



INTERNATIONAL LONGEVITY CENTRE – SOUTH AFRICA

## Activities Report 2013/2014

### Introduction

ILCSA was admitted to the ILC Global Alliance in June 2005. The centre is operated independently within The Albertina and Walter Sisulu Institute of Ageing in Africa (IAA) in the Faculty of Health Sciences at the University of Cape Town (UCT). ILCSA focuses on social and health research, education, advocacy and policy. Its mission is to promote healthy and productive ageing, and to optimise older persons' full participation in society. Dr Monica Ferreira is President of ILCSA and Dr Sebastiana Kalula is the Director.

### Research

HIV risks for, and HIV and AIDS prevention practices of older adults in South Africa. With Dr Jaco Hoffman\*. In project development stage.

Age Friendly Cities. Exploratory work undertaken towards development of a project in Cape Town, World Design Capital 2014. To be taken to a next level.

AIDS and ageing in Lesotho. Research working group co-ordinated by Phangisile Mtshali at Bristol Myers Squibb. In project development stage.

Towards standardisation of service centres for older persons in South Africa: Meeting client expectations. Survey. With Professor A.L. Amosun, School of Rehabilitation Sciences, UCT. In project development stage.

### Advocacy

Dr Kalula serves on the Advisory Board of the South African Care Forum, a training and advocacy body aimed at improvement of care services for older persons and enhancement of quality of life in old age homes.

Dr Kalula is a board member of the iKhaya leXolo Lase Gugulethu, a long-term care facility in an underprivileged community of Cape Town, which advocates for the improvement of care services in facilities for older persons through the SA Care Forum.

\* Dr Jaco Hoffman is an Associate of ILC South Africa and in 2014 was appointed as a Visiting Research Scholar in the Institute of Ageing in Africa. He is currently a James Research Fellow in the Oxford Institute of Population Ageing (UK), but in January 2015 will return to South Africa to head up a new gerontology centre at North-West University in Gauteng Province (Johannesburg). ILCSA will partner with the new centre; specifics of the partnership to be provided later. Initial joint projects between the centres will be in care related areas.

## **Policy**

Dr Ferreira contributed to a consultancy (Consultants: Professor Vera Roos, Dr Jaco Hoffman at North-West University) to the South African Local Government Association to provide an inventory of relevant policy and legislation, towards optimising service programmes for older persons at local government level countrywide.

Dr Kalula, a member of the committee of the South African Rights Commission on Older Persons and Persons with Disability, contributed to policy review pertaining to rights of older persons.

Dr Kalula participated in a Joint National Department of Health Policy Workshop on Non-Communicable Disease Indicators, Monitoring, Surveillance and Evaluation, In Pretoria, October 16-17, 2014.

## **Education and Training**

Dr Kalula gave seminars to primary healthcare providers at Gugulethu Community Healthcare Centre on clinical management of older persons.

## **Publications**

Ferreira, M. 2014. South African townships and elder care partnerships: Empowerment and capacity building to establish a seniors' center. In: D. Jamuna, K. Jyotsna, A.M. Khan & P.S. Liebig. *Global ageing: Care concerns and special perspectives*. New Delhi: Kanishka, pp.217-232.

Ferreira, M. & Daichman, L.S. 2014. Empowerment and social participation of older people in South Africa and Argentina in the future. In: *The future of ageing*. The ILC Global Alliance Symposium 2013. Singapore: ILC Singapore, pp. 37-42.

Kalula, S.Z. Medicine in the elderly: Unique challenges and management. Guest editorial. *Continuing Medical Education*, 31(10): 352.

Emeriau, J.P. & Kalula, S.Z. 2013. Management of hypertension in older persons – specific considerations. *Continuing Medical Education*, 31(10): 358-362.

Kalula, S.Z., Ferreira, M., Swingler, G.H. & Motasim, B. 2014. Ethnic differences in rates and consequences of falls in a community-dwelling older population in South Africa. Letter. *Journal of the American Geriatrics Society*. (Forthcoming)

## **Seminars (IAA/ILCSA Seminar Series 2013 and 2014)**

Dr *Jaco Hoffman* (Oxford Institute of Population Ageing, UK). "Caregiving for older persons in African contexts: Recognizing and addressing a 'cultural lag'." August 13, 2013.

Professor *Lillemor Lundin-Olsson* (Umea University, Sweden). "Falls in old age – a huge and increasing public health problem that can be avoided". February 11, 2014.

Associate Professor *Karen Charlton* (Wollongong University, Australia). "Cognition and nutrition in ageing – the role of polyphenols." March 11, 2014.

## **Presentations**

Dr Kalula. "HIV and AIDS, ageing and well-being." Key address, Bristol Myers Squibb "Secure the Future" meeting. Johannesburg, February 18, 2014.

Dr Kalula. "Prevention of and risk factors for falls in older persons in an urban community in South Africa." Canadian Falls Prevention Conference, Toronto, Canada, May 27-28, 2014.

Dr Kalula. "Rethinking health and care for older people in South Africa: Deficiencies, challenges, solutions." IFA Conference, Hyderabad, India, June 2014.

Dr Kalula. "Ageing and health in emerging economies: Policies and programmes in South

Africa.” IFA Conference. Hyderabad.

Dr Ferreira. “Celebrating the richness of ageing: Notes from my logbook.” Opening address. South African Care Forum Care Festival, Stellenbosch, October 7, 2014. Ferreira was billed as a “Legend in Ageing.”

Dr Kalula. “Falls in older people: Inevitable or preventable?” Care Festival, Stellenbosch

### **International visitors**

Emeritus Professor *Sjaak van der Geest*, medical anthropologist, University of Amsterdam, the Netherlands. To familiarize himself with care models for older persons in South Africa. (October 2013)

Dr *Jaco Hoffman*. James Research Fellow in the Oxford Institute of Population Ageing, UK and an ILC SA associate. Two sojourns to work on joint projects. (January and August 2014)

Dr *Sarah Harper*, Director, Oxford Institute of Population Ageing. Identification of potential collaborative projects. (January 2014)

*Gillian* and *Michael Moncaster*, Manchester, UK. Ms Moncaster is the Dignity Lead Officer for the Manchester City Council. To familiarize themselves with care models and dignity programmes in Cape Town, with a specific focus on residential care facilities. (October 2014)

Dr *Amanda Hill*. Clinical Associate Professor, Division of Geriatric Medicine, University of British Columbia, Canada. To explore setting up collaborative training workshops for primary care medical practitioners on the management of older clients at primary care clinics. (August 2014)