

eBulletin

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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: 6 weeks to go
Programme now available
Closing date to register: 24th October***

The **closing date for registration** for CARDI's international conference, *Ageing Globally-Ageing Locally*, is the **24th October**. The event, taking place in Croke Park, Dublin, 2 & 3 November, 2011, has [Continuing Personal or Professional Development](#) (CPD) accreditation from the [Royal College of Surgeons Ireland](#). The two day conference has an accreditation of **11.75 CPD points**.

Representatives from over 50 universities and over 40 NGOs from 20 countries will participate in this conference which will showcase the very latest in research on ageing and consider its consequences for societies worldwide. **Further information on registration and the conference programme can be found at www.cardi.ie/conference2011.**

CARDI Publications

Focus on... Ageing and Access to Health Services

This month the focus is on Ageing and Access to Health Services. You can read the article at the following link: [Focus On: Ageing and Access to Health Services](#)

The role of telecare in supporting carer's of older people

Stress and fatigue among carers of older people is a problem that can lead to depression and the breakdown of the care provided. In order to explore the potential contribution of telecare in helping carers of older people, CARDI funded the development of a research network in 2009. It was led by Brigid Barron of Caring for Carers Ireland to assess the impact of telecare on carers of older people in terms of reducing stress and increasing quality of life. This research brief is based on the findings of the network as well as CARDI's own research in this area. **Download the brief at the following link: [The role of telecare in supporting carers of older people](#)**

Forthcoming

Global ageing update

The focus of the CARDI international conference on 2-3 November is on global ageing. With this in mind, 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.

Physical activity and mental health in ageing

This research brief will examine 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.

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

YouTube for Reminiscence Therapy in Dementia

Group reminiscence therapy (RT) is a popular psychosocial intervention for dementia. RT involves group discussion of past experiences, often facilitated by pictures and other mementoes. Although

the evidence base for the efficacy in using RT for any specific cognitive outcome is limited, previous studies have found some benefit of RT for patient mood and caregiver strain. A research letter in *Age and Ageing* describes the pilot stage of a trial that uses YouTube to facilitate RT, suggesting that the website's database of videos, which can be accessed in an efficient, personalised manner, may be useful for RT. [Read more here](#)

'Longevity gene' may be dead end: study

Research over the last decade showing that proteins called sirtuins can increase lifespan is deeply flawed, according to a new study in *Nature* that debunks prior claims of a direct causal link. But the new research, led by David Gems at the Institute of Healthy Ageing at the University College London, provides solid evidence that the supposed cause-and-effect relationship between the proteins and longer life is a mirage. [Read more here](#)

The costs of informal care giving

A recent health policy brief from the UCLA Center for Health Policy Research summarises findings about informal caregivers from the 2009 [California Health Interview Survey \(CHIS\)](#). Informal caregivers, or individuals who provide care to a friend or family member, annually provide billions of dollars' worth of uncompensated care in the US. The amount of unpaid care is likely to increase as the population ages and as states and other governing bodies institute budget cuts that reduce social services. The CHIS data suggests that more support is needed for informal caregivers. [Read More here](#)

Australian studies examine apathy, anxiety and depression in seniors

Research is showing that if carers can reduce patient apathy then many health benefits follow. Two separate studies are to examine apathy, anxiety and depression in older Australians, including many in residential care. The conditions are sometimes related, frequently misunderstood and often untreated. Dr Julie Ellis from La Trobe University is working with Dr Colleen Doyle, from the National Ageing Research Institute in Melbourne, to examine the prevalence of apathy amongst people with dementia in residential aged care and to see if there is any correlation with resident lifestyle activities. [Read more here](#)

Dementia Research in UK receives funding boost

Dementia research in the UK is set to benefit from a £5.1m investment from a Cambridge-based charity. Alzheimer's Research UK has pledged the funds to more than 50 new and existing projects across the country. The largest grant of £350,000 has been awarded to the Department of Genetics at the University of Cambridge. Dr Damian Crowther said the money would "provide security" for the department's research into the spread of Alzheimer's through the brain. Other projects being supported include research into whether existing diabetes drugs could be used to treat Alzheimer's, and the study of biological signs that could aid early detection of the disease before symptoms appear. [Read more here](#)

UK's largest study into older people with depression

The UK's largest ever study into the primary care of older people with depression is being carried out by researchers at the Hull York Medical School (HYMS) and the University of York. Under the £1.6 million CASPER project, the York Mental Health Research Group – a partnership between HYMS and the University's Department of Health Sciences - is examining the effectiveness of screening and psychological treatments for people aged over 75 with depression. The treatments have been specially adapted to address social isolation and physical health problems common in older people and do not require hospital referral, with people remaining under the care of their general practitioner. [Read more here](#)

Have Your Say on the Review of the National Poverty Target

ROI Minister for Social Protection Joan Burton TD is overseeing a government review of the national poverty target. Minister Burton has launched a public consultation on the review and invites all stakeholders to Have Your Say. The consultation includes local workshops, an online survey, the annual Social Inclusion Forum, a technical workshop and bilateral meetings with social partners. Further details on the local workshops and how you can Have Your Say on the review are available at www.socialinclusion.ie.

Guide aims to help people complain about healthcare: healthcomplaints.ie

A guide on how to complain about health or social care services is now available to members of the public. The Healthcomplaints toolkit, launched in September by ROI Minister of State for Health, Róisín Shorthall, consists of a guide for the public, a leaflet, a poster, a staff training guide and a website address – healthcomplaints.ie. The information pack comes from an initiative by the Ombudsman Emily O'Reilly, who said she felt it was necessary that making a complaint about their experiences in the health or social care systems be made easier for people. [Read more here](#)

NI Elderly have to choose between heat and food, says CAB report

One third of elderly clients in a Citizen Advice Bureau (CAB) survey have had to make the choice between heating and other essential items such as food. A new report from the CAB shows a desperate picture of fuel poverty in Northern Ireland particularly in rural areas. The findings are based on a survey of 386 CAB clients who sought advice between February and March 2011. CAB chief executive Derek Alcorn said "the problem is becoming severe". The survey also found that 59% of disabled respondents had to choose between food and heat. [Read more here](#)

UK pensioner income 'at 18-month low'

UK Pensioners' income has fallen to an 18-month low with more retired people dipping into their savings to keep afloat, new research has found. Life and pensions group Aviva said the typical monthly income for the over-55s fell by 6% to £1,216 over the three months to September, the lowest figure since it started its quarterly retirement survey in February 2010. Worst hit are the over-75s, who receive £999 per month on average, but a quarter of those in retirement survive on less than £750 per month. Nearly three quarters of the 10,000 pensioners surveyed also identified the rising cost of living as their main concern over the next six months. [Download The Aviva Real Retirement Report: Issue Seven - September 2011 \(PDF 2.25MB\)](#)

Scotland outlines plans to improve dementia care

The Scottish Government has unveiled plans to train hundreds of dementia champions over the next two years to work across the NHS and councils. It is taking the step in a bid to drive up standards of care for people with dementia. As part of the plans, the government has awarded a contract to the University of West of [Scotland](#) and voluntary organisation Alzheimer Scotland to train an initial 100 dementia champions this year. Champions will be recruited from acute general hospitals and will be responsible for ensuring the needs of patients with dementia are met, as well as leading and supporting change in care. [Read more here](#)

UN Summit recognises dementia importance

This month the United Nations held only its second meeting in its history on a global health issues by convening a Summit on Non Communicable Diseases (NCD). The final political declaration of the

summit specifically recognised neurological diseases, including Alzheimer's disease and other dementias, as an important cause of morbidity that contribute to the global NCD burden and that NCD prevention programmes and health care interventions provide equitable access to effective programmes for these illnesses. [Read more here](#)

Research and Policy Publications

World Alzheimer Report 2011 - The benefits of early diagnosis and intervention

[Alzheimer's Disease International](#) released the [World Alzheimer Report 2011](#) - The benefits of early diagnosis and intervention on the 13th September 2011. It identifies that lack of detection is a significant barrier to improving lives of people with Alzheimer's disease and other dementias, their families and carers. Medical treatments and other beneficial interventions are only available for those that have sought and received a diagnosis. It finds that earlier diagnosis has the potential to change the way societies view and approach Alzheimer's disease and other dementias. The report also states that the main barriers to access to care – the stigma of dementia that prevents open discussion, the false belief that memory problems are a normal part of ageing, and the false belief that nothing can be done for people with dementia and their families – are too prevalent even in well-resourced, well informed, high income countries. [Read more here](#)

World Report on Disability

This World Health Organization and World Bank [report](#) suggests that more than a billion people in the world today experience disability. The report provides the best available evidence about what works to overcome barriers to health care, rehabilitation, education, employment, and support services. The report also gives a set of recommendations for governments and their partners on how to create the environments which will enable people with disabilities to flourish. [Read more here](#)

Establishing the extra in Extra Care: ILC-UK

New research from the [ILC-UK](#), which uses longitudinal data from three providers of Extra Care (Audley Retirement, Extra Care Charitable Trust, and Retirement Security Limited) finds that compared to those living in the community in receipt of domiciliary care, those in extra care housing are about half as likely to enter institutional accommodation. The research argues therefore that extra care accommodation is a 'home for life' – one that does successfully adapt to residents' changing social care needs. [Read more here](#)

Defining Fuel Poverty in Northern Ireland: A Preliminary Review

Fuel poverty levels in Northern Ireland are set to rise dramatically in the months to come, according to a report, [Defining Fuel Poverty in Northern Ireland: A Preliminary Review](#), launched 7th Sept, 2011. The project leader Professor Christine Liddell, Ulster University, warned that the vast majority of households will slide into fuel poverty this winter. She revealed 75,000 homes across the province have already plummeted into extreme fuel poverty. **Download the full report at the following link:** [Defining Fuel Poverty in Northern Ireland: A Preliminary Review](#)

Report of the Commission of Older People: Society of St Vincent de Paul

Loneliness is the biggest individual problem faced by older people living alone in the Republic of Ireland, according to a new report, "Older people - experiences and issues" published by the [Society of St. Vincent de Paul \(SVP\) 7th September 2011](#). It is particularly acute in rural areas with a reduced level of human contact as a result of declining public services, such as the closure of post offices and reductions in other local services including transport. This report on the experiences and issues of older people in Ireland also covers their attitudes to growing old, the younger generation, family links, income support, crime, housing, religion and employment. **Download the report:**

[“Older people - experiences and issues”](#)

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

Events and Seminars

Health policy, resource allocation and ageing

The Irish Social Policy Association will host a seminar on the topic of Health policy, resource allocation and ageing on Thursday 13th October in DIT Aungier Street, Dublin 2 6.30pm - 8pm. Speakers include Maev-Ann Wren, economist and author on health policy and Frances Ruane, Director of the ESRI and chair of the Expert Group on Resource Allocation and Financing in the Health Sector. **RSVP to ispa.seminar@gmail.com**

Exploring the role of education and learning in later life

The Association for Education and Ageing (AEA) in partnership with Age Action Ireland and the Workers' Education Association Northern Ireland will be holding its next international conference and training event at the [Maynooth National University of Ireland](#) between 11th and 13th October 2011. It will seek to highlight new curriculum areas for older learners and innovative ways of reaching and teaching them – including the involvement of arts and creativity, and in the context of an ageing society. [Read more here](#)

Dementia: public knowledge and attitudes ARK

In this presentation, Maria McManus (Dementia Services Development Centre) will explore how much we know about dementia, and our attitudes towards someone with dementia. The seminar will focus on results from the 2010 Northern Ireland Life and Times Survey. The seminar will take place on Tuesday 18th October, from 12:00-13:00 at NICVA, 61 Duncairn Gardens, Belfast, followed by lunch. The seminar is free, but please book a place via email info@ark.ac.uk or telephone **028 71675513**

Meeting the Grand Challenge of Ageing: the New European Research Agenda

This conference, on the 18th October in Brussels, will launch the FUTURAGE Road Map, which will provide a European research agenda for ageing research for the next 10 years. The Road Map will be presented in the European Parliament at this conference hosted by the STOA Panel of MEPs. The event is aimed at European, Member State and regional ageing research stakeholders. **To register your interest please email futurage@sheffield.ac.uk or visit www.futurage.group.shef.ac.uk**

Gerontology and Geriatrics 2011: IX Asia/Oceania Regional Congress

The Australian Association of Gerontology, in collaboration with the New Zealand Association of Gerontology, is hosting the *9th* Asia / Oceania Congress of Geriatrics and Gerontology in Melbourne, Australia, from October 23-27. The conference theme is *“Ageing well together: Regional perspectives”*. It integrates the broad perspectives of ageing well from our diverse region, focusing on the key areas of health, function, psychological, social and spiritual well-being. **For more information please visit: <http://www.ageing2011.com/>**

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

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

Funding, Awards, Tenders, Training Opportunities

Irish Fulbright Awards 2012-2013

The Fulbright Commission in Ireland has launched its Awards for 2012-2013. These scholarships provide Irish and EU students, scholars and professionals with the opportunity to study, lecture and research at top universities and institutions in the US. Visit www.fulbright.ie for further information and to apply. The final deadline for applicants is Friday 18th November at midday.

Active and Healthy Ageing Across the Life Course

The European Research Area in Ageing (ERA-AGE 2) has launched Europe's first joint research programme in the ageing field by publishing a call for multidisciplinary research applications on "Active and Healthy Ageing Across the Life Course". The call is dedicated to the achievement of enhanced and healthy ageing and, in particular, to address the major priority established by the AHAIP (Active and Healthy Ageing Innovation Partnership) of a 2 year increase in healthy life expectancy in the European Union by 2020. More information available: <http://www.era-age.group.shef.ac.uk/active-and-healthy-ageing.html>

Economics of Retirement

This funding opportunity announcement from the National Institutes of Health (US) encourages research on the economic and health-related factors that influence older persons' choices on labour force participation as they near typical retirement age and throughout the later stages of life. [Read more here](#)

Translational research in ageing and cancer

The National Institutes of Health (US) has launched a call for translational research in ageing and cancer. These grants propose translational research in the overlapping areas of human ageing and cancer, linking basic and clinical research relevant to the care of older cancer patients. Budgets for direct costs of up to \$50,000 per year and a project duration of up to two years may be requested for a maximum of \$100,000 direct costs over a two-year project period. [Read more here](#)

Dunhill Medical Trust Grants

The aim is to encourage and support high-quality research with focus on improving the health and wellbeing of older people. Grants are worth between £10,000 and £500,000 for a period of up to three years for project grants and up to five years for programme grants. UK applicants only. More information: <http://www.dunhillmedical.org.uk>

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 Steering Group

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

CARDI staff are:

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Our Steering Group Members are:

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