International Longevity Center – Israel (ILC-Israel)
Report of Activities 2014

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: Mrs. 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

- Within the series of conferences on "Innovations and Challenges in Gerontology and Geriatrics", in 2014, we held a conference on "Promotion of Physical Function in old Age" at Ben-Gurion University on the 11th of March. The conference was supported by Ben-Gurion University, the Myers-JDC-Brookdale Institute, and Steiner Hearing Instruments Inc.
- The conference included a wide spectrum of topics, including: Rehabilitation of older people; psychological, nutritional and perceptual changes; and intervention studies for the improvement of function and prevention of falls among older people.
- The lecturers, all experts in the fields of physiotherapy and gerontology, elaborated on the following topics: Mediterranean diet and its effect on walking speed; walking speed as a predictor of falls among older people; the use of the chaos theory for improvement of motor learning and rehabilitation among older people; physical function in old age, as perceived by older persons and by their caregivers; the use of hydrotherapy and Pilates for improvement of balance among older people; the effect of walking trainings and perturbation on the balance of older people; and the effect of walking speed on the stability and coordination of older people.
- The conference was open to all. We had a large audience of physicians, nurses physiotherapists, university faculty members of other departments, students, retirees from the university and other large companies in the area. We hope that our conference shed new light on the topic of promotion of physical function in old age, and will help to improve the quality of life for older people.

Participation in national and international committees

- The Steering Committee for Promoting End-of-Life Legislation for Dementia Patients established by the Israel Alzheimer's Association, and chaired by Prof. Sara Carmel,
presented its recommendations at a conference for practitioners and the Ministry of Health policy makers. The conference took place in January 2014.

**Presentations of papers at universities and conferences**


**Lectures given at forums of policy makers**

- **Carmel, S.** "Medical treatment at the end of life of dementia patients: Recommendations of the committee for end-of-life care." The Agreement Conference for Treatment of Dementia Patients - the Israel Alzheimer's Association (as part of the national initiative for treatment of dementia patients).
Ongoing multidisciplinary research projects by members of the ILC-Israel team:

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

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.

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. (see above)
- A collaborative UCLA-BGU study, conducted by Prof. JoAnn Damron-Rodriguez and Prof. Sara Carmel (see above).

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:


Selected articles of different disciplines by members of the Center


**Future activities**

- Continue working on research projects
- Continue to influence aging policies through the Ministry of Senior Citizens and Ministry of Treasure
- Present up to date findings with potential implementation in conferences and forums of policy makers
Research projects:
- Continuation of Israeli and international studies mentioned above
- Starting new research projects on:
  - Israeli centenarians
  - Caregivers’ experiences with community dwelling parents versus assisted living residents
  - Primary physicians awareness of and preventive practice regarding health risks of principal caregivers to frail elderly
- 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 thank Monica Ferreira and Sally Greengross for their productive leadership.