

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, registration now open

CARDI will host a major international conference on ageing research on 2 & 3 November 2011 in Dublin. This conference will explore how different countries address the challenges and opportunities of population ageing and why global ageing matters to Ireland. Registration for the conference is open. The Call for Abstracts closed in May and we are delighted to report a high level of interest. Further information on the speakers, registration and the conference programme can be found at www.cardi.ie/conference2011.

Is Increasing Life Expectancy also Improving Ageing?

On 7 June in Dublin CARDI, in conjunction with the Institute of Public Health in Ireland and the International Longevity Centre – UK, will host a seminar giving an update on the latest research relating to Increasing Life Expectancy. It will include presentations by Professor Kevin Balanda of the Institute of Public Health in Ireland, Professor Ann Bowling of St. George's, University of London & Kingston University and Paul Cann of Age UK Oxfordshire – editor of *Unequal Ageing: The Untold Story of Exclusion*. This event is over subscribed and registration is now closed. Presentations will be available after the event on www.cardi.ie.

“A total indifference to our dignity” Research Report launch

Age Action with the Social Policy and Ageing Research Centre, Trinity College Dublin, University of Ulster, South Eastern Health and Social Care Trust, NI and Queen's University Belfast, will launch the research report 'A total indifference to our dignity'; Older people's understandings of elder abuse at 2.30 pm on 13 June 2011 in Wynn's Hotel, Dublin. This report was funded by CARDI's Grants Programme. To attend email socialinclusion@ageaction.ie or phone 00 353 (0) 1 4756989 by 8 June.

"Lost in Translation - How to communicate most effectively with non-academics" on-line

This event, organised in conjunction with KT Equal, will take place on 23 June 2011 at Holiday Inn, Ormeau Ave, Belfast. Carrying out ageing research, implementing policies for an ageing population

and working with older people requires effective communication. And this can involve a diverse range of audiences including funders, older people, community and voluntary organisations, policy makers and the media. This event is over subscribed and registration is now closed to attend on the day. However, the event will be streamed live via the internet, if you would like to avail of this facility, please forward your name to info@cardi.ie who will register you for the event, forward the link and instructions prior to 23 June. Presentations will be available after the event on our website.

The Demography of Ageing and Official Statistics

The International Association of Official Statistics biennial conference will take place in Belfast on 17-19 August 2011, focusing on the issue of demographic change. It is being organised locally by the Northern Ireland Statistics and Research Agency (NISRA), in association with CARDI and Queen's University, Belfast. For further details on the programme and to register, please visit www.nisra.gov.uk/IAOS2011.html.

CARDI Publications

Ageing and intellectual disability

On 27 May in Newry, CARDI launched its latest research brief on the subject of *Ageing and Intellectual Disability*. This briefing examines current facts and policies related to ageing and intellectual disability, and how policy relating to older people can most effectively take into account the specific needs of people with an intellectual disability. It is based on research led by Professor Roy McConkey of the University of Ulster. Further details can be found [here](#).

Forthcoming

Focus on volunteering

The June edition of CARDI's "Focus on" series will examine ageing and volunteering. It will look at volunteering and the physical and mental health of older people as well as the roles volunteers play in delivering services. It will be available in June on www.cardi.ie.

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.

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

First results from TILDA launched

The first results from the Irish Longitudinal Study on Ageing were launched on 8 May by the Minister for Health and Children, James Reilly. The study is examining the health, lifestyles and financial situation of 8,000 people as they grow older, and sees how their circumstances change over a 10 year period. The findings show that the over 50s derive considerable enjoyment from life and generally good self-reported health. However, issues around social exclusion and depression were identified. The summary report and full results are available from www.tilda.ie.

Concerns at overuse of sedatives

Following CARDI's research on potentially inappropriate prescribing of medicines in nursing homes, a new report by the [Mental Health Commission](#) has raised concerns over the "widespread" use of sedatives and other powerful drugs in psychiatric hospitals. 57% of patients in acute or long-stay units were prescribed sedatives or benzodiazepines last year. The report shows the rate of prescribing within individual psychiatric units ranged in some cases as high as 97%.

Death test: how long will you live?

A controversial [blood test](#) for sale to the public is being developed which could tell how long people have left to live. It measures vital structures on the tips of a person's chromosomes, called telomeres, which scientists believe are one of the most important and accurate indicators of the speed at which a person is ageing.

Less educated will age faster

A London-based [study](#) of 400 men and women has found that people with fewer qualifications are more prone to age quickly. DNA evidence suggests cellular ageing is more advanced in adults with no qualifications compared with those who have a university degree. The connection between health and socioeconomic status is well established but this research indicates that education might be a more precise determinant of a person's long term health rather than their current income and social status.

Old caregivers face increased risk of cognitive problems

New findings published in the [Journal of the American Geriatrics Society](#) have highlighted the increased risk of cognitive problems faced by older caregivers. An older individual who cares for a spouse with dementia may be at an increased risk of developing cognitive problems because of the lifestyle that was shared with the spouse and because of the stress of caring for a loved one who is ill.

Ageing Policy Updates

Fair deal scheme funding crisis

It [emerged](#) on 18 May that funding for the Fair Deal nursing home support scheme has run out already. Under the Fair Deal scheme, nursing-home residents pay 80pc of their income and 5pc of the value of their assets annually for up to three years. The payments can be made either in their lifetimes or deducted from their estates after death. At the end of April more than 22,000 older people were receiving financial support under the scheme and the money available for 2011 does not allow for any net increase in this figure. This means no new applicants will be able to enter the scheme this year unless existing applicants die. Applications to the scheme are currently not being processed and the crisis has been called a "nightmare situation" by Age Action.

In addition to the news that the Fair Deal scheme is facing a funding crisis, it has been [assessed](#) that nursing homes run by the HSE are charging fees of up to €2,139 per week. The average weekly cost of a public nursing-home bed is €1,245, but it can be much higher. The weekly cost of private nursing-home care is €875 but it can be as high as €1,344.

Elderly falls badly managed by NHS

NHS hospitals are failing to provide adequate care for elderly people who have suffered falls and fractures, an audit in England, Wales and Northern Ireland has found. The Royal College of Physicians [found](#) "unacceptable variation" in the quality of services for treating and preventing broken bones caused by slips and trips. Despite modest improvements on previous years, gaps in provision persist and deficiencies in care remain widespread.

A life-course perspective on policy planning

New [research](#) by NUIG's Irish Centre for Social Gerontology and School of Business and Economics says that planning should extend as far as the maturity and old age of "babies born today" if it is to be successful. The research also recommends engagement of community organisations in drawing up policy, to ensure greater emphasis on a "people-centred" approach. Based on 18 months of research and consultation, the report argues that successful social policy

planning requires a greater focus on the future, taking a life course perspective.

Dementia home carers “stretched to the limit”

A conference for the families and carers of people with dementia in Galway on 12 May heard how recent cutbacks in home help services and respite beds are stretching people caring for relatives with dementia at home to the limit. Dr Karena Meehan, consultant psychiatrist with the Later Life Psychiatry team at University College Galway [suggested](#) that the National Alzheimer’s Association and Western Alzheimer’s Foundation were doing the job of the HSE by providing grant assistance to families to get a few hours’ home help a week.

Research and Policy Publications

Providing and paying for long-term care

This month, the OECD has published *Help Wanted? Providing and Paying for Long-Term Care*. It examines questions such as the future of long-term care given the ageing population and demographic and market trends. It also examines the reliance of older people on family and unpaid carers and whether or not these carers should be better supported. The summary and conclusions of the publication are available [here](#).

FUTURAGE workshop presentations

A FUTURAGE Stakeholder Workshop was held in London on Wednesday, 18 May. FUTURAGE is consulting on a road map for ageing research. The presentations from the day have been published on the FUTURAGE website and can be accessed [here](#).

Over the hill

The Rural Media Company in the UK has produced *Over the hill?*, a report which aims to highlight the challenges faced by those growing older in the countryside. It also questions the common assumptions regarding the services rural older people want and need. The report forms the completion of the first phase of the project, which will run for a period of three years. The research report and films of eight case studies are now available on the Rural Media Company [website](#).

Don’t look back?

There are wide gaps in knowledge about the lesbian, gay and bisexual (LGB) UK population in relation to their physical and mental health outcomes, use of health and social services and experiences of health and social care more generally. Very little data exists that compares LGB and heterosexual populations. The evidence is even more limited for older LGB people. In order to help address this, the Equality and Human Rights Commission has published [Don’t look back?](#), a look at how to improve health and social care service delivery for the older LGB community.

Impact of dementia on relationships

Lynda Hogg, a board member of Alzheimer’s Disease International, who has herself been diagnosed with the disease, has published a new study into the effects of dementia on relationships. It explores the perspectives of both the person with dementia and their partner following a diagnosis. *Dementia: Impact on relationships* can be found [here](#).

The impact of ageing on developed economies

An international conference exploring “The impact of ageing on developed economies” was held by the Ditchley Foundation on 12-14 May 2011 and a summary of the discussions is now available [here](#).

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

Events and Seminars

The competitive advantage of age-friendly cities

Can a city-region create a competitive advantage for itself by embedding age-friendliness into its policies and strategies to encourage and support active ageing? A seminar, co-hosted by KT-EQUAL and ActiveAge on 8 June will address this question. It will include presentations from cities that are part of the WHO Age Friendly City network, and those implementing age friendliness

through other strategies. Those wishing to attend can contact Helen Haigh at h.haigh@sheffield.ac.uk.

Launch of 2010 Northern Ireland Life and Times Survey results

ARK in Northern Ireland is organising a seminar to mark the release of the results of the 2010 Northern Ireland Life and Times Survey. Using results from ARK's most recent surveys, this event will highlight the attitudes and experiences of carers of all ages in Northern Ireland. It will take place on 13 June and further details are available from info@ark.ac.uk.

Narratives of Health and Illness across the life span: 15-16 June

Organised by the National Centre for Arts and Health this conference will explore ageing across the life span. Full details of the conference and registration can be found at www.artshealthwellbeing.ie.

Planning for Age: 22 June, Crown Plaza Hotel, Santry, Dublin

This event will focus on the findings from the first National Study on Planning for Age which explored how people plan for where they will age and the impact of the neglected area of location on independence, mobility, health, sense of belonging, longevity and most importantly on quality of life. Register on-line www.ageingwellnetwork.com/about-us/planning-age.

Growing older after the sexual revolution

A seminar led by the Institute of Gerontology at the King's College London will aim to map the nature of the emergence of rapid recent growth and ageing of populations not normally associated with "old age". The goal is to widen debates regarding health, identity, disability and ageing by examining and presenting from multiple perspectives the impact on, and implications of, biomedical science on the rapid growth of new ageing populations. Taking place on 23 June, full details can be obtained by emailing newagepop@kcl.ac.uk.

The Second World Homeshare Congress

"Collaboration in Action", The Second World Homeshare Congress, will take place on 1-2 July 2011 in Cologne, Germany. Take the opportunity to meet homeshare practitioners from around the world, share experiences, and learn new techniques. Suitable for homeshare practitioners as well as individuals and organisations involved in delivering care solutions for older people. Click [here](#) for details.

British Society of Gerontology annual conference

The British Society of Gerontology annual conference entitled Understanding and Promoting the Value of Older Age, is taking place in Plymouth on 5-7 July 2011. Full details are available at www.bsgplymouth2011.org.uk.

Ageing and neurodegeneration

An international conference on "Ageing and neurodegeneration" will take place in Bergisch Gladbach in Germany on 1-4 September. The conference is co-organised by DZNE, the German Centre for Neurodegenerative Diseases and the Max Planck Institute for Biology of Ageing. Further details can be found at www.conference-ageing-neurodegeneration.de.

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

Funding, Awards, Training Opportunities

Call for multidisciplinary research applications

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". Full information on the call themes, national funders and an application form is now available from the ERA-AGE [website](#).

Neurodegenerative diseases research

The Health Research Board and Science Foundation Ireland are seeking to fund research that will tackle a range of age-related neurodegenerative diseases. This is part of the EU member states joint programming on neurodegenerative diseases. The closing date for applications is 9 June 2011.

and full information is available from the Health Research Board [website](#).

Canada-Europe awards

The international Council for Canadian Studies will support scholars in universities or research institutes in European countries to undertake short term research, including collaborative research, contributing to the understanding of bilateral and multilateral relations between Canada and the European countries. Awards are worth up to \$10,000 each. Further details are available on www.iccs-ciec.ca.

BUPA foundation awards

The BUPA foundation has announced its research awards for 2011. Foundation Prizes (amounting to £15,000) will focus on recognition for excellent completed work by aspiring and promising new researchers in the early phases of their career. The closing date is 1 July 2011. Further information can be found [here](#).

Knowledge Exchange Opportunities

This is a new flexible scheme by the ESRC that provides funding for knowledge exchange activities at all stages of the research life-cycle. For details of the call, including scheme and guidance click [here](#). This scheme will close on 14 June 2011.

Age Awareness and Working with Older People

Age Awareness and Working with Older People is an award winning training course developed by Advice NI in partnership with Age NI and Access to Benefits (A2B). It is accredited with Open College Network Northern Ireland at Level 3. The course will be delivered at Advice NI in Belfast on 21 & 28 June 2011. To book a place email emma@adviceni.net.

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.

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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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