

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: call for abstracts closing soon**

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 now open. **The Call for abstracts will be open until 12 noon on 11 May 2011.** Further information on the call for abstracts, speakers, registration and the conference programme can be found at www.cardi.ie/conference2011.

Ageing and intellectual disability

An open round-table meeting on 'Ageing and Intellectual Disability: An all-island perspective' is being held in the Canal Court Hotel, Newry, on 27 May 2011 from 9.30am to 4.30pm. Speakers include Professor Philip McCallion, State University New York; Professor Mary McCarron, TCD; Dr Maria Truesdale-Kennedy, UU; and Kevin Keenan, Assistant Director of Social Services – Older People and Adults, Health and Social Care Board. This event is supported by CARDI's grant programme and will launch a grant programme research briefing focused on ageing and intellectual disability. The event is free and open to anyone with an interest in the area. To book a place ring 0044 (0) 28 9036 8889 or email: r.mcconkey@ulster.ac.uk

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 which shares 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 and Paul Cann of Age Concern Oxfordshire – editor of Unequal Ageing: The Untold Story of Exclusion. Registration and further details are available at www.cardi.ie.

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

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 involves a mixture of talks and workshops on how to avoid key messages getting lost in translation. To register please email info@cardi.ie.

CARDI Publications

Inappropriate prescribing of medicines – Implications for older people and health budgets

There was significant news coverage on the launch of CARDI's research briefing on the issue of inappropriate prescribing of medications in long-term care facilities for older people in Greater Cork and Northern Ireland. Inappropriate prescribing has been reported to be a substantial cause of morbidity and mortality and has been identified as a major contributing factor to increased healthcare utilisation. The research showed that seven out of ten older people in nursing homes in Ireland are getting at least one inappropriately prescribed medicine. The full briefing and research report are available [here](#).

Focus on ageing strategies

April's "Focus on" article examines the approach taken by governments around the world in tackling the challenges and opportunities presented by our ageing populations. It compares ageing strategies from around the world and looks at international policy on ageing. The article is now available [here](#).

Focus on older voters in NI

Prior to the ROI general election on 25 February, CARDI published a "Focus on older voters" article which examined the issues older voters in ROI were concerned with. It also analysed the manifestos of the five biggest political parties to see how older people's issues were addressed. In advance of the NI Assembly elections on 5 May, an updated article which focuses on Northern Ireland is now available on www.cardi.ie.

Forthcoming

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. This paper will be available shortly on 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.

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

Stress contributes to memory loss

Experts [claim](#) to have found how stress can lead to memory loss in old age. Edinburgh University researchers have shown how two receptors in older brains react to the stress hormone cortisol linked to forgetfulness as people age. The study on older mice found one receptor was activated by low levels of cortisol, which helped memory. But once levels of the hormone were too high they

spilled over on to a second receptor, activating brain processes which contribute to memory loss.

Happiness increases in later life

New [research](#) presented at the Royal Economic Society's annual conference shows that a "U-shaped" happiness curve means happiness steadily increases after age 50. People aged over 65 said they thought it was nicer to be 25, but insisted they feel happier now than they did at that age. The happiness survey involved respondents from Britain, Switzerland and Germany.

Number of older workers rise, young people are resentful

New labour market [statistics](#) show a rise in employment among the 50 to 64 age group in the UK. However in this group, 1.34 million men (24%) and 2.24 million women (39%) are classified as economically inactive, neither seeking work nor able to accept it if offered. Nearly half of men in this age group who are unemployed have been so for 12 months or more.

While the number of older workers in the UK rises, the UK care agency Anchor has released [research](#) which shows that young people are resentful towards them. The study of over 2,000 adults showed that two out of five 18 to 24-year-olds did not think there were enough jobs for older people to stay in work. The research also revealed that young people identified 62 as the "old age mark". A fifth of young workers believed over-60s were slower and less productive and one in 20 said they should be paid less.

Alzheimer's diagnostic guidelines updated

The National Institute on Ageing in the US has [announced](#) that clinical diagnostic criteria for Alzheimer's disease dementia have been revised for the first time in 27 years. Research guidelines for earlier stages of the disease have been characterised to reflect a deeper understanding of the disorder. This marks a major change in how the disease is studied and analysed. The new guidelines cover three stages of Alzheimer's – preclinical, mild cognitive impairment and Alzheimer's dementia.

UK life expectancy rises by 44 days in one year

New [figures](#) show that life expectancy in the UK rose by 44 days in 2010. More than 11 million people alive today – 17.6% of the population – can expect to live to more than 100 years old. This is 200,000 more than estimates one year ago. A baby boy born in 2011 will live for an average of just under 90 years, compared with just over 92 years and six months for a baby girl.

Low pension coverage among ROI workers

A module on the topic of pension coverage among workers aged between 20 and 69 years was included in the [Quarterly National Household Survey](#) in the fourth quarter of 2009. The figures show that only 51% of workers in the Republic of Ireland aged between 20 and 69 have pensions, compared to 54% in 2008. The most common reason given for not having a pension was not being able to afford one. 53% of workers reported that they expected to retire aged between 60 and 69 years. Just over one third of workers (34%) did not know when they would retire.

Grey vote warning for politicians

AgeNI commissioned a [survey](#) of older people in advance of the Assembly elections on 5 May. The results show that almost half of older people would change their vote in favour of a party that addresses the needs of senior citizens. The research revealed 47% of older people would be prepared to switch their usual party of choice in favour of another that prioritised ageing issues.

Ageing Policy Updates

National Positive Ageing Strategy update

In response to a question from Michael Kitt T.D. in Dáil Eireann, Minister for Health and Children Dr. James Reilly stated that policy for older people was a priority for the new government and the Programme for Government gave a commitment to complete the National Positive Aging Strategy. He said that work on the strategy was ongoing and a group comprising representatives of twelve national non-governmental organisations with an interest in older people's issues had been established. However, no timeline was set for the release of the strategy.

Lynch given portfolio for older people

The ministerial portfolio for older people and ageing-related issues has been assigned to Minister of State for Disability, Equality and Mental Health, Kathleen Lynch. Speaking about the [appointment](#), Minister for Health and Children Dr. James Reilly said: "Her responsibilities include ensuring the supply of more and better care for older people in the community and in residential settings, a further priority of this Government".

New universal pension may help non-claims

A [green paper](#) on pensions reform in the UK has proposed a universal state pension of £155 per week. The flat rate pension is due to be introduced in five years. It will be paid to anyone who has made National Insurance contributions for 30 years. The UK Pensions Minister Steve Webb said the move would simplify a complex system and provide more incentive for people to save. The beneficiaries of the flat rate pension would be women, the low paid, carers and the self-employed.

Simplifying the pensions system may help the problem of pensions going unclaimed. AgeNI and Age Sector Platform have [said](#) that millions of pounds of benefits are going unclaimed each week in NI because older people do not understand what their entitlements are. Anne O'Reilly of AgeNI argues that: "an innovative approach to benefit uptake is urgently needed with the ultimate goal being automatic payment of Pension Credit, if this issue isn't addressed, pensioner poverty is only set to get worse".

HSE home help move criticised

The decision by the Health Service Executive (HSE) to put home-help services out to tender will reduce standards of care for vulnerable patients and is part of a policy of "privatisation by stealth", the trade union Siptu has [claimed](#). Siptu indicate the tender is worth some €138 million and will lead to the privatisation of care, lower wages for staff and reduced standards of care for patients. Home-care services provide older people with specialist support in their homes. This can include nursing, allied therapy services, day care, respite care and additional home help support.

Research and Policy Publications

Older people fear ageism more than crime

Older people are more worried about ageism and discrimination than they are of being the victim of crime, a new report shows. Research conducted in England by the think tank Demos among a group of people aged between 60 and 90 showed they felt the older generation were patronised or seen as a "burden" on society. The study of almost 100 people showed that pensioners welcomed the abolition of compulsory retirement but wanted flexibility in jobs. The full report, *Coming of Age*, is available [here](#).

70 or bust

The Economist has published a [special edition](#) on pensions which examines current plans to raise the retirement age. It argues that people working longer has three major benefits: the employee gets more years of wages; the government receives more in taxes and pays out less in benefits; and the economy grows faster as more people work for longer. However, the argument concludes that current plans to raise the retirement age do not go far enough.

Vital statistics for Q3 2010

The Central Statistics Office has published its Vital Statistics [bulletin](#) for the Third Quarter of 2010. It shows that the leading cause of death in the Republic of Ireland varies widely by age group. Among young adults aged 15 to 44, external causes of death including accidents, suicide and other ranked first. Among individuals aged 45-74, cancers were the leading cause, while for those aged 75 and older, it was diseases of the heart and arteries.

Agenda for later life

AgeNI has issued its annual policy report, [Agenda for later life](#). The report is a year on year assessment of the impact of government policy on the lives of older people. This year it also includes a section on the Politics of Ageing, which includes a commentary on how the Assembly has lived up to its promises. The full report is available [here](#).

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

Events and Seminars

Bealtaine festival

Age & Opportunity's Bealtaine festival celebrates creativity in old age and is running throughout the month of May. Last year over 101,000 people took part as artists, performers and audience in 2,500 events locally, regionally and nationally in every art form. Further details and the festival programme can be found on www.bealtaine.com.

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.

Launch of TILDA first results

On 9 May, Minister for Health and Children Dr. James Reilly will launch the first results from the Irish Longitudinal Study on Ageing (TILDA). The study has exceeded the target of 8,000 interviews with a response rate of 60%. People interested in attending the launch can contact Jacinta O'Grady at jogrady@tcd.ie.

Measuring quality of life

The Office of National Statistics in the UK is devising a new method of measuring quality of life in Britain in an attempt to improve national wellbeing and happiness. A joint seminar between ILC-UK and the Actuarial Profession will take place on 10 May, Staple Inn Hall, London to debate the new measures. Registration and event details are available [here](#).

Analysing pension policy

The Economic and Social Research Institute is hosting an "Analysing pension policy" conference on 26 May. The conference will bring together research which helps to shed light on the complex and long-term effects of pension reforms in the Irish context. Speakers include Gerry Hughes of Trinity College Dublin and Ed Whitehouse of the OECD. Attendance at the conference is free and registration can be made [here](#).

Ageing and neurodegeneration

An international conference on "Ageing and neurodegeneration" in 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.

Creating a life story book

The Life History Digital Repository is a new project run in Belfast by Trinity College in partnership with Reminiscence Network Northern Ireland. It will give 15 older men and women (over 60) the chance to create their very own Life Story Book. In support of the project, several "reminiscence" sessions will take place from 10am – 1.00pm on 18 May, 25 May, 1 June, 8 June and 15 June. Interested participants can contact Avril Fairbrother at avrilfairbrother@rnni.org.

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

Funding, Awards, Training Opportunities

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](#).

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](#).

Leverhulme Trust research funding

The Leverhulme Trust was founded in 1925 with the purpose of supporting scholarships for the purposes of research and education. Since that time, the Trust has provided funding for research projects, fellowships, studentships, bursaries and prizes; it operates across all the academic disciplines, the ambition being to support talented individuals as they realise their personal vision in research and professional training. Information on these ongoing opportunities 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](#)

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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[Paul Mc Gill](#)
Strategic Research Officer

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Communications Officer – New Media

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CARDI Steering Group

CARDI has been developed by leaders from the ageing field across Ireland (North and South).

Our Steering Group Members are:

Professor Davis Coakley

Co-Chair of CARDI

Professor Robert Stout

Co-Chair of CARDI

Owen Metcalfe

Institute of Public Health

Dr Denis O'Mahony

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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.