

eBulletin

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

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July 2010**CARDI Latest Updates****Call 3 results coming soon**

Call 3 of the CARDI collaborative research grants programme has now closed. A high number of applications were received -- we plan to inform applicants of the outcome by mid August.

www.cardi.ie/grantprogramme.

Data mining small grants programme

Revisiting existing data sets can help create new insights and is a valuable way to open up debate and discussions on issues relating to ageing. There are many data sources in Ireland north and south relevant to ageing research which may not be exploited to the extent that they could be. To maximise the use of existing information CARDI is planning a small grants programme for data mining; it will support research involving the collation and analysis of existing data from an all-Ireland perspective and summarising it into information relevant for policy or practice. Full details will be released soon.

CARDI Publications**Pensions policy in Ireland, North and South**

CARDI recently published a briefing document which provides a synopsis on the pensions systems in Northern Ireland and the Republic of Ireland: [CARDI Briefing Paper: Pensions policy in Ireland, North and South](#)

Forthcoming Publications

Government Structures in Ireland, North and South- Update

Stocktake of Ageing Public Policy Initiatives in Ireland, North and South- Update

Theories of ageing: approaches to welfare and public policy and practice in Ireland – North and South.

This forthcoming discussion paper is intended to stimulate discussion on the evidence base required for developing policy and services. A launch event planned for autumn, if you are interested in attending please email an expression of interest to info@cardi.ie

CARDI Events

Becoming Visible: Older People as Active Participants in the Community and in Long-term Care Settings

CARDI is leading a session for early career researchers or those new to ageing research at the second annual conference organised by the Social Policy and Ageing Research Centre (SPARC), Trinity College Dublin and the Changing Ageing Partnership (CAP), Queens University Belfast. The event will take place at Dublin Castle on the 16th and 17th November. For further information on abstract submission, registration details and form please email ageing.research@tcd.ie or visit <http://www.sparc.tcd.ie/newsAndEvents/Conf2010Home.php>

CARDI Online

CARDI website survey draw winner Thanks to everyone who recently completed CARDI's website survey. Your excellent and informative feedback will help us to improve the quality of your experience when you visit our site. **Congratulations to Lauren Quinn Taylor, from the Irish Senior Citizens Parliament who is the winner of the €100 book voucher.**

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

Send us your news and events:

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

[Get connected, start a discussion and network with CARDI:](#)

Would like to connect with fellow researchers in ageing research, or professionals in the age sector? CARDI would like to facilitate online networking and discussion for researchers and professionals and here are some ways to make that connection:

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.

You can also now join CARDI's LinkedIn discussion group where you can make connections and discuss new research and hot topics: [Join CARDI's discussion group on LinkedIn](#)

You can also engage in discussion and discover new connections by joining CARDI on Twitter and Facebook where you can also find the latest news in ageing research and age-

related issues. Here's how to do it:

Follow CARDI on Twitter

Keep up to date with the latest news on ageing research and connect with national and international organisations and people engaged in ageing research and active ageing projects by following CARDI on Twitter at: <http://twitter.com/CARDItweets>

Become a fan of CARDI on Facebook by clicking [here](#)

Ageing Research Updates

[Milestone for Research on Neurodegenerative Diseases: International pact to co-ordinate research](#)

Representatives of the German Centre for Neurodegenerative Diseases (DZNE), the UK Medical Research Council (MRC) and the Canadian Institutes of Health Research (CIHR) recently signed a cooperation agreement that aims to establish and apply harmonised guidelines and technologies for research on neurodegenerative diseases. The lack of common standards so far has made it difficult for researchers to compare and validate research results. Ensuring comparability means that results achieved in laboratories will benefit patients faster. The German, British and Canadian governments have all expressed their support for the agreement.

[Wisdom really does grow on you](#)

Wisdom really does come with age, according to US researchers. The conclusion is based on a series of studies on 3,000 Californians aged between 60 and 100. The research found that while short-term memory, learning skills and the ability to reason do decline with age, not all mental faculties reach their peak when a person is in their 20s as is commonly believed. Reporting on the findings at the [Royal College of Psychiatrists'](#) International Congress in [Edinburgh](#), [Professor Dilip Jeste](#), from the [University of California](#), said wisdom was a unique human mix of intelligence and spirituality. He believes it may be hard-wired into the human brain as an evolutionary tool to extend lifespan.

[Magnetic brain stimulation shows promise for Alzheimer's](#)

Stimulating the brain with magnetic pulses might help people with Alzheimer's disease improve their use of language, new Italian research suggests. The scientists from Brescia and Milan said they "hold considerable promise, not only for advancing our understanding of brain plasticity mechanisms, but also for designing new rehabilitation strategies in patients with neurodegenerative disease." The preliminary study is published in the Journal of Neurology, Neurosurgery and Psychiatry.

[Treating the Aged in Rural Communities: The Application of Cognitive-Behavioural Therapy for Depression](#)

Many rural communities are experiencing an increase in their older adult population. Older adults who live in rural areas typically have fewer resources and poorer mental and physical health status than their urban counterparts. Depression is the most prevalent mental health problem among older adults in the US, and 80% of the cases are treatable. Unfortunately, for many rural older people, depressive disorders are widely under-recognised and often untreated or undertreated. A recent study from the University of Alabama examined the role of cognitive behavioural therapy for addressing depression in older rural dwellers and the issues, obstacles and possibilities inherent in its application within this context.

[Pain in older people explored](#)

It could be pain in the knee or hip, a sore back, or be caused by arthritis, but for many older people chronic pain can be isolating and seriously affect their quality of life. University of Aberdeen researchers recently launched a major four year study which it is hoped will ultimately lead to new

and better strategies for sufferers to self manage their pain. [Lifelong Health and Wellbeing](#) funded the £1.2M study known as EOPIE - Engaging with Older People in developing and designing interventions for the management of Chronic pain - which will be rolled out in phases. **For more information contact Denise Gray on 01224 559456 or email denise.gray@abdn.ac.uk**

[Going Barefoot In Home May Contribute To Elderly Falls : Institute For Aging Research US Study](#)

Going barefoot in the home, or wearing slippers or socks with no shoes, may contribute to falls among the elderly, according to a new study from the Institute for [Aging Research of Hebrew SeniorLife](#). The study found that nearly 52 percent of the participants who reported a fall were either barefoot, wearing socks without shoes, or wearing slippers at the time of their fall. These people also reported more serious injuries, including fractures, sprains, dislocations, and pulled or torn muscles, ligaments or tendons, as a result of their fall.

[Road Map for Ageing Research: Second set of FUTURAGE workshops confirmed](#)

The second set of thematic workshops for FUTURAGE has been confirmed. Four workshops will take place across Europe during the summer, in Sweden, Italy, United Kingdom and Spain. These workshops are the second time that expertise in the three scientific themes ([Social and economic resources](#), [Environments of ageing](#) and [Healthy ageing and well being](#)) and the [user involvement theme have been brought together to discuss the key priorities for the Road Map](#). For more information about the workshops click [here](#).

[70% of Europeans back EU funding for research for future benefits](#)

A recent Eurobarometer study reported positive news about Europeans attitudes towards the value of funding research. According to a new report published June 21st, nearly 80% of Europeans say they are interested in scientific discoveries and technological developments, compared to 65% interested in sport. Over 70% of Europeans think EU-funded research will become more important in the future. The results are available on the public opinion webpage on the Europa website: http://ec.europa.eu/public_opinion/index_en.htm

[Ageing Policy Updates](#)

[Opening your eyes to the issue of elder abuse](#)

Cases of reported elder abuse in the Republic of Ireland doubled between 2006 and 2007 and, with population ageing, are expected to continue increasing. The most recent report on cases of elder abuse was recently released by the HSE (Health Service Executive). It revealed that there were 1,870 referrals to the Elder Abuse Service in 2009, a slight increase over 2008. It also found that older people were most likely to be abused by close relatives. The release of the report coincided with the a new public awareness campaign launched by Minister for Older People, Áine Brady and the release of a DVD resource by the HSE designed to promote awareness of the signs of elder abuse. The full report is available: [Open Your Eyes: HSE Elder Abuse Services 2009](#). **For more information: www.hse.ie**

[UK State pension age to rise to 66 for men as early as 2016](#)

The recent [budget](#) announced by the UK coalition government saw some important changes in pension policy including a new schedule for increasing the state pension age to 66 for men as early as 2016 and changes to the national default retirement age. The announcement on the pension age accelerated the timeline for changes laid out under the previous Labour government. The Conservative-Liberal Democrat budget statement also re-iterated the intention to restore the link between rises in the state pension and earnings from 2011. However, the link will be to the consumer price index rather than the retail price index, currently the lower of the two measures of inflation. The speeding up of changes to the pension age received a mixed response with some groups such as the [National Pensioners Convention](#) describing it as an attack on the poorest members of society.

[Improving Dementia Services in Northern Ireland](#)

A draft dementia strategy, Improving Dementia Services in Northern Ireland - A Regional Strategy, has now being issued for formal consultation. The purpose of this consultation document is to provide background and information on the proposed action to improve dementia services in Northern Ireland and to seek views on these proposals. The document is available here: [Improving Dementia Services in Northern Ireland](#). **More information on the consultation process is available at: <http://www.dementiacentreni.org/>.** All consultation responses should be returned **no later than Tuesday 31 August 2010**

[Minister Harney publishes report on prescription pricing and generic substitution](#)

The Minister for Health and Children, Mary Harney TD, recently published the report on reference pricing and generic substitution. The Minister says the implementation of this system will result in a more sustainable system of pharmaceutical pricing and reimbursement and will help to ensure that patients continue to access innovative and affordable medicines. The Minister said, "Due to our ageing population and increased usage of medicines, we can expect upward pressure on our drugs bill for our health services. It is essential, therefore, that we maximise value for money in this area of expenditure and use all methods to ensure that the right drugs are used, at the right time for the right conditions, and that the cost of drugs is kept as low as possible". For more information: www.dohc.ie

[Older People, Public Policy and the Impact of Devolution in Scotland](#)

Older People, Public Policy and the Impact of Devolution in Scotland is the title of a report commissioned by Age Scotland and written by Professor Charlie Jeffery of the University of Edinburgh. The full report: [Older People, Public Policy and the Impact of Devolution in Scotland](#). You can also download a pdf of the executive summary here: [Older People Public Policy and the Impact of Devolution in Scotland Exec Summary](#)

[Ageing in place in France](#)

In June, Nora Berra, Secretary of State in charge of older people's issues in France, presented the report of the mission 'Vivre chez soi' ('Ageing in place'), which was launched in February 2010 and seeks to identify the actions needed to promote ageing at home. The project included six working groups with the mission of clarifying the issues of "ageing in place", meeting the needs and expectations of seniors in the area and identifying essential tools and concrete measures aimed at public authorities. The report proposes 18 priority actions targeting three main objectives: improving the living environment of older people, the access to new technologies and the services to the person. **Click [here](#) to access the report. Please note the report is in French with a two-page summary in English (pp 8-9). For more information: <http://www.age-platform.eu/en>**

[Smarter Spending for Better Care Report](#)

Counsel and Care believes smarter spending could release up to £3 billion that could be redirected to provide better care and support for the growing number of older people and their carers. The charity's Smarter Spending For Better Care report, published June 2010, sets out 10 ways in which current resources could be spent differently. These include: improving access to advice and information, particularly specialist financial advice; improving support for families and carers; helping older people stay in their own home for longer; and encouraging closer links between housing, health and care agencies. It also advocates the use of homecheck schemes, volunteering, technology such as telecare and access to drugs and treatments to reduce the impact of dementia. For more information please go to www.counselandcare.org.uk

Research and Policy Publications

[Gazing at the Four Walls: Older people experiencing social isolation](#)

[Engage with Age](#) recently published the results of a research project examining older peoples' experience of loneliness and isolation in Belfast. The report entitled "Gazing at the Four Walls" records the voices of older people experiencing social isolation and living alone. The project was aimed at measuring the extent of older peoples' isolation, the causes and effects and the barriers to social inclusion. The organisation also published a policy paper informed by the research finding. **Download the papers by clicking on the following links:** [Gazing at the Four Walls: Engage with Age NI research report](#) and [Gazing at the Four Walls: Policy Paper](#)

[Social security in an ageing world](#)

The International Social Security Association [[ISSA](#)] is one of the world's leading international organisations bringing together national social security administrations and agencies. Recently the ISSA partnered with the [Oxford Institute on Ageing](#) to produce a paper on the challenges and opportunities facing countries around the world due to the ageing population, especially as it relates to social security systems. The white paper includes key policy lessons to take into consideration as governments review their systems. The paper is available here: [Social Security in an ageing world: Adapting to demographic challenges](#)

[Continuing to care for people with dementia](#)

The [Alzheimer Society of Ireland](#) in conjunction with [St. Luke's Home](#) has published a report 'Continuing to care for people with dementia' which explores Irish family carers' experience of their relative's transition to a nursing home. The report was researched and written by Professor Murna Downs, [Bradford Dementia Group](#), University of Bradford. **The full report is available:** [Continuing to care for people with dementia](#)

[Highly educated men and women likely to live longer](#)

A recent report from Eurostat found that life expectancy by educational attainment is a very important indicator of socio-economic inequalities in health. Based on the available data for a selection of EU Member States and Norway, a systematic relationship between educational attainment and mortality can be observed: at any age, life expectancy is less among persons with the lowest educational attainment and increases with educational level. Large differences in life expectancy by educational attainment can be observed among Member States. Moreover, these differences are more pronounced for men than for women. The paper is available here: [Life expectancy by educational attainment: Eurostat](#)

[Nutrition and health in an ageing population](#)

Malnutrition has far reaching repercussions for individuals, society and our health service, yet is under recognised, under detected and under- treated. This report by the UCD Institute of Food and Health argues that as our population grows older, the issue of malnutrition in this age group will have even larger public health consequences, unless a coordinated action plan is put in place. It examines the issue of malnutrition in older people in Ireland and argues for the establishment of a national malnutrition task force with responsibility for the development and implementation of a well coordinated cross-sectoral strategy aimed at tackling the issue. **The report is available:** [Nutrition and health in an ageing population](#). **For more information:** www.ucd.ie/foodandhealth

[UK Report predicts ageing, less healthy future workforce](#)

Employers, occupational health and government are going to have to work together to cope with and manage the challenges of an ageing, much less healthy workforce of the future, a "health at work" review has argued. The *Healthy Work: Evidence into Action* report from [Bupa](#), in conjunction with [The Work Foundation](#), [C3 Collaborating for Health](#) and [RAND Europe](#), has argued that demographic

changes will mean workers in the future will generally be sicker and older. It is the final report of an 18-month health at work project led by Bupa to identify ways to improve the effectiveness of workplace health provision and support in the UK.

[The Future of Retirement](#)

Raising the state pension age requires careful thought on how people experience retirement, according to a recent paper by the International Longevity Centre (ILC-UK). Some of the recommendations in the discussion paper include giving more attention to: the preventative healthcare throughout the life-course; job quality for older workers; the potential of 'gradual retirement', including encouraging employers to offer downshifting options to staff approaching retirement at all levels and simplifying the pensions system and improving the provision of advice. The full paper is available here: [International Longevity Centre – UK \(ILC-UK\): The Future of Retirement](#)

Events and Seminars

[Grandparents Caring for Grandchildren in Rural China](#)

As part of the 2010 series of seminars, The Social Policy and Ageing Research Centre (SPARC) and The Living with Dementia Research Programme (LiD), Trinity College Dublin, will host an event presented by [Prof. Merrill Silverstein](#), University of Southern California on Friday, July 9th, 2010. The event entitled 'Grandparents Caring for Grandchildren in Rural China' will look at how grandparents involvement in care of grandchildren varies in intensity and style across the world and will specifically focus on the situation in rural China. For bookings please contact ageing.research@tcd.ie or telephone: 00 353 (0)1 896 2442. For further information and directions, please go to the [SPARC website](#).

Call for abstracts, All-Ireland Social Medicine Meeting

Abstracts are invited for oral and poster presentations for the [All-Ireland Social Medicine Meeting](#), to be held in the Ulster Museum in Belfast on Thursday, September 9th, 2010. Submissions should be pertinent to the broad theme of social medicine, may have an Irish or cross-national focus, and should be structured in the form Background/Method/Results/Conclusion. Submissions should be mailed to kenneth.mckenzie@ucd.ie by Thursday July 15th, 2010.

New European investment forum for telehealth

The first ever Ambient Assisted Living Investment Forum will take place in Denmark this year in an attempt to stimulate more innovation and investment in the area. The event, which will follow Ambient Assisted Living Forum at the Odense Congress Centre on 14-15th September 2010, will bring together ICT companies in the market with potential public and private investors. It is aimed at private and public investors, entrepreneurs, market experts and customers and will include keynotes and panel discussions as well as a matchmaking session where innovators can pitch their ideas and systems to potential investors. **For more information:** [Ambient Assisted Living Investment Forum](#)

[Qualitative Methods in Ageing Research](#)

The ESA Research Network on Ageing in Europe will host a doctoral students' workshop entitled "Qualitative Methods in Ageing Research" on August 26-27, 2010 at the University of Vechta, Germany. **For more information please visit:** <http://www.ageing-in-europe.org/>

Changing Ageing Partnership (CAP) Research Showcase

The CAP research showcase event will take place in the Great Hall at Queen's University Belfast on Monday 27th September. The event will showcase CAP funded research completed in 2010 and will feature studies from schools and disciplines across the university including: anthropology,

criminology, drama, economics, law, management, medicine, psychology and sociology. Admission is free but places are limited – early booking is advised. To register please email michele.young@ageni.org or telephone Michele Young at 0044 (0)28 90 245 729

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

Funding, Awards, Research and Training Opportunities

Accredited Training in Age Issues: Advice NI

Advice NI is recruiting participants for the 'Advantage' training courses (accredited training on age issues). The courses have been developed in partnership with Age NI and A2B. They are aimed at those who work in an advisory capacity with older people, and other groups working on age sector issues. The courses are accredited with Open College Network Northern Ireland at level 3. Learners can attain accreditation for individual modules or for the full course. If you would like to participate in any of the courses or would like further information about the courses or bespoke training please contact Emma Murphy at Advice NI emma@adviceni.net or 0044 (0)28 9064 5919.

Health and Social Care Doctoral Fellowship Awards

The [HSCNI](#) (Health and Social Care Northern Ireland) is offering a maximum of four doctoral fellowships to support research training and build an evaluative evidence-based culture. The awards are available for 3 years full-time and 6 years part-time. The awards are open to individuals employed in the HSC or in voluntary/not-for-profit organisations in Northern Ireland involved in health or social care provision. The deadline for applications is Friday, 15th October 2010 at 16.00. **For further information please contact: eimear.donnely@hscni.net or telephone 0044 (0) 2890553617**

The Health Effects of Later Life Employment: Studentships

Applications are invited for a an [Economic and Social Research Council](#) (ESRC)/ [Medical Research Council](#) (MRC) Interdisciplinary 1+3 studentship starting 20th September 2010 at the Centre for Census & Survey Research (CCSR) and School of Medicine, University of Manchester. The topic of the studentship is "The health effects of later life employment" and will examine if later life employment can promote healthy ageing and independence in later life. Interviews will take place mid- July. **For further information and applications please contact the main supervisor, Professor Tarani Chandola (tarani.chandola@manchester.ac.uk)**

£10 million Assisted Living research funding deadline approaches

The Economic Social Research Council (ESRC), Technology Strategy Board (TSB) and the UK Department of Health (DH) have formally launched a new funding competition for research in the areas of Economic and Business Models and Social and Behavioural Studies. The Assisted Living: Social and Behavioural Studies and Economic and Business Models programme will make up to £10 million available to be invested in research projects. The deadline for initial proposals is 30th July 2010: [Please click here for the call specification](#)

Arts Awards for stimulating debate and engaging people with biomedical science

The Wellcome Trust is calling for submissions for its Arts Awards which support imaginative and experimental arts projects that investigate biomedical science. The scheme aims to: stimulate interest, excitement and debate about biomedical science through the arts; examine the social, cultural, and ethical impact of biomedical science; support formal and informal learning and encourage high quality interdisciplinary practice and collaborative partnerships in arts, science and/or education practice. All art forms are covered by the programme: dance, drama, performance arts, visual arts, music, film, craft, photography, creative writing or digital media. The deadline for

applications is 30th July, 2010. For more information:

<http://www.wellcome.ac.uk/Funding/Public-engagement/Grants/Arts-Awards/index.htm>

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:

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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

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Dr Denis O'Mahony

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