

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

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

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November 2010

CARDI Latest Updates

Inequalities in Old Age - Old New or New Debate?

CARDI kicked off its [Older People and the Recession](#) seminar series on October 20th at Croke Park, Dublin. The well attended first seminar entitled *Inequalities in Old Age - Old New or New Debate?* addressed crucial issues of concern for researchers, policymakers and older people themselves about the impact of the recession on older people in Ireland, North and South. It marked the launch of a research [Inequalities in Old Age: the impact of the recession on older people in Ireland, North and South](#) led by Professor Paddy Hillyard, Emeritus Professor Queen's University Belfast and funded by CARDI's all-Ireland ageing research grants programme. It also marked the launch of a discussion paper prepared for CARDI by Dr. Maria Pierce and Dr. Virpi Timonen, Trinity College Dublin [Theories of Ageing and Approaches to Welfare in Ireland, North and South \[summary\]](#)

Presentations from the event are available at the following link:

<http://www.cardi.ie/publications/inequalitiesinoldageoldnewsornewdebatepresentations>

Upcoming seminars in the series are detailed below:

- [Living Longer-Working Longer?](#)

CARDI in conjunction with TAEN-The Age and Employment Network will host a seminar *Living Longer-Working Longer?* at Clifton House, Belfast on the 10th November. The seminar will explore the issues, challenges and opportunities facing older workers as retirement ages are set to rise and the recession bites. Speakers will include Chris Ball, Chief Executive, TAEN-The Age and Employment Network; Paul McGill, Strategic Research Officer, CARDI and Professor Kevin Balanda, Associate Director, Institute of Public Health in Ireland.

- [An age old problem - where now for rural services?](#)

CARDI in association with the Irish Centre for Social Gerontology, Irish Rural Link and Rural Community Network will also host a seminar on rural ageing on 9-10th December, 2010 at NUI Galway. **The keynote speaker at the event will be Norah Keating, Co-Director of Research on Aging, Policies and Practice, Department of Human Ecology, University of Alberta, Canada.** It will also feature presentations from two CARDI funded research projects concerned with ageing in the rural context from researchers at the Irish Centre for Social Gerontology, NUIG and UCD. Other issues examined will include the provision of services for older people, social isolation and transport in rural areas in the context of economic recession and budgetary cuts. **The full programme is now available:** [An age old problem - where now for rural services? Programme](#)

To register your interest or for more information on any of the events please go to www.cardi.ie or contact info@cardi.ie or telephone 00 44 (0) 28 9069 0066.

Data mining small grantees to be announced in December

CARDI's Data Mining Call is now closed and applications are currently being considered. The successful applicants will be announced in December. A large number of applications were received for the programme which will be providing up to €80,000 to support research projects involving the collation and analysis of existing data from an all-Ireland perspective and summarising it into information relevant for policy or practice.

[Increasing life expectancy on the island: healthy years or just extra years?](#)

A recent report by CARDI entitled [Illustrating Ageing in Ireland, North and South](#) found that since the 1920s the number of years males can expect to live rose by about 20 years while the number of years females can expect to live rose by about 24-25 years. It is not clear, however, if these years of life gained are lived in good health. CARDI and the [Institute of Public Health in Ireland \(IPH\)](#), recently hosted a Health Analysts' Special Interest Group (HASIG) seminar discussing the policy implications of this in Belfast. The seminar introduced the range of health expectancy measures and compared them to life expectancy. Initial findings from CARDI funded all-island study of life expectancy and healthy life expectancy were also presented. **Access presentations below:**

[Policy context and the compression of morbidity debate - Conor Breen, CARDI](#)

[Introduction to life expectancy and health expectancy measures - Safa Abdalla, IPH/University College Cork](#)

CARDI Publications

[Inequalities in Old Age: the impact of the recession on older people in Ireland, North and South](#)

This research, led by Professor Paddy Hillyard, Emeritus Professor Queen's University Belfast, was carried out with funding from CARDI's Grants Programme. The purpose of the study was to analyse the impact of the recession on older people in Northern Ireland (NI) and the Republic of Ireland (ROI) and the extent to which inequalities within the older population have been affected by the economic crisis. **To access the research briefing paper and report please go to:**

www.cardi.ie/grantprogramme

Theories of Ageing and Approaches to Welfare in Ireland, North and South

Prepared for CARDI by Dr. Maria Pierce and Dr. Virpi Timonen at the Social Policy and Ageing Research Centre, Trinity College Dublin. This discussion paper gives a detailed assessment of current theories of ageing. It discusses how ageing was previously, and is currently, viewed in Northern Ireland and the Republic of Ireland. It also examines two major policy areas relevant to older people-pensions and long-term care-through the lenses of various social policy theories of ageing. It aims to draw attention to and encourage discussion on the relevance of theoretical debates on ageing for those stakeholders involved in the process of formulating and developing policies for older people. You can access a summary of the paper and the full discussion paper at the links below: **To access the full paper and summary paper please go to:**

<http://www.cardi.ie/publications/theoriesofageingandapproachestowelfareinirelandnorthandsouth>

Focus On...Fear of Crime

Each month CARDI's Focus article will take on a topical ageing related issue. The series will provide an evidence based analysis of key issues in ageing and ageing research stories making the news.

This month the focus is on fear of crime. You can read the article by following this link: [Focus On...Fear of Crime](#)

Forthcoming Publications

A Picture of Ageing Research in Ireland- North and South

Ageing is a diverse subject and ageing research takes place in a variety of academic disciplines, from the biomedical to social sciences. It touches on subjects including age-related diseases, determinants of healthy ageing, ageing and economic development, changing family structures, social integration and participation, work and retirement, economic security and pensions, and quality of life. This publication provides an overview of major academic research into ageing currently being undertaken across the island of Ireland. It aims to illustrate the breadth and quality of work by academic institutions in a wide range of disciplines relating to ageing in Ireland, North and South and the significant role it has in planning for all our futures. **It will be available later in November, check www.cardi.ie for updates.**

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

[Measured or Missed? Poverty and Deprivation among Older People in a Changing Ireland](#)

A research paper prepared for [Older & Bolder](#) entitled *Measured or Missed? Poverty and Deprivation among Older People in a Changing Ireland*, raises questions about how poverty and deprivation are being measured among older people in Ireland. The research, presented in Dublin in October, was prepared by Professor Mary Daly of Queen's University, Belfast who said that a key finding from her research concerns the complexity of how poverty is measured in Ireland and the effectiveness of the measures at picking up the situation of older people. She pointed out that the way in which poverty is measured in Ireland makes no adjustments for levels of healthiness or disability which are very pertinent for older people. Given the doubts about these indicators in assessing the level of poverty and deprivation among older people, Professor Daly called for a public debate on the subject and the development of programme of research on effective approaches to measuring poverty, deprivation and social exclusion among older people. **To read to full report go to: [Measured or Missed? Poverty and Deprivation among Older People in a Changing Ireland](#)**

[Strategy for Collaborative Ageing Research in the UK](#) In October a new [Strategy for Collaborative Ageing Research in the UK](#) was launched. It identified areas where experts can work together across disciplines and sectors to tackle the main health and wellbeing challenges that face our ageing society. The strategy has been developed as part of the [Life Long Health and Wellbeing Programme, a research council and Health Department funding partnership that is led by the Medical Research Council \(MRC\)](#). It advocates collaboration between experts from all disciplines as a means to solve the challenges an ageing population represents. The report is available to download at the following link (pdf): **[Strategy for Collaborative Ageing Research in the UK](#)**

[Einstein Launches SuperAgers.com To Spotlight Ageing Research](#) Albert Einstein College of Medicine of Yeshiva University has launched [SuperAgers.com](#), a new website that features the latest information on more than a decade of aging research at Einstein. The [SuperAgers.com](#) website highlights the work of Nir Barzilai, M.D., director of the Institute for Aging Research and a team of researchers, coordinators and volunteers who, in 1998, began a study of healthy elderly between the ages of 95 and 112 years old. The group was enrolled in a study called the Longevity Genes Project. That research has grown into the LonGenity research study, which focuses on examining the genes of the very old. To date, the LonGenity research team has enrolled more than 500 centenarians and near-centenarians, and more than 700 of their children.

[DHA "fish oil" supplements fail slow cognitive decline: US study](#) Patients with mild to moderate Alzheimer's disease (AD) who received supplementation with the omega-3 fatty acid docosahexaenoic acid (DHA), believed to possibly reduce the risk of AD, did not experience a reduction in the rate of cognitive and functional decline, compared to patients who received placebo, according to a study by US researchers. Joseph F. Quinn of Oregon Health and Science University and the Portland VA Medical Centre, said the results of the study conducted between November 2007 and May 2009 at 51 U.S. clinical research sites, including 402 individuals with mild to moderate Alzheimer's disease, indicate that "DHA supplementation is not useful for the population of individuals with mild to moderate Alzheimer disease".

[Education the silver bullet combating depression in older people: Australian study](#) Education is the key to reducing depression in older people, according to a new study from The Australian National University. Conducted over two years with 900 participants, the study looked at the effectiveness of three non-drug based approaches: encouraging physical activity, folate and vitamin B12 supplements, and reading about mental health and depression. The results, published in the July edition of the British Journal of Psychiatry, showed the group who received the literature regarding depression had a reduction in depressive symptoms compared to the control group. The literature included information about what depression is, what works for treating depression and where to go for help.

[Global Ageing 2010: An Irreversible Truth](#) In October a new report "Global Ageing 2010: An Irreversible Truth", was released by Standard & Poor's, a ratings agency. It stated that as people retire over the next two decades, the burden on states will rise sharply. Spending on pensions, health care and long-term care will rise. The report warns that, if policies do not change, six European countries - Belgium, France, Greece, Luxembourg, Slovenia and Ukraine - will be devoting more than 30% of their GDP to age-related spending by 2050. **To read the report follow this link: [Global Ageing 2010: An Irreversible Truth- Standard & Poor's](#)**

Ageing Policy Updates

EU proposes pilot partnership on active and healthy aging

The [European Commission](#) have proposed a pilot partnership on active and healthy ageing, due to be launched by early 2011. The pilot partnership is part of the Commission's new strategic approach called "Innovation Union" which is attempting to boost innovation in the EU, increasing competitiveness worldwide and focusing Europe's efforts on the challenges faced by us all, such as climate change, energy and the ageing population. The main aim of the scheme is to mobilise the public and private sectors together in order to extend by two years the proportion of our lives in which we enjoy good health.

Fuel Poverty hits older people in Northern Ireland

The fuel poverty rate among people in Northern Ireland aged over 60 is up 15 per cent on four years ago and now stands at 60.5 per cent, according to the latest House Conditions Survey. [The study conducted by the North's Housing Executive](#) show that the situation is even worse for older people living on their own — with almost four fifths officially designated as living in fuel poverty. Age NI chief executive Anne O'Reilly said the statistics shows fuel poverty has reached crisis levels. **Media coverage:**

[Fuel poverty a matter of life and death: Belfast Telegraph](#)

[Northern Ireland elderly 'can't afford to heat home' - Belfast Telegraph](#)
[Number facing fuel poverty up 20% - BBC News](#)

Older people's organisations rally to defend state pension Following the announcement that pensions were “[on the table](#)” by [Republic of Ireland Minister for Finance Brian Lenihan](#) Older & Bolder a consortium representing a number older people's organisations launched a campaign to “defend the state pension”. The campaign includes an online petition and a video which can be viewed at: [www.olderandbolder.ie/content/sign-our-petition-defend-state-pension](#) . Age Action Ireland has also been vocal in its response to the threat please see: [Government has responsibility to protect the most vulnerable](#). Spending cuts of up to €7 billion are expected in the budget set to be announced on December 7th.

[New Dementia Action Alliance launched in UK](#) The National Institute for Health and Clinical Excellence (NICE) in the UK has joined forces with charities, royal colleges, public and private sectors in a pledge to transform the quality of life for people living with dementia. A total of 45 organisations have united to form the [Dementia Action Alliance](#), set up to bring about radical changes in the way society responds to dementia. In the first step in a major campaign for change, the Alliance has recently launched a National Dementia Declaration. This far-reaching charter spells out exactly what each Alliance member plans to do to improve the quality of life for people with dementia in England. NICE's main contribution to the Declaration is the development of a quality standard on dementia care, launched by the UK health secretary Andrew Lansley in June this year. The [dementia quality standard](#) sets out a vision of what high-quality care should look like for dementia patients on the NHS, and is underpinned by the joint NICE/Social Care Institute for Excellence (SCIE) clinical guideline on dementia care and appraisals on medicines relevant to the condition. **More information:** [www.dementiaaction.co.uk](#)

Research and Policy Publications

[An economic perspective of dementia care in Ireland](#)

The Alzheimer's Society of Ireland recently worked with Health Economist Dominic Trepel of University of Limerick on a new report which outlines the economic case for urgent investment in dementia services in Ireland. The new report is entitled “[An economic perspective of dementia care in Ireland](#)” and points out the critical need for more community services. The report also highlights that Ireland spends only half the OECD average on dementia services despite the fact that it is predicted our country faces the largest growth of dementia of all European countries in the coming decades.

[Higher costs of living for older people living in rural areas](#) A recent [report](#) published by the Vincentian Partnership for Social Justice highlighted the higher costs of older people living in rural areas in the Republic of Ireland. The report quantifies the higher costs of living in rural areas in comparison to urban areas. The headline figures include the fact that the costs of living in rural areas are on average €105 a week higher for a couple aged 66 to 69 and €89 a week higher on average for a single female aged 70 or over. **For more information go to:** [www.budgeting.ie](#)

[The demographic characteristics and economic activity patterns of carers over 50](#) Studies on informal care provision have often focused on the provision of care for persons with a long term physical or mental ill-health or disability, or problems related to old age. However, the provision of care and support more broadly, for example in the form of childcare for grandchildren, can also impact on various aspects of a carer's life, such as their employment (if under the state retirement

age), lifetime earnings and, by extension, pension income in later life. This article uses data from Wave 3 of the English Longitudinal Study of Ageing (ELSA) to explore the demographic characteristics, caring patterns, health status and economic activity patterns of carers aged over 50 in England. **To access the full article please click on the following link: [The demographic characteristics and economic activity patterns of carers over 50](#)**

[Can the web transform social care: International Longevity Centre UK](#) There is recognition that we need to improve social care. Care needs to be more responsive to our needs and services must better ensure they deliver dignity. But how can care improve in the context of the spending cuts ahead? Some argue that the internet may prove to be part of the solution. The internet is transforming the way we live our lives. It could provide cost effective, new, and innovative ways to improve the quality of care. In this Think-Piece, ILC-UK explores some of the issues and present policy recommendations. The report is available at the following link: **[Can the Web Transform Social Care?](#)**

[Social Well-being of Disabled Older Persons: Evidence of Unequal Ageing in Europe](#) The [European Centre for Social Welfare Policy and Research](#), recently published a policy briefing which examines the well-being of disabled older persons living in European countries, by analysing various social dimensions such as satisfaction with present situation and living standards, future optimism, respect and social contacts. The paper provides insights about the heterogeneity of older population in general, but particularly the fact that the experience of ageing will be strongly influenced by disability factors. The authors argue that strategies to improve social well-being of older persons will entail building a supportive environment in which older people have opportunities to participate in the society even for those with a significant disability. **Download the paper here: [Social Well-being of Disabled Older Persons. An Evidence of Unequal Ageing in Europe](#)**

[2010 World Population Data Sheet : Population Reference Bureau](#)

The Population Reference Bureau's [2010 World Population Data Sheet](#) focuses on a rapidly aging world, highlighting many countries' pressures to care for their elderly citizens. According to the data sheet, the elderly support ratio—the number of working-age people ages 15 to 64 divided by the number of people 65 or older—is declining in many countries, most notably in developed countries. According to PRB estimates, by 2050 Japan will have the lowest ratio of one working-age adult per elderly person, while Niger, a developing country, will still have a ratio of only 19. No country will have an elderly support ratio above 20 by 2050. **Link to report: [2010 World Population Data Sheet](#)**

[Global Aging Preparedness Index: Centre for Strategic and International Studies](#) The Global Aging Preparedness Index (or GAP Index), published by the Centre for Strategic and International Studies, provides a comprehensive quantitative assessment of the progress that countries worldwide are making in preparing for global aging, and particularly the old-age dependency dimension of the challenge. The GAP Index consists of two separate subindices—the fiscal sustainability index and the income adequacy index. It covers twenty countries, including both developed economies and emerging markets. **The full report is available at the following link: [Global Aging Preparedness Index Full Report](#)**

[Taking early retirement may impact cognitive function](#) Early retirement appears to have a significant negative impact on the cognitive ability of people in their early 60s that is both quantitatively important and causal. This study by the RAND Center for the Study of Aging and University of Michigan uses cross-nationally comparable survey data from the United States, England, and Europe to allow the authors to relate cognition and labor force status. The authors argue that the effect is causal by making use of a substantial body of research showing that variation in pension, tax, and disability policies explain most variation across countries in average retirement rates. **To access the paper follow this link: [Mental Retirement](#)**

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

Events and Seminars

[Abuse and Neglect of Older People in Ireland](#) The National Centre for the Protection of Older People will host an event to launch the Report on the National Study of Elder Abuse and Neglect at 17.30 Monday 8th of November 2010 at School of Nursing, Midwifery and Health Systems, Health Sciences Centre, UCD, Belfield, Dublin 4. The report will be launched by Minister for Older People and Health Promotion Aine Brady, TD. The event will feature presentations from Dr Corina Naughton, UCD and Professor Karl Pillemer, Cornell University. **To reserve a place contact nccpop@ucd.ie**

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>

[IAPC conference 2010: Advance Care Planning](#) The Irish Association for Palliative Care will be hosting its annual conference on Friday, 26th November in the Hilton Hotel, Dublin 2, with registration open from 9.00 am. The association's AGM begins at 10.00 am; the conference itself starts at 11.00. am. The theme this year is Advance Care Planning: Principles, Process and Preferences. **More information: [Programme and Registration Form, IAPC Conference](#)**

The Ageing Population – The Impact on Cancer Prevalence and Care The Rarer Cancers Foundation is hosting a one day seminar in London on the 10 November exploring the needs of older people with cancer and the issue of ageism in cancer treatments. This conference is completely free of charge and RCF would like as many patients as possible to attend.

Find out more: [The Ageing Population – The Impact on Cancer Prevalence and Care](#)

Design and Dementia The Dementia Services Information and Development Centre will host its 2010 Autumn Conference on Tuesday 23 November. The conference will explore a broad range of issues in relation to Dementia and Design. With many expert national and international speakers and facilitated workshops, it will be of interest to all those who are involved in designing dementia units and supporting people with dementia including health care professionals from the public, private and voluntary sectors. People with dementia and their carer's are also welcome. **For further information and booking form please visit: www.dementia.ie**

Boosting the employment of older workers in the European Union AGE Platform Europe will host a meeting "Boosting the employment of older workers in the European Union: what can be done at regional and local level?" which will take place on 25 November at the Committee of the Regions in Brussels. The meeting is organised in partnership with the Committee of the Regions. In order to register, please click [here](#). The registrations will close on Monday 15 November. **For more information contact: Rachel Buchanan, Policy Officer, rachel.buchanan@age-platform.eu.**

Tackling the Social Exclusion of Older People Capita's 4th National Tackling the Social Exclusion of Older People Conference will take place on the 29th November 2010 in Central London. It will provide delegates with the latest policy updates and practical recommendations on how local authorities, housing providers, health and the voluntary sector can work together to improve services for older people. **More information and booking: [Tackling the Social Exclusion of Older People Conference](#) or email: richard.goddard@capita.co.uk**

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

[Funding, Awards, Research and Training Opportunities](#)

[Bamford Implementation Rapid Review Scheme](#)

The HSC Public Health Agency (Northern Ireland) has launched a call for rapid review research

projects in a number of areas of research need as outlined in the 2007 Bamford Review of Mental Health and Learning Disabilities and further developed by the Bamford Action Plan 2009. There are a number of areas relevant to Northern Ireland- based researchers who wish to engage in work relating to older people and ageing including: Learning disabilities, patient outcomes, primary care and psychological therapies. The closing date for applications is 18th November 2010 at 4.00pm. For more information please click on the following link: [Bamford Implementation Rapid Review Scheme](#)

[Ageing, rehabilitation and palliative care: Dunhill Medical Trust](#)

The Dunhill Medical Trust is offering Research Training Fellowships (RTFs) to provide UK based clinicians, health professionals and scientists with the opportunity to undertake research training together with a practical research project leading to a higher degree, as a basis for a career in research in the fields of ageing, rehabilitation or palliative care. The RTFs are intended to be flexible and may be undertaken on either a full-time (three year) or part-time (up to 4 year) basis. **For more information:**

http://www.dunhillmedical.org.uk/page_viewer.asp?page=research+grants&pid=12

[Wellcome Trust's flagship Four-year PhD Studentships: Applications now open](#) Applications are now open for the Wellcome Trust's flagship Four-year PhD Studentships. The programmes aim to support the most promising students to undertake in-depth postgraduate research training. There are 27 programmes available, based in centres of excellence throughout the UK. These centres provide specialised training at the cutting edge of a wide range of important biomedical research areas, including neuroscience, immunology and infectious disease and genetics, statistics and epidemiology. **More information:** <http://www.wellcome.ac.uk/Funding/Biomedical-science/Funding-schemes/PhD-funding-and-undergraduate-opportunities/WTD004384.htm>

[Network for Studies on Pensions, Aging and Retirement: Economics of Ageing Grants](#)

The [Network for Studies on Pensions, Aging and Retirement - Netspar, NL](#) invites researchers in the field of the economics of ageing to apply for a grant. That maximum grant is €10,000. Ten grants are available this round. Proposals can be submitted by email to info@netspar.nl. The deadline for submission is **May 9, 2011**. **For more information:** <http://www.netspar.nl/>

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:

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Co-Chair of CARDI

Professor Robert Stout

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Owen Metcalfe

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