

Activities Report 2013

History

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. 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.

Programmes

ILCSA's mission is carried out through three core programmes:

- *Eradicating age discrimination and promoting human rights.* ILCSA staff members and associates engage with stakeholders to eradicate age related and other forms of discrimination against older people, and to empower older persons and to foster protection of their rights: through knowledge brokering, training and advocacy.
- *Supporting and empowering older persons affected by HIV/AIDS.* ILCSA conducts research and works with NGO partners (e.g. Grandmothers Against Poverty and AIDS (GAPA)) to support and empower older carers, reduce their vulnerability, strengthen their capacity to cope, enhance their well-being and sustain their contribution to the care management of the epidemic. A current focus is the empowerment of older women to know their HIV status and to demand anti-retroviral therapy if diagnosed positive.
- *Expanding geriatrics clinical services and education.* ILCSA works to develop and expand geriatric medicine practice and training, and to improve the quality of health care for older people in South Africa and elsewhere in SSA. It conducts research to inform health policy, and engages with the South African government, the governments of other SSA nations, African institutions and global agencies in this regard.

Key events in 2012/13

- ILCSA co-organised the 1st IAGG Africa Region Conference, "Africa Ageing: Beyond 2002," held in Cape Town, 17-20 October 2012. Other co-organisers were: The IAGG Africa Region, the African Research on Ageing Network (AFRAN) and the IAA. The conference was attended by 350 delegates from 42 countries, 21 in Africa. It was preceded by a one-day symposium on Human Rights of Older Persons, convened by the IAGG, and ended with a half-day symposium on Geriatric Care in Africa, targeted at health professionals, and convened by the SA Geriatrics Society and the SA Gerontology Association.
- The 1st ILCSA Robert Butler Memorial Lecture, entitled "The longevity revolution in

Africa – challenge and opportunities,” was given by Dr Alexandre Kalache in the Closing Plenary Session of the conference.

- Monica Ferreira received the INPEA 2012 International Rosalie S. Wolf Memorial Award in Elder Abuse Research, Practice and Prevention in the conference. The award was presented by Susan Somers, INPEA Secretary-General in New York.
- The Africa launch of the UNFPA/HelpAge International report *Ageing in the Twenty-First Century: A celebration and a challenge* took place in the conference. Ferreira and ILCSA Associate Isabella Aboderin served on the editorial board for the report.
- Monica Ferreira was the guest of honour at the inauguration of a Retirement Lifestyles Expo mounted by ILC India/Vision India Events, in Bengaluru; the Expo later moved to seven other cities in India.

Research

- *The prevalence and prevention of falls in community dwelling older persons.* A baseline survey (N = 837, 65+) and 12-month follow-up in areas of Cape Town were completed (Sebastiana Kalula). Findings were presented in several fora and publications (indicated below).
- *The practice of and dilemma of the use of physical restraints in hospitalised older patients.* The findings of an investigation at Groote Schuur Hospital (Kalula & Petros) are being written up and a policy brief prepared.
- *Persons with dementia and their caregivers: Care and support needs and responses at community level.* Several studies are ongoing in the UCT/Groote Schuur Memory Clinic, operated by the IAA. A research and intervention study is being developed on how best to meet care and support needs.
- *Knowledge, Attitudes and Practices (KAP) of HIV/AIDS of older persons in the social ecology of Botswana, Malawi and South Africa.* A three-country investigation under the SADC (Southern Africa Development Community) HIV and AIDS Special Fund; in funding proposal stage. Principal Investigator: Dr Denise Burnette, School of Social Work, Columbia University.

Advocacy

- An annual supplement on relevant ILCSA output will be produced for the South African *Longevity and Health* magazine.
- Numerous opportunities were availed within the “Africa Ageing” conference to advocate to delegates from African governments on regional issues of ageing.
- Sebastiana Kalula serves on the Board of the South African Care Forum, a training and advocacy body, co-ordinated by GERATEC.

Training (Education)

Co-organisation of and presentation in a half-day seminar on “Geriatric Care in Africa,” Cape Town, October 2012. Topics: Osteoporosis, falls, chronic disease management, extra-pyramidal disorders, frailty syndrome, management of delirium, legal perspectives.

Publications (including online)

Holmerova, I., Ferreira, M., Wija, P. *et al.* *Productive ageing: Conditions and opportunities.* Monograph. Prague: ILC Czech Republic, 2013. Co-editor and co-contributor of a chapter.

Ferreira, M. ILC SA blog: “No housing policy for older persons. Only political opportunism.” ILC GA website, February 2013.

Ferreira, M. ILC Joint Discussion Paper: *Housing for older persons globally. What are best practices?* Discussant and editor. ILC GA website, May 2013.

Kalula, S. “Elderly medicine.” Guest editorial. *South African Journal of Continuing Medical Education.* (Current)

Presentations

“Celebrating ageing: Opportunities for business.” Monica Ferreira. Inauguration of the ILC India/Vision India Events Expo, Bengaluru, September 2012.

“Caring for the elderly: Diabetes, hypertension and falls in older persons.” Sebastiana Kalula. 16th National Family Practitioners Conference, Cape Town, May 2013.

“Research on falls and risk factors for falls in older persons.” Kalula, IAGG Conference, Cape Town, October 2012.

“Falls and fall prevention in older persons.” Kalula. To: Fair Care Health and Cle du Cap (retirement village), Cape Town, 2013.

“Emergency presentations in older persons.” Kalula. To: Emergency Medicine Practitioners Forum. University of Stellenbosch, June 2013.

Interview

Monica Ferreira gave a radio interview on Voice of America on Nelson Mandela dying and criticised the State’s appropriation of his “dying” for political gain.

Future plans

ILCSA’s action agenda for 2013/14 includes:

- Further development of initiatives to improve geriatric care and training in the areas of public health care for older clients: specifically, policy and intervention on the prevention of falls; management and prevention of NCD; quality health care in hospital settings; and awareness raising, diagnosis and management of HIV in older persons.
- Continued engagement with ILCSA associates in the African Research on Ageing Network (AFRAN).
- Participation in the second ILC BRICS Forum on Ageing, within the IAGG Congress in Seoul, Korea, June 2013 (ILCSA Associate Dr Jaco Hoffman will represent South Africa).
- Participation in national and sub-regional policy development, implementation and evaluation forums. Production and dissemination of policy briefs and consensus papers (based on outcomes of projects indicated above).
- Engagement in initiatives and activities to empower and capacitate older persons, in partnerships with NGOs.
- Engagement with GERATEC to improve care services and quality of life in old age homes (consultancies, advisory).
- Engagement with government in advocacy, and programme and policy design and implementation, particularly regarding health care to older clients in the public sector.
- Continuing organisational development of ILCSA.

Evaluation

Now in its ninth year of operation, ILCSA continues to make progress in building the organisation, and achieving a respected national and regional profile and relevance. It takes pride in contributing to the achievement of goals of the ILC Global Alliance, and in promoting ILC principles, values and objectives in the SSA sub-region. Ferreira was particularly active in the past year in her role as a Co-President of the GA and as a contributor to ILC GA publications.

Thanks

ILCSA thanks ILC partners for ongoing collegiality, co-operation and encouragement, and Dr Masako Osako for congenial and efficient help and support through the Secretariat. We both thank Dr Mary Ann Tsao and Susana Concorde Harding for excellent organisation of the meeting and events, and generous and warm hospitality.

