

## 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](http://www.cardi.ie)

**If you have a news story, event or publication relating to ageing please send it to us at [news@cardi.ie](mailto:news@cardi.ie)**

**Get connected with CARDI**

**Follow CARDI on:**

**Contents:**

1. [CARDI Updates](#)
2. [Ageing Research Updates](#)
3. [Ageing Policy Updates](#)
4. [Research and Policy Publications](#)
5. [Events and Seminars](#)
6. [Funding, Awards, Training Opportunities](#)

**March 2011****CARDI Updates****Call Opens for Abstracts for Workshops/Symposiums, Presentations or Posters**

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. The call is now open for abstracts in the format of oral paper presentations; symposia or workshops or poster presentations. Full details on the call for abstracts and the conference can be found [here](#).

**Launch of research on end of life dementia care**

Dr. Suzanne Cahill, Trinity College Dublin, recently completed a research project supported by the CARDI grants programme. The research focused on improving the quality of life for people with dementia dying in residential care settings by investigating the experience of elderly spouses and collecting data to inform a draft standard for quality care in end stage dementia long-stay care. A briefing on the research project and the full report are available [here](#).

**Seminar - Work, wealth and health of older workers in Ireland –north and south**

CARDI's strategic research officer, Paul Mc Gill, will lead a one-hour seminar at Trinity College

Dublin on Thursday 31 March on the topic 'Work, wealth and health of older workers in Ireland, north and south'. It will be held at 1.00pm in Room 3070 of the Arts Block as part of the Employment Research Centre's seminar series. Advance registration is not needed.

## **CARDI Publications**

### **Focus On...Older voters**

Each month CARDI's Focus On article takes on a topical ageing related issue. The series provides an evidence-based analysis of key issues on ageing and ageing research stories making the news. With the 25 February General Election in the Republic of Ireland, this month's article looks at older voters. It examines the voting behaviour of older people in NI and ROI to explore if evidence indicates that there is a correlation between age and voting. The full article is available at [www.cardi.ie/publications/focusonoldervoters](http://www.cardi.ie/publications/focusonoldervoters).

### **Forthcoming**

#### **Universal Design for older people**

It is critical that policymakers, planners and designers in Ireland, North and South, create environments that meet the diverse and changing needs of all older people. The principles of "universal design" can help to meet these needs and this month. CARDI will publish a research briefing on the topic of universal design and what benefits it can bring to older people. This briefing will be available shortly on [www.cardi.ie](http://www.cardi.ie).

## **CARDI Online**

**For all the latest news and publications on ageing research, policy and practice please log onto the CARDI website [www.cardi.ie](http://www.cardi.ie).**

**Researchers can register** at [www.cardi.ie](http://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**

### **NI pensioners are not claiming benefits**

The Northern Ireland Audit Office has published evidence which shows that while one in five pensioners in Northern Ireland are living in poverty, pensioners are not claiming the full benefits they are entitled to. Everyone over the age of 65 receives the state pension, but means-tested benefits such as pension credit and housing benefit are more difficult to access. For example in NI during the period 2004-06, estimates of unclaimed State Pension Credit ranged from £26 million to £168 million while estimates for unclaimed Housing Benefit for pensioners amounted to between £5 million and £29 million. The full report is available [here](#).

### **Review of stroke and heart attack risks**

A decade-long research study at the [Western Australia Centre for Health and Ageing](#) (WACHA) has developed a prototype tool to aid medical professionals better predict the risk of older men having a stroke or a heart attack. The prototype provides a more accurate assessment than was previously available of an individual's risk. The research suggests that as the old predictive model was based on ages 30 to 74, it may be time to review risk classifications for stroke and heart attack for older people.

### **Fuel poverty may cause thousands of deaths**

At an Energy Action conference held on 8 February, research was presented that highlighted the fact that between 1,500 and 2,000 "excess winter deaths" (the number of additional deaths compared to other times of the year) occurred on the island of Ireland during winter 2009/2010. That number is expected to have increased following the harsh winter conditions in 2010/2011, with older people most likely to be affected. Additional research from the University of Ulster indicates that deaths from cold-related illnesses could be underestimated by as much as 25%. The presentations

from the conference can be found on the Energy Action [website](#).

### **Can aerobic exercise protect against dementia?**

A new review from the US highlights the urgent need for studies to evaluate the role of aerobic exercise in protecting against dementia. Recently, moderate exercise and improved fitness have been shown to enhance cognition in older people with normally functioning memories, as well as in individuals who complain of memory difficulty. The review uses animal experiments, epidemiology, limited prospective studies already conducted and biomarker data to make the case for more research. Further details can be found [here](#).

### **I wish I could just be grandma**

UK grandparents who raise disabled grandchildren have spoken for the first time of the enormous financial hardship, health problems, isolation and lack of support in a new report launched by the Family Fund in the UK. *I Wish I Could Just be Grandma* reveals the plight of this "hidden army" of grandparent carers. It is available to download [here](#).

### **The use of assistive technology**

Assistive technology is any device, system or design that allows an individual to perform a task that they would otherwise be unable to do, or that increases the ease and safety with which a task can be performed. A new study from Australia shows that while there is ample literature explaining the use of such technologies by frail older people, there is a dearth of high-quality data which establishes that this use is effective in helping them to live independently. This study is available from the Australian government's [Department of Health and Ageing](#).

## **Ageing Policy Updates**

### **Where do parties stand on older people's issues?**

In the run-up to General Election 2011 in the Republic of Ireland, Older and Bolder launched a "high five" campaign: five issues on older people that party candidates should be supporting. These were health care, a secure pension, local transport, involvement and a national plan on ageing. The advocacy group wrote to the leaders of the main political parties during the campaign to assess their support for these five core areas of policy for older people. The responses can be read on the Older and Bolder [website](#).

### **Campaign to end loneliness**

A group of UK charities including Age UK has established a new campaign to end loneliness among older people. The campaign warns that lonely older people are at increased risk of depression, lack of exercise and bad diet. Almost one in 10 older people suffers from "intense" loneliness. The campaign group wants loneliness to be recognised as a public health issue - and has published a survey claiming that fewer than one in five people is aware of the link between poor health and loneliness. Full details can be found [here](#).

### **UK baby boomers must pay for their own care**

A UK government adviser who is drafting plans for a new elderly care system has said that baby boomers should be prepared to use their property wealth to pay for care in old age. Lord Warner said it would be unfair to expect the working population to foot the bill for looking after their parents' ageing generation. Currently, a place in a nursing home costs an average of £36,000 a year but anyone with assets worth more than £23,250 receives no help at all from the state. A government-appointed long-term care commission will deliver its report in July 2011. Further details are available [here](#).

### **Pensioners' parliament for older people**

A pensioners' parliament is to be established in Northern Ireland to highlight the concerns of older people. Members will be elected from regional assemblies, with the two-day parliament being held on 8 - 9 June. Issues such as services for older people are expected to be discussed during the first gathering of its kind in Northern Ireland for those aged over 60. Age Sector Platform is organising the meetings and further information on the new parliament can be found on its [website](#).

### **NHS failing to treat elderly with care and respect**

An [official report](#) from the English Health Service Ombudsman has stated that the NHS is failing to

treat elderly patients in England with care, dignity and respect. An in-depth review of 10 cases of people aged 65 and over shows that the patients suffered unnecessary pain, neglect and distress. Of nearly 9,000 complaints made to the Ombudsman last year, 18% were about the care of older people. In total, it accepted 226 cases for investigation - twice as many as for all the other age groups combined.

## **Research and Policy Publications**

### **The European Dementia Research Agenda**

A new report by Sally-Marie Bamford of the International Longevity Centre (ILC-UK) has drawn renewed attention to the fact that the dementia research agenda in most EU countries remains critically under-funded and under-valued. *The European Dementia Research Agenda* finds there is widespread disparity in the diagnosis, treatment and care of people with dementia across Europe. The full report can be downloaded from the ILC-UK [website](#).

### **Women and men in Ireland**

Data from the Central Statistics Office in the Republic of Ireland show that life expectancy for women was 81.6 years in 2006, compared with 76.8 years for men. Women's annual income was around 70% of that earned by men in 2008, though women's hourly earnings were around 90% of men's. Life expectancy for men is 0.7 years greater than the 2007 EU average, while for women it is just over half a year less than the 2007 EU average. 'Women and men in Ireland' 2010 is available from the CSO [website](#).

### **Labour force participation of older people**

Two new reports from the US and Canada discuss older workers. While labour force participation of older workers in the US increased following the recession, data from Canada show a different story.

The US Employee Benefit Research Institute report demonstrates the importance of lifelong learning and education for older people. It shows that even following the economic downturn, the labour force participation rate increased for people aged 55 and over in the US. Labour force participation for people aged 65 and over also increased. The full findings of the report can be accessed [here](#).

Meanwhile a new report on older workers in Canada shows that many older laid-off workers are being forced into early retirement because of poor re-employment prospects. The report, by the Institute for Research on Public Policy, suggests that policies are needed to encourage older workers to stay in the labour market. It can be read [here](#).

### **The global impact of an ageing world**

Two new reports available this month assess ageing and its global impact from different perspectives. Firstly, a new global survey on ageing from a marketing perspective from Nielsen shows that as of 1 January 2011, 10,000 people per day in the United States alone will reach the age of 65. There is only one country in the world, Niger, where the median age will not increase over the next 10 years, and even there it will start to rise after 2020. The data shows that population ageing is not a short-term trend but rather a permanent one and marketers will need to develop new models to reach ageing consumer bases. The survey results can be accessed [here](#).

The World Demographic and Ageing Forum also issued a "masterclass" on *Tackling Business and Society Challenges in 2030 and beyond*. It presents expert papers on demographics, aimed at making tomorrow's leaders in business and society familiar with the demographic environment they will face in the future. The full report is available [here](#).

**For more research, policy and practice publications please visit: [www.cardi.ie/directory](http://www.cardi.ie/directory)**

## **Events and seminars**

### **Palliative care research forum**

On 8 March in the University of Ulster, a research forum will convene on the issue of palliative care. There will be a presentation on new perspectives, a talk on cross-border collaboration on research in the field and a discussion on what future priorities for stakeholders should be. People wishing to

attend should contact Audrey Roulston at [a.roulston@qub.ac.uk](mailto:a.roulston@qub.ac.uk).

### **The Business of Ageing**

In March 2011, the second Business of Ageing Conference will take place in the Royal Hospital Kilmainham in Dublin. The Business of Ageing Partnership was established to alert the business community across Ireland to the very significant business opportunities that exist in the older consumer market. The Partnership [website](#) has more information.

### **Northern Ireland longitudinal study research forum**

In 2007, a series of projects were funded by the ESRC to demonstrate the potential of the Northern Ireland longitudinal study. Following completion of these projects, the results will be presented in the NISRA boardroom on 11 March. The topics include migration, self-reported health and use of dental services. Anyone wishing to attend should contact Sharon McKee at [s.mckee@ulster.ac.uk](mailto:s.mckee@ulster.ac.uk).

### **Technology with disabled and older people conference**

A European conference on technology with disabled and older people will take place 28- 29 March in the London School of Economics. It will examine how advances in information and communication technologies can assist older and disabled people live independently and age actively. Further details and registration information are available [here](#).

### **Growing older in urban environments**

Perspectives from Japan and the UK on growing old in cities will be showcased at an event on 28 - 29 March, co-organised by the Economic and Social Research Council, Japanese Society for the Promotion of Science and the International Longevity Centre. The aim of the symposium will be to examine the impact of demographic change on major cities in Japan and the UK, many of which will have populations of 30% or more aged 60 and over by 2020. Further information is obtainable from [info@vistaevents.co.uk](mailto:info@vistaevents.co.uk).

For more events go to: [www.cardi.ie/events](http://www.cardi.ie/events)

## **Funding, Awards, Research and Training Opportunities**

### **Research fellow for the National Dementia Strategy**

The School of Social Work and Social Policy at Trinity College Dublin is seeking a Research fellow to identify the key priorities to be included in the development of an Irish National Dementia Strategy. This post is funded by the Atlantic Philanthropies and is tenable from 11 April 2011. An information booklet and further details for applying for the fellowship can be found on [www.publicjobs.ie](http://www.publicjobs.ie).

### **Directorate General for Employment, Social Affairs and Inclusion**

The European Union Directorate General for Employment, Social Affairs and Inclusion is currently looking for proposals for information and training measures for workers' organisations. The grants will enable social partner organisations to address overarching EU employment and social policy challenges. Submission deadline: 18 April 2011. Further information can be found [here](#).

### **Technology Strategy Board – Global Ageing awards**

The Technology Strategy Board and the Design Council in the UK are working in partnership to launch a £600,000 investment that seeks to generate innovative solutions to help people live independently for longer. This is a response to the challenges and opportunities arising from the global demographic shift toward an ageing population. In phase one, £200,000 will be awarded to up to 10 projects. In phase two, £400,000 will be awarded to up to four projects. The closing date is 23 March 2011 and competition details are available [here](#).

### **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](#).

**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](mailto: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 NI

**Professor Eamon O'Shea**

Irish Centre for Social Gerontology

**Robin Webster**

Age Action Ireland

**Dr Roger O'Sullivan**

Director of CARDI

This work has been made possible through funding by The Atlantic Philanthropies, augmented by grants from the Department of Health and Children in Dublin and the Health & Social Care Research & Development Office, Public Health Agency, Northern Ireland. CARDI is hosted by the Institute of Public Health in Ireland.