcoming

Understanding fuel poverty in the older population

CARDI funded an all-island study in December 2009, led by Professor Patrick Goodman, DIT, which builds on existing knowledge on fuel poverty but with a particular focus on older people. It involved an analysis of existing data and research on fuel poverty, a survey with older people on fuel poverty issues in ROI and an examination of mortality patterns in NI and ROI. It also identifies the groups among the older population who are most at risk of fuel poverty and its implications for their health and well-being. The research report will be launched at DIT, Aungier Street, Dublin 2 on 15th December.

Age, Income and Food

Poor diet among older people is an important public health issue, particularly as malnutrition contributes to increased morbidity and mortality. This research brief based on the findings of a CARDI funded project and international evidence examines this issue and looks at possible policy implications.

Focus on... Insurance: risk indemnity or age discrimination?

This article, part of CARDI's monthly "Focus on" series, delves behind recent headlines to examine the current situation of insurance for older people across the island of Ireland, and looks at current legislation in NI and ROI which protects against age discrimination. It concentrates on three types: health, travel and motor insurance.

CARDI Online

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

Get connected with CARDI:



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

Test to predict dementia risk

Researchers have developed a memory stress test that can be used to predict those at risk of developing dementia. Researchers from the Queensland Institute of Medical Research (QIMR), together with collaborators from the Brain and Ageing Research Program at the University of New South Wales, have shown for the first time that the brain's response to increasing mental stress can predict a future decline in everyday functioning. [Read more here](#)

Imaging the Alzheimer brain

With so many technological advances that allow a peek inside the brain, it can be hard to keep track of the latest and greatest ways to apply imaging to the study of Alzheimer's disease. A supplement just published by the Journal of Alzheimer's Disease aims to bring the community up to speed on emerging trends in imaging techniques now used in the study of AD. Called "Imaging the Alzheimer Brain," the issue details ways people can use imaging to help understand, detect, diagnose, and track the disease. [Read more here](#)

Stress Creates 50% Mortality Risk In Some Men According To New US Study

A new US study on stress and mortality in men indicates that stress can create as much as a 50% higher mortality risk in men. The research found that both moderate and high stress levels were a factor if the stress persisted over some period of time. The University of Oregon conducted the study which was presented in the Journal of Aging Research. It was an 18 year sample from 1985 to 2003 taken from the VA Normative Aging Study (NAS), a longitudinal panel study of white men in the Boston area which began in the 1960's. 1443 working and middle class men aged 41-87 were in the study. The approach to this research was a departure from other studies because it used a larger sample size, a longer period of time and included known major stressors that affect older people like a death in the family. The results were examined with and without health related stress events. [Read more here](#)

A Closer Look at Ageing and Cognitive Decline: The Religious Orders Study

In population studies of ageing and cognition, age appears to be associated with cognitive decline. In other words, as a population ages, the average cognitive ability of the population will decline. However, on the individual level, there is tremendous variation in cognitive change. An analysis of the large-scale Religious Orders Study supports the hypothesis that cognitive decline is not, in fact, a result of typical ageing, but a result of specific causes affecting a subset of the population. [Read more here](#)

Ageing Policy Updates

NI report warns older people may not be able to meet their future care costs

A [new report](#) has said older people may face substantial costs for their care in the future that they will not be able to meet. The study commissioned by the Independent Health and Care Providers (IHCP) group calls for changes to the current system. It found many people assume residential and nursing home accommodation is provided free but this is not the case. The report also points to a rapidly ageing population in NI. [Read more here](#)

Improving Dementia Services in Northern Ireland - a Regional Strategy

The NI health minister has published a new strategy for improving dementia services in Northern Ireland. Edwin Poots said he would ideally allocate between £6m and £8m additional funding over the next three years. However, he told the assembly he was urging everyone to make better use of existing resources. He said that there was room for greater efficiency in acute sector provision and care homes. It is thought that as many as 16,000 people in Northern Ireland are affected by dementia. The new strategy is called [Improving Dementia Services in Northern Ireland - a Regional Strategy](#).

Use of generic medication 'could yield huge savings'

Hundreds of millions of euro could be saved by the health service if doctors switched to prescribing generic drugs for elderly people, a prominent geriatrician has claimed. Legislation is being drawn up to tackle the problem, according the Department of Health. More than 60 per cent of people over the

age of 75 are on five drugs or more. Of those, less than 15 per cent are prescribed generic medication by their GPs, according to Prof Rose Anne Kenny. Prof Kenny, who is the head of the department of medical gerontology at Trinity College Dublin, said it was an issue that needed to be dealt with comprehensively, given the potential savings involved. [Read more here](#)

Age Action urges ROI government to reverse fuel allowance cuts

Age Action is urging the ROI government to reverse cuts to the free gas and electricity units for pensioners, amid growing concern at the severe hardship which the cuts will have for the most vulnerable of older people this winter. Age Action used the launch to reveal new research on the impact of cold weather on older people Ireland. Research on fuel poverty and older people by the Dublin Institute of Technology and the Institute of Public Health -- funded by CARDI and due to be published in the coming weeks -- shows that during the winter of 2006/7 there were 1,281 excess winter deaths*. Of these, the vast majority were older people (1,216 were aged over-65).[Read more here](#)

We need to act earlier in lives of older people- says director of United for All Ages

As the UK government prepares its care white paper for publication next year, attention will shift from the [recommendations of the Dilnot report](#) on care funding to the [health select committee's forthcoming inquiry into social care](#). Stephen Dorrell, the committee chair and a former secretary of state for health, has made it clear that he believes the answers to the care funding crisis rest with the integration of health and care for older people. More effective integration through pooled budgets, or even a single budget, could indeed save billions of pounds in health spending while delivering better care in older people's own homes and their local community. Much of this potential saving could be made through prevention – particularly prevention of expensive hospital or residential care. [Read more here](#)

British winter claims 25, 700 lives in 2010

The number of deaths linked to the cold weather in the UK was in excess of 25,700 last year, official figures recently released reveal. The number of winter deaths in some areas of the UK rose, with the North East seeing 300 more deaths than last year. Other areas - including Wales (2.7 per cent), London (1 per cent), Yorkshire and the Humber (0.9 per cent) and the East Midlands (0.8 per cent) - also saw an increase. Despite there being a fall in the figures overall, Mark Todd, director Energyhelpline.com said: "Any death from the cold is one death too many. But 25,700 excess deaths is the equivalent to the death toll of eight 9/11s." [Read more here](#). **Related stories:**

- [Winter fuel payments debate](#)
- [Report warns on fuel-poor deaths](#)

Research and Policy Publications

Older carers and involvement in research: why, what and when?

This briefing paper describes the views, experiences, motivations and plans of six older carers who decided to stay involved in research following their participation in a one year project at the University of Nottingham funded by Macmillan Cancer Support. The project was set up to study the experiences and main support needs of older carers looking after someone with advanced cancer and was designed to also encourage and facilitate the active involvement of carers in the research process. Link to report: [Older carers and involvement in research: why, what and when? \(University of Nottingham\)](#)

UK Public Service Pension Reform 2010 Onwards

This report tracks changes to the six largest public service pension schemes in the UK since 2010. These defined benefit schemes involve members accruing pension benefits based on a proportion

of their final salary for each year of service. In the last decade, membership in private sector schemes declined while that of public sector schemes has risen. [Read more here](#)

Dramatic increase in survival rates for some cancer types, UK study shows

Survival rates for some types of [cancer](#), including breast and colon [cancer](#), have improved dramatically over the last 40 years but there has been a "woeful" lack of investment in others, a UK study has found. Lung, brain and pancreatic cancers have so far shown hardly any improvement, [Macmillan Cancer Support](#) said, adding that patchy progress in some areas meant there was still a "survival lottery". The [analysis of figures for 20 different cancers, based on London School of Hygiene and Tropical Medicine research](#), suggests overall median survival times in England and Wales – the time it takes until half those diagnosed have died – have improved from one year for those diagnosed in 1971-72 to 5.8 years for patients diagnosed in 2007. [Read more here](#)

ILC-UK launches publications considering intergenerational diversity among LGBT people

ILC-UK and Age UK have been working in partnership to explore the role of intergenerational projects for the LGBT community, the importance that these projects could have in supporting the LGBT population, and identifying key learning opportunities from studies conducted at three ground-breaking projects from around the UK. The work conducted by ILC-UK includes:

['Bridging the Gap: Exploring the potential for bringing older and younger LGBT people together': an evidence review examining the context of intergenerational project work in the LGBT community](#)

['Celebrating Intergenerational Diversity': an evaluation report of the three projects run in Camden, Leicester and Stockport](#)

['Intergenerational projects for the LGBT community': a toolkit to inspire and inform anyone wanting to establish and run their own LGBT intergenerational project](#)

Close to home: An inquiry into older people and human rights in home care

This inquiry by the [Equality and Human Rights Commission in the UK](#) has found that although many older people receive care at home which respects and enhances their human rights, this is by no means a universal experience. It uncovered areas of real concern in the treatment of some older people and significant shortcomings in the way that care is commissioned by local authorities.

- [Full report \(PDF\)](#)
- [Executive summary \(PDF\)](#)

Unpaid and Paid Care: The Effects of Child Care and Elder Care on the Standard of Living

This US working paper from the Levy Institute highlights the benefits of social care investment. It assesses the positive impacts of social care from both receivers' and providers' points of view. The benefits to care receivers are various, ranging from private, higher returns to education to enhancing subjective well-being and health outcomes.

[Unpaid and Paid Care: The Effects of Child Care and Elder Care on the Standard of Living](#)

New Ways of Restoring and Supporting the Independence of Older People

This Australian briefing is one of a series from the Benevolent Society designed to make it easier for community aged care workers and managers to have access to the latest research evidence on issues affecting their day-to-day work with older people, in a practical and accessible format

[New Ways of Restoring and Supporting the Independence of Older People](#)

More and more Africans are growing old but face uncertain future, reports AfDB

Africa's population is ageing, just like in the rest of the world, but the continent's governments are badly equipped to handle the growing number of older people. That's the main conclusion of a new [report](#) from the African Development Bank (AfDB). The percentage of people aged over 65 in Africa has grown to 3.6 percent in 2010 from 3.3 percent in 2000. The elderly could account for 4.5 percent of the continent's population by 2030, and almost 10 percent by 2050. In some countries, the proportion of older people will almost match that of industrialised countries by 2030 and 2050. [Read more here](#)

Events and Seminars

Long Term Care of Europe's Older Citizens: Policy and Fact

With people aged 80 plus set to comprise 11.5% of the EU population by 2050, the drive to deliver effective and affordable long term care is an urgent challenge. This conference, the final one of the [SHELTER* project](#), taking place on December 5th 2011, will examine policy and progress at a European level. More [details available here](#). If you would like to attend please email Bridget Carpenter, Centre for Health Services Studies, University of Kent at: B.Carpenter@kent.ac.uk

Changing Images of Ageing – International Perspectives for a Future-Oriented Policy

The German Federal Ministry for Family Affairs, Senior Citizens, Women and Youth, will be hosting an international conference entitled "Changing Images of Ageing – International Perspectives for a Future-Oriented Policy on Senior Citizens and Generations" in Berlin on 12 December 2011. The conference addresses decision makers in the field of politics, administration and civil society who are active in the policy fields relating to senior citizens and generation issues, national and international stakeholders who report on ageing issues and also other experts with an interest in the field. More information: www.dza.de

Growing Old in Ireland with Intellectual Disability

Professor Mary McCarron (Trinity College Dublin) and the IDS-TILDA Team will host an Education Day on Tuesday 6th December 2011. It is for registered nurses and INMO members. The programme and further details are [available here](#). **To book a place please phone the INMO: 01 6640641**

Developing a National Dementia Strategy

The Living with Dementia research programme (LiD), at Trinity College Dublin in partnership with the Dementia Services Information Development Centre (DSIDC) and the Irish Centre for Social Gerontology will host a conference on the 18th of January 2012 in Dublin which brings together several international experts who themselves have played a critical role in the development of National Dementia Strategies in their own countries. It will mark the completion of phase one of the dementia research review and will showcase the evidence-base that will inform the development of Ireland's first National Dementia Strategy. International speakers include: Florence Lustman (France), Glenn Rees (Australia), Knut Engedal (Norway) and Alistair Burns (UK). Further [details are available here](#)

Cochrane in Ireland Conference: Generating and Using Evidence in Healthcare

The Eight Annual Cochrane in Ireland conference will be held on January 27th 2012 at Dublin City University. The Cochrane in Ireland conference brings together healthcare professionals and academics to examine current issues in evidence-based practice. Those in practice will find ways to access and use evidence. Those interested in or already conducting systematic reviews will learn about developments. Those who will benefit from attending include healthcare professionals interested in using evidence-based practice to improve clinical practice, in developing healthcare

policy, or in contributing to systematic reviews. **For further information on the Conference contact: Dónal O'Mathúna, PhD, School of Nursing and Human Sciences, DCU**
Email: donal.omathuna@dcu.ie or Tel. +353 (0)1 700 7808

New Dynamics of Learning and Ageing: Call for Abstracts

The Association for Education and Ageing, Age Action Ireland & Workers' Educational Association NI & The New Dynamics of Ageing Research Programme UK will host an international conference 20-22 March 2012. Entitled New Dynamics of Learning and Ageing: Research, Policy and Practice, it will take place at the National University of Ireland, Maynooth (NUIM). **Further details including conference fees and accommodation [information](#). Download [Booking form](#) or to book on line go to [NUIM Maynooth](#)**

A CALL FOR PAPERS is open for programme contributions. These can be in the format of a scientific paper, a presentation on a theme, or a workshop. Abstracts of not more than 250 words should be sent for consideration to the conference organisers at: j.e.hughes@open.ac.uk by 30 November 2011.

British-Irish Population Conference: Call for papers

The Third Biannual British-Irish Population Conference will take place on the 18-19 April 2012. It will be hosted by Queen's University Belfast under the auspices of the Population Geography Research Group of the RGS-IBG. Papers are now invited for on inter-generational patterns and processes. Abstracts (max. 300 words) are invited by Tuesday 20th December 2011. These should be submitted to bipopgeog@qub.ac.uk and include full contact details for the correspondence author. Notification of abstract acceptance will be sent by 31st January 2012. **The conference programme (including additional information) along with on-line conference registration will be available throughout February and March 2012 : <http://www.qub.ac.uk/research-centres/TheInstituteofSpatialandEnvironmentalPlanning/bipconf2012/>**

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

Funding, Awards, Tenders, Training Opportunities

Age UK grant call

Age UK has launched a call for research to improve the health and wellbeing of older people. It is inviting applications for PhD Studentships, Research Fellowships and Clinical Fellowships. Further information and application packs for download are on this page of the Age UK website: <http://www.ageuk.org.uk/professional-resources-home/research/research-into-ageing/>

National Institute for Health Research (NIHR) Fellowships award scheme

The Health & Social Care Research & Development Division of the Public Health Agency (HSC R&D Division) in conjunction with the National Institute of Health Research Trainees Coordinating Centre (NIHR TCC), England would like to invite applications for the fifth round of the National Institute for Health Research (NIHR) Fellowships award scheme. The scheme is managed by the NIHR TCC on behalf of the Departments of Health, and is designed to continue the development of research capacity in support of the NHS/HSC. The scheme is open to applicants from Northern Ireland. [More information here](#)

Northern Ireland Chest Heart and Stroke: Call for Applications for Scientific Research Grants 2012

Northern Ireland Chest, Heart & Stroke (NICHS) is inviting proposals for funding of research grants which will commence after 1 August 2012. Funding is available for research projects on stroke and on respiratory illnesses to the total value of **£175,000**. Up to **£175,000** is available for research in

this year's priority area of cardiac illness. To download an application form, guidance notes and other information, please visit our website www.nichs.org.uk or contact Caoimhe Devlin, Research Assistant by email: cdevlin@nichs.org.uk or by phone: on (028) 9026 6714 / (028) 9032 0184.

SUPPORTING LONGER WORKING LIVES OF OLDER WORKERS-TENDER

[The European Centre for the Development of Vocational Training](#) is calling for tenders to conduct research. The aim of this Europe-wide study is to investigate within the overall framework of active ageing: (i) how the European Union and national policies and strategies address the issue of staying longer in employment; (ii) how lifelong guidance is embedded in employer's age management strategies supporting older workers' (55+) lifelong learning and skills development; and (iii) to what extent different forms of guidance support is available to this target group. Deadline for tender submissions is 12th January 2012. Read more about this tender [here](#)

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.