

**International Longevity Center – Israel (ILC-Israel)**  
**Report of Activities from 2012 until April 2013**

**ORGANIZATION**

Name of the Center

The International Longevity Center (ILC) – Israel

Name of the President

Prof. Sara Carmel

Partner Institutions

- Center for Multidisciplinary Research in Aging: Director. Sara Carmel
- Myers-JDC-Brookdale Institute, Jerusalem. Director: Jack Habib; Director of the Center for Research on Aging: Ms. Jenny Brodsky

**OBJECTIVES**

- To influence public policy on behalf of elderly people
- To pursue research focused on aging and the elderly population
- To disseminate knowledge and increase awareness about issues of aging and elderly people

**ACTIVITIES**

**Conferences and lectures in Beer-Sheva**

- In June 2012, we and the Department of Communication Studies co-hosted Prof. Alfonso Sousa-Poza from the University of Hohenheim, Stuttgart, Germany who lectured on the subject of successful aging at Ben-Gurion University of the Negev, Beer-Sheva.
- In January 2013, we held a conference called “Where is Medicine Headed in our Aging World?” at which specialists in a variety of medical fields lectured on new and future developments for care of an aging population.
- Co-sponsorship of a series of workshops on Theatrical Representations of Intergenerational Transfer Experience presented by “Amcha” Beer-Sheva and the Dept. of Social Work, Ben-Gurion University of the Negev, December 2012 – April 2013.

**Participation in national and international committees**

- Appointment of Prof. Sara Carmel as chairperson of committee on End of Life for “Emdah” Conference on Non-Medicinal Care of Dementia Patients.
- Prof. Carmel is an Israeli representative in the European Community initiatives of ERA-AGE and was involved in FUTURAGE – working on “Road Map for Ageing Research, funded by the European Commission’s Seventh Framework Programme.
- Participation of Prof. Carmel in meeting on “Key End of Life Care Issues” at House of Lords, London – July 2012.
- Appointment from August 2012 of Prof. Sara Carmel as member of the Lien Centre for Palliative Care Scientific Advisory Board, Duke NUS Graduate Medical School, Singapore
- Dr. Vadim Fraifeld was co-organizer of the 8<sup>th</sup> European Congress of Biogerontology held in Israel, March 2013.

## [Presentations of papers at universities and conferences](#)

- Carmel, S. "Israel's system of geriatric and gerontological education and training." IFA -11th Global Conference on Ageing, Prague, Czech Republic, May, 2012. Elderly People in Israel: Achievements and challenges. Monash University, Melbourne, Australia, February, 2012.
- The 19<sup>th</sup> conference of the Israel Gerontological Society was held in Tel Aviv in March 2012. Our center organized a session on research and evaluation tools developed by team members for use by health professionals and researchers. Presentations by members of our Center were :
  - The Will to Live in the elderly and its use in training formal caregivers
  - A tool for nutritional evaluation in the elderly
  - Guided life review at the end of life and evaluation tools
  - Index for functional self-efficacy in presence of decline in health and/or function among the elderly
  - Evaluating communication patterns of cancer patients and their physicians
- Carmel, S. "The Will-to-Live: Structure, empirical findings and suggestions for practice". Monash University, Melbourne, Australia, February, 2012, and Cicely Saunders Institute International for Palliative Medicine, King's College University, London, April, 2012.
- End of Life Care in Israel: Preferences of the public and physicians' practices, Cicely Saunders Institute International for Palliative Medicine, King's College University, London, April, 2012.
- Carmel, S. Tovel, H. & Shraga, Z. "Well-being among community dwellers and assisted living residents: A comparative analysis." IFA -11th Global Conference on Ageing, Prague, Czech Republic, May, 2012.
- Carmel, S. "Determinants of older adults' will-to-live" at the International Nursing Conference, Nursing: Caring to Know, Knowing to Care, Jerusalem, Israel, June, 2012.
- The will to live in old age: characteristics and application to professional practice. Palliative Care Conference, Singapore, October 2012.
- The will-to-live: Structure, empirical findings and suggestions for practice." International Psycho-Social and Applied Gerontology Symposium, Antalya, Turkey, November, 2012.

## **Following are a number of ongoing multidisciplinary research projects associated with ILC-Israel's team:**

**Effects of caregiving:** A study of multifaceted intervention for reducing the detrimental effects of care-giving to dementia patients among older primary care-givers

**Autobiographical memory and well-being in later life** among survivors of the Nazi Holocaust

**End-of-life care:** Attitudes, preferences, and behaviors of the public, elderly, parents to children in the ICU, cancer patients, and formal and informal caregivers of severely-ill and dying patients

**Life review at the end of life:** Effects of a guided life review on psychological well-being of terminally-ill young and old patients.

**Patterns of coping with decline in health/function:** A large-scale national research project entitled "Patterns of coping with health losses and successful aging: A longitudinal study of elderly Israelis"

**Promoting well-being in old age:** Relating research on the will-to-live to geriatric competences: Professional practice and older adult's preferences

**Driving related adaptation patterns** among elderly drivers in Israel: Description, antecedents and well-being outcomes

### International cooperation for research

- A collaborative Canadian-Israeli study, conducted by Prof. Norm O'Rourke, Dr. Yaakov Bachner and Prof. Carmel on post-traumatic symptoms of Holocaust survivors living in Canada and Israel.
- A collaborative UCLA-BGU study, conducted by Prof. JoAnn Damron-Rodriguez and Prof. Sara Carmel (see above).
- Participating in an international study on ideal care and death, directed by the International Longevity Center of Japan. (see above.)
- The Center's activities and Prof. Carmel's international activities in the field of aging have brought recognition to the Center for Multidisciplinary Research in Aging (CMRA) as an internationally accredited research center by The International Associations of Gerontology and Geriatrics (IAGG).
- Participation in Active and Healthy Aging Project – Quality of Life after Retirement, headed by ILC-Japan and ILC-France.

### Selected Publications:

#### Research reports

The Center for Research on Aging of the Myers-JDC-Brookdale Institute, our partner institution in ILC-Israel, recently published several summary research reports:

- Daycare Centers for the Elderly – Patterns of Utilization, Contributions and Programmatic Directions – S. Resnizky, S. Be'er, S. Nir, 2012.
- Private Long-Term Care Insurance in Israel - S.Brammli-Greenberg, R. Waitzberg, R. Gross, 2012.
- Social Clubs for the Elderly – National Distribution, Patterns of Activity and Characteristics of Visitors - A. Sharon, J. Brodsky, S. Be'er, 2013.

#### Selected articles of different disciplines, by some of our colleagues

Bülow, H.H., Sprung, C.L., Baras, M., **Carmel, S.**, Svantesson, M., Benbenishty, J., Maia, P.A., Beishuizen, A., Cohen, S., Nalos, D. and the Ethicatt Study group. (2012). Are religion and religiosity important to end-of-life decisions and patient autonomy in the ICU? The Ethicatt Study, *Intensive Care Medicine*, Volume 38, 1126 – 1133.

Hutchinson, S., & **Nimrod, G.** (2012). Leisure as a resource for successful aging by older adults with chronic health conditions. *International Journal of Aging and Human Development*, 74(1), 41-65.

Khvorostyanov, N., Elias, N., & **Nimrod, G.** (2012). 'Without it I'm nothing': The Internet in the lives of older immigrants. *New Media and Society*, 14(4), 583-599.

**Nimrod, G.** (2012). From knowledge to hope: Online depression communities. *International Journal of Disability and Human Development*, 11(1), 23-30.

**Nimrod, G.** (2012). Online communities as a resource in older adults' tourism. *The Journal of Community Informatics*, 8(1).

**Nimrod, G.** (2012). The membership life cycle in online support groups. *International Journal of Communication Research*, 6, 1245-1261

**Nimrod, G., & Rotem, A.** (2012). An exploration of the innovation theory of successful aging among older tourists. *Ageing and Society*, 32, 379-404.

O'Rourke N., **Carmel, S.**, Chaudhury, H., Polchenko, N., & **Bachner, Y.G.**, (2012). A cross-national comparison of reminiscence functions between Canadian and Israeli older adults. *Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, doi:10.1093/geronb/gbs058

### Future activities

- The ninth annual conference on "Issues in Psychogeriatrics" sponsored by the Geriatric Center in Beer-Sheva, The Health Ministry – Southern Region, and The Center for Multidisciplinary Research in Aging, October 2013.

### **Research projects:**

- Continuation of Israeli and international studies mentioned above
- Starting new research projects on:
  - Israeli Centenarians
  - Needs and responses to needs of Ethiopian immigrants to Israel
  - Caregivers' experiences with community dwelling parents versus assisted living residents
- Presentation and publication of results of our studies
- Development of new initiatives and research proposals

### **Influence on Israel's policy:**

We plan to continue our close working relationship with the Ministry for Senior Citizens in: (a) promoting research projects on aging in Israel and (b) chairing the Ministry's steering committee for following and evaluating a new national initiative for improvement of quality of life of older people at the city/town/settlement level.

### Importance of our membership in the ILC

We greatly appreciate the significant increase in the ILC-GA's activities and collaborations among partners, and very much enjoy the productive leadership of Monica Ferreira and Sally Greengross.