

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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September/October 2010**CARDI Latest Updates**[CARDI invest €300,000 in four new ageing research projects](#)

CARDI is pleased to announce the successful applicants for Call 3 of its grants programme. Call 3 offered increased funding of up to €100,000 for larger-scale research projects aimed at improving the lives of older people. The four grant winners will examine crucial issues such as social exclusion in rural areas, financial security and pension provision among women, end of life care for dementia patients and predicting future health and social care needs. **For full details on CARDI's grants projects please go to: www.cardi.ie/funding/grant-projects**

New data mining small grants programme launched

CARDI launched a new small grants programme for data mining this month. It 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. The closing date for entries is 12 noon, 2nd October, 2010. **Full details including application forms and terms**

and conditions are available at www.cardi.ie/grantprogramme

CARDI Seminar Series- *Older people and the recession*

CARDI is delighted to announce a new seminar series ***Older people and the recession***. The series will examine 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. Issues examined will include: pensions and retirement; issues, challenges and opportunities for older workers and providing services to older people in rural areas amid budgetary cuts. The series will showcase findings from CARDI funded ageing research projects as well as featuring expert guest speakers. All events are free to attend. Details are available at www.cardi.ie

Upcoming seminars are detailed below:

CARDI Seminar Series 2010:

- ***Inequalities in old age - old news or new debate***

The first seminar in the series entitled ***Inequalities in old age - old news or new debate?*** will take place on the 20th October, Dublin. The event will feature a presentation by CARDI grantee Professor Paddy Hillyard, Emeritus Professor of Social Policy, Queen's University Belfast and Dr Demi Patsios, Policy Research Consultant, University of Bristol entitled *Inequalities, Pensions and the Recession*. Dr. Virpi Timonen and Dr Maria Pierce, Trinity College Dublin, will also make a presentation on the theories of ageing and how they relate to pension and welfare provision for older people in Ireland, North and South.

- ***Living Longer-Working Longer?***

The following month CARDI, in association with The Age and Employment Network (TAEN) 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 Kevin Balanda, Associate Director, Institute of Public Health in Ireland.

- ***An age old problem - where now for rural services?***

CARDI will also host a seminar on rural ageing, in conjunction with Irish Rural Link and Rural Community Network, in December, 2010 and will feature presentations from two CARDI funded research projects concerned with ageing in the rural context. 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.

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

Other upcoming CARDI Events

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

Ireland and Northern Ireland's Population Health Observatory (INIsPHO) in the Institute of Public Health in Ireland (IPH), in association with CARDI, will host the September meeting of the Health Analysts' Special Interest Group (HASIG) on the 28th September 2010, 11.00-13.00 in Belfast. The theme of the meeting will be *Increasing life expectancy on the island: healthy years or just extra years?* The seminar will discuss the policy implications and the compression of morbidity debate as well as presenting initial findings from the CARDI funded all-island study of life expectancy and healthy life expectancy being carried out by the IPH. Attendance is free and all are welcome. The seminar will also be available as a live webcast. **For more information and registration please contact:** suzanne.kirk@publichealth.ie phone: +353 (0)1 478 6300 or leah.friend@publichealth.ie phone +44 (0)28 90 648494.

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 Publications

Government Structures in Ireland, North and South

This updated document outlines the systems of government in Ireland, North and South. It describes the functions of Dáil Éireann and the Northern Ireland Assembly, departmental roles and gives an outline of all-Island bodies created under the Belfast Agreement 1998. This resource aims to give a greater understanding of government structures in order to assist and encourage collaboration and co-operation in the area of ageing research within Ireland, North and South. It is available at the following link: [Government Structures in Ireland, North and South \(updated Aug 2010\)](#)

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

This updated document aims to provide researchers, policy makers and voluntary and community representatives with an overview of ageing policy initiatives in Ireland, North and South, and at EU and International level. It is available to download at the following link: [Stocktake of Ageing Public Policy Initiatives in Ireland, North and South \(updated Aug 2010\)](#)

Focus On...Nutrition

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 nutrition. You can read the article by following the link below:** [CARDI Focus On...Nutrition](#)

Forthcoming Publications

Pensions and the recession – CARDI grants programme series

A picture of ageing research in Ireland- North and South

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

CARDI Online

CARDI Guest Blog

CARDI is delighted to present a new series of guest blogs from ageing researchers, older peoples' organisations and other experts in the area of ageing. This month's guest blog came from David Andrewes, [Eastleigh Southern Parishes Older People's Forum \(ESPOPF\)](#). In his blog post David writes about the role of research in making life better for older people, involving older people in the research process and his own organisation's research initiatives. You can read CARDI's blog at www.cardi.ie/blogs

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

[Doctors' Religious Beliefs Strongly Influence End-of-Life Decisions](#)

Atheist or agnostic doctors are almost twice as willing to take decisions that they think will hasten the end of a very sick patient's life as doctors who are deeply religious, suggests research published online in the [Journal of Medical Ethics](#). Doctors with a strong faith are less likely to discuss this type of treatment with the patient concerned, the research shows. The findings are based on a postal survey of more than 8500 UK doctors, spanning a wide range of specialties, which was designed to see what influence religious belief -- or lack of it -- had on end of life care. **Read the full report here: [Doctors' Religious Beliefs Strongly Influence End-of-Life Decisions: UK study](#)**

[The importance of workplace relationships post-retirement](#)

In recent times, it is argued, the influence of traditional social structures such as neighbourhoods and local organisations has declined. The workplace has become the 'new neighbourhood' and has become increasingly important for maintaining social interaction and forming relationships. Recently published research from the Netherlands finds that those who retired just ten years ago, at the beginning of the 21st century, were more likely to maintain (or even gain) work-related personal ties after retirement, than were those who retired in the 1990's. Furthermore, a majority of more recent retirees have at least one work-related tie in their personal network. **For the full story follow this link: [The importance of workplace relationships post-retirement](#)**

[Half-a-million EU grant for dementia database](#)

The European Commission Lifelong Learning Leonardo programme has committed €500,000 to a central database for carers of people with dementia being developed by [Staffordshire University](#) in the UK and partners from around Europe. *STAR (Skills Training and Re-skilling for Carers of People*

with *Dementia*) 2012 the electronic resource will be launched with a major international conference at Staffordshire University with groups such as Alzheimer Europe and Age UK. **For more information visit: www.staffordshire.ac.uk**

[Feeling empowered in later life could make you feel younger](#)

People may feel younger if they feel empowered to make changes that will impact their lives, according to a new US study conducted at Penn State. The study looked at "subjective age" -- how old a person feels in comparison to their chronological age, which plays an important role in health and well-being. "Recent research has shown that subjective age is related to mortality and longevity - individuals who feel younger than their chronological age are more likely to live longer and die later than those who feel as old or older than their chronological age," said Frank Infurna, researcher in the Department of Human Development and Family Studies. **For the full story follow this link: [Feeling empowered in later life could make you feel younger](#)**

[Fear of falling can increase risks for older people](#)

Being anxious about falling may increase an older person's risk of having a fall, a new study has found. The study found that some people who are not actually at high risk of falls may have irrational fears about falling and said people's anxieties should be taken into account when assessing their risk of falling. Fear of falling is common in older people; however, researchers from Australia and Belgium found that some older people who have irrational fears of falling can be helped through behavioural therapy. **The study is available at the following link: [Disparities between perceived and physiological risk of falling among elderly people: British Medical Journal](#)**

[Count on a statistician for a day](#)

To mark UN World Statistics Day, which takes place on 20 October 2010, the Northern Ireland Statistics and Research Agency (NISRA) is offering free statisticians on the day. [NISRA](#) is offering all voluntary and community organisations the opportunity to avail of the skills and services of the Agency's expert statisticians for the day, free of charge. **If you are interested in having a statistician for the day, please contact Deirdre Houston at deirdre.houston@dfpni.gov.uk**

Ageing Policy Updates

Celebrating ageing across Ireland, North and South

This month will see the start of a week-long celebration of older people and their contribution to society. Positive Ageing Week will take place in the Republic of Ireland while Northern Ireland will celebrate Age Awareness Week:

ROI Positive Ageing Week Age Action Ireland will host the eight annual Positive Ageing Week from Friday 24th September to Saturday 2nd October 2010. **For more information please visit: www.ageaction.ie/positive-ageing-week.htm**

NI Age Awareness Week The fifth annual Age Awareness Week, organised by the [Changing Ageing Partnership](#) will take place across Northern Ireland from Saturday 25th September to Saturday 2nd October 2010. **For more information please visit: www.ageawarenessweek.com**

[Northern Ireland 'has highest level of OAPs in poverty' : Age NI](#)

The number of pensioners struggling is on the increase as the recession bites according to [Age NI](#) who said almost a quarter were too poor. Citing recent income poverty statistics from the Households Below Average Income Report 2008-09, it highlighted that Northern Ireland pensioners were faring

particularly badly in comparison to the rest of the UK. It said that 23% of elderly people in Northern Ireland are living in poverty, an increase of 2% on last year's figures, compared to 16% across the rest of the UK. Age NI also called for benefits such as the winter fuel payments to be protected. For the full story follow this link: [Northern Ireland 'has highest level of OAPs in poverty' : Age NI](#)

Concern over threat to Winter Fuel Payments

Northern Ireland Social Development Minister, Alex Attwood, recently expressed his concern at plans by the UK government to make changes to Winter Fuel Payments. Reports suggest that the coalition government is making plans to cut Winter Fuel Payments and increase the qualifying age. Older people's organisations and the Consumer Council also called for the payments to be protected.

Please follow the links for media coverage of this issue:

[Northern Ireland must not be left out in the cold over proposed winter fuel cuts: Attwood](#)

[UK winter fuel payment cuts to hit millions of pensioners: Daily Telegraph](#)

[Winter fuel payment 'needs urgent review': Newsletter](#)

["Winter fuel cuts a high risk strategy" : Age NI](#)

[Fifteen-day pledge on over-70s medical card processing](#)

Republic of Ireland Minister for Health, Mary Harney recently pledged that medical card applications for those aged over 70 years will from now on be processed within 15 days, down from the current waiting time of 12-16 weeks. This follows widespread complaints by GPs and other groups that patients were being forced to wait months to obtain or renew cards. A new simplified declaration review process for card holders has also replaced the "more onerous" application review form. **For the full story follow this link: [Fifteen-day pledge on over-70s medical card processing](#)**

[£4.3m to help older people find work : Wales](#)

Wales' growing number of over-50s will benefit from a £4.3m package to tackle unemployment. Wales has the highest percentage of older people in the UK – the over-50s now make up more than a third of the population. The number of those out of work has increased by more than 50% in the space of a year, research for Age UK has revealed. The Big Lottery Fund money will help older people "re-engage" with education, learning, volunteering and employment. **For the full story follow this link: [£4.3m to help older people find work : Wales](#)**

[Wales commissioner calls for older people's rights](#)

Older people deserve a specific set of rights to ensure they are treated with dignity and respect, according to the older people's commissioner for Wales. Ruth Marks said she wanted the government to ensure that older people are better protected from age discrimination, with a formal set of rights being brought in to help individuals and organisations identify how it can be identified and tackled. She said that the survey of 1,500 people of all ages, commissioned by the Commissioner, shows there was "overwhelming support" for the idea. **For the full story follow this link: [Wales commissioner calls for older people's rights](#)**

Research and Policy Publications

[Pensioner income in Northern Ireland 2008/9](#)

The [Department of Social Development, Northern Ireland](#) recently published the seventh *Household Below Average Income Report 2008/2009*. The report provides information on potential living standards, as determined by disposable income in 2008/09. The 2008/9 report revealed disparities in income levels among pensioners in Northern Ireland when compared to the overall UK figures. Findings included: 23 per cent of older people in Northern Ireland were living in poverty (below the 60 per cent median line) after housing costs (AHC) compared to 16% in the UK and 15 per cent of older people in Northern Ireland were living in severe poverty (below the 50 per cent median line) (AHC)

compared to 9% in the UK. **The full report and chapter on pensioners is available at the following links: [Households Below Average Income 2008/9](#), [Chapter 6: Pensioners](#)**

[Making the Case for the Social Sciences](#)

[The Academy of Social Sciences](#) in the UK recently published its second booklet in its *Making the Case for the Social Sciences* series. It offers a snapshot of social science research projects which have had an impact on public policy or social behaviour and so helped society to address the challenges being faced with some of the opportunities now available. **The booklet can be accessed at the following link: [Making the Case for the Social Sciences No 2](#)**

[The Future of Health: ILC-UK](#)

The [International Longevity Centre- UK](#) recently published a new discussion paper entitled the *Future of Health*. It raises issues including: the impact of an ageing society on healthcare provision and demand over the next 10 years, the changing nature of health provision in the future and raises questions about future funding. **The full paper is available at the following link: [The Future of Health: ILC-UK](#)**

[Embedding prevention in older people's services](#)

This policy discussion paper, written by [Health Services Management Centre's \(HSMC\), University of Birmingham](#), reviews emerging evidence around prevention in older people's services. The paper builds on HSMC's ongoing contributions around prevention and rehabilitation within long-term care as part of an EU research project. The paper identifies and reviews ten high impact changes, addressing the acknowledged need to embed prevention into older people's services. **The full paper is available at the link below: [Embedding prevention in older people's services](#)**

[Territorial Tensions: Health Services for Older People in Remote Rural Areas](#)

A recently published study investigating older people's health service provision in remote rural Scotland found that fundamental tensions exist between community and management/policy stakeholders' perspectives and these underlie service change conflicts. It suggests that the impacts of the current planning process require to be understood, and aspects need to be changed, before the voice of older people can inform local service policy. **The full paper is available at the following link: [Territorial Tensions: Misaligned Management and Community Perspectives on Health Services for Older People in Remote Rural Areas](#)**

[Caring for carers: Supporting informal caregivers](#)

The importance of "caring for carers" was underlined by a recent Canadian study entitled *Supporting Informal Caregivers*. According to a new study released by the [Canadian Institute for Health Information \(CIHI\)](#), one in six people providing informal care to older people experiences distress, and those caring for people with moderate to severe cognitive impairment, such as those with Alzheimer's or other dementia, are most at risk. It found that virtually all (98%) of the home care clients survey relied on an informal caregiver—a spouse, adult child, friend or neighbour who provided emotional support along with assistance in daily living activities, from shopping, transportation and medication management to bathing, dressing and feeding. **The full report is available: [Supporting Informal Caregivers: The Heart of Home Care](#)**

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

Events and Seminars

Preventing social isolation and loneliness among older people

The inaugural lecture in the TRIL Lecture Series, *Preventing social isolation and loneliness among older people – myths and evidence* will take place Thursday 2nd September in Dublin. The guest speaker will be [Professor Mima Cattan, Professor in Public Health at Northumbria University, Newcastle upon Tyne](#). **For more information please contact:** ciara.lockhart@trilcentre.org or telephone 00 353 (0)1 7165306 or visit www.trilcentre.org.

Ageing, Health and Quality of Life of People with Intellectual Disability

Ageing, Health and Quality of Life of People with Intellectual Disability: Preparing for Policy and Service Responses in Ireland is the title of an International Conference on Ageing and Intellectual Disability will be held on the 17th September in the School of Nursing & Midwifery, Trinity College Dublin. The purpose of the conference is to bring together people who are interested in the ageing population of people with intellectual disability in Ireland. Please see [programme](#) and [registration form](#) for more details.

Maximising the Impact of Research: Perspectives from Social Gerontology

[Professor Tom Scharf](#), Director of the Irish [Centre for Social Gerontology at NUI Galway](#) will speak about his research recently published as part of the *Making the Case for the Social Sciences* series, at a forthcoming seminar entitled *Maximising the Impact of Research: Perspectives from Social Gerontology* on Monday, 13 September at 12 noon in Room MY336, Áras Moyola at NUI Galway. The seminar is open to all. **For further details on the seminar please contact the Irish Centre for Social Gerontology at 091 495461 or icsg@nuigalway.ie.**

A hindrance or a help? The contribution of inspection to the quality of care in homes for older people

SPARC, Trinity College Dublin and the Living with Dementia Programme ([Lid](#)) presents a seminar entitled *A hindrance or a help? The contribution of inspection to the quality of care in homes for older people* on the 13th September from 4:00pm - 5:30 pm. The guest speaker will be [Sheila Furness](#) Lecturer in Social Work at the University of Bradford. For bookings please contact: ageing.research@tcd.ie. Early booking is advised. Phone: 01 896 2914/2442 For further information and directions, please go to the [SPARC website](#)

Irish Gerontology Society/ European Geriatric Medicine Society (IGS/EUGMS) 6th Congress

The Irish Gerontology Society/ European Geriatric Medicine Society (IGS/EUGMS) 6th Congress will be held in Dublin from the 29th September -1st October. The theme of the Congress - *Geriatric Medicine: New Challenges, New Techniques and New Technologies* **For more information visit:** www.EUGMS2010.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

UN International Day of the Older Person

The UN International Day of the Older Person will be on the 7th October 2010. The theme this year is *Older persons and the achievement of the Millenium Development Goals*. **More information:** <http://www.un.org/esa/socdev/>

New Voices in Development: Older People on the Global Agenda

[Age Action Ireland](#) will host this conference to explore global demographic changes and their implications for development policy and practice. It will take place on October 1st, in Dublin as part of Positive Ageing Week. Micheál Martin TD, Minister for Foreign Affairs, will give the keynote address setting out Ireland's role in putting older people on the global development agenda. Other speakers will include Dr John Beard, Director of [Ageing and Life Course in the World Health Organisation](#) and Richard Blewitt, CEO of [HelpAge International](#). **The conference flyer, registration form and programme are at : www.ageaction.ie/global-education-programme.htm**

Assistive technology: Technology transfer

[KT-Equal](#) will host a two day event entitled *Assistive technology: technology transfer* on the 4th October, 10:15 to 05 October 2010 15:45 at St Mary's Conference Centre, Sheffield. The headline theme of the meeting is *The social model for Assistive Technology-technology transfer (AT-tt)*. For more information contact: h.haigh@sheffield.ac.uk or telephone: 00 44 (0) 114 2222997.

Older Persons: The Future of Care

The fourth European Nursing Congress will take place in Rotterdam, The Netherlands from the 4th-7th October. The central theme of the congress is older persons as the future of care. In this congress, nurses from all fields of health care, including homecare workers, general hospital staff, mental health professionals and carers for the mentally disabled, are invited to share their methods and their research findings with regard to care for older persons. **For more information:** <http://www.rotterdam2010.eu/pages/index.html>

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

Funding, Awards, Research and Training Opportunities

Four new calls for "A Better Life" for older people launched

The Joseph Rowntree Foundation has launched four new calls for applications for its programme, [A Better Life](#), which focuses on quality of life for older people with high support needs. The calls all have a closing date of the 5th October 2010 and further information and application details can be found at: <http://www.jrf.org.uk/funding>

2010 FLARE 2 Funding Call now open

The Future Leaders in Ageing Research in Europe (FLARE) programme is now open for applications. Early-career post-doctoral researchers can apply for three-year FLARE 2 Fellowships in multi-disciplinary ageing research in Europe. The deadline for applications is 15 October 2010. **Details of the call are on the ERA-AGE website:** www.era-age.group.shef.ac.uk.

UnLtd Engage Awards for over 50's

UnLtd and the Calouste Gulbenkian Foundation have teamed up to encourage individuals to bring about positive change in our attitudes and approaches to getting older and to create solutions that will make a lasting difference to our ageing population. Thirty Start-Up Awards are available of up to £2,500 to get your idea off the ground. Three Development Awards of up to £15,000 will also be offered to 3 UnLtd Engage Award Winners to grow and replicate their ideas. Applications from individuals over 50 are welcomed. **For further details and application forms please visit:** www.unltd.org.uk email: annabelsampson@unltd.org.uk or call 0044 (0) 845 850 1122.

Comic Relief Older People's Programme

Comic Relief is offering grants for organisations in the UK who work with older people aged 65 and

over. This programme is intended to support older people to become a force for change, using their skills and experience to benefit the communities in which they live. Awards will be between £15,000 and £40,000 per year depending on the size and nature of the project. Grants may be for up to 3 years.

For more information visit

http://www.comicrelief.com/apply_for_a_grant/uk/olderpeople

Contact ukgrants@comicrelief.com telephone: 00 44 (0) 20 7820 5555

[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.donnelly@hscni.net or telephone 0044 (0) 2890553617**

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 Concern Help the Aged NI

Professor Eamon O'Shea
Irish Centre for Social Gerontology

Robin Webster

Age Action Ireland

Dr Roger O'Sullivan
Director of CARDI

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