



Biennial Activities report 2017

Research Highlights

- The Centre for Population Ageing Research has been granted extended funding from the Australian Research Council to continue research into the economic and social challenges of population ageing. http://www.cepar.edu.au/media/167273/cepar-ii-funding_final_7916.pdf
- NARI formed the Melbourne Ageing Research Collaboration, (MARC) a partnership between hospitals, aged care, academia and advocacy groups to enable more rapid research translation into policy and practice. The themes are falls prevention, end of life, dementia and healthy ageing
- RDNS Institute inaugural research showcase - Thursday 29 September 2016 featured sessions on medication management, health economics, community mental health, healthy ageing, dementia and inclusive healthcare.
- Australian Community of Practice in Research in Dementia. Colette Browning, Di Goeman, Julie Byles. This NHMRC funded project involves multi-disciplinary research to enable better care for people with dementia.

Our focus on work, health and retirement

Research projects include:

- Attitudes to Ageing in Australia (Hallmark Institute)
- The Role of Cultural Institutions in Facilitating an Age-Integrated Society (Hallmark Institute)
- Design for Building an Engaged, Inclusive and Resilient Residential Aged Care Workforce (Hallmark Institute)

Work, Retirement and Health: A brief directory of Australian research. December 2015

https://www.newcastle.edu.au/__data/assets/pdf_file/0005/282461/ILC-Australia-retirement-and-health-scoping-project-2016.pdf

Our focus on housing

- New member – City of Unley WHO Global Network of Age Friendly Cities and Communities.
- Wellbeing at The Landings - activity based wellbeing program developed in partnership with the residents of The Landings retirement community.
- Reframing stroke rehabilitation spaces: The role of learning in recovery and its implications for design evaluation (Hallmark Institute)
- Intergenerational co-housing: Perceptions among older adults (Hallmark Institute)
- Liveable communities (RCGHA) – to develop a housing decision checklist for older adults.

HOUSE AND HOME: BUILT ENVIRONMENTS FOR AGEING WELL - SYMPOSIA - IFA 2016

AAG Webinar “You can’t have home care if you don’t have a home” looked at the intersection between housing and aged care.

CEPAR Seminar Friday 17 June 2016 “Shaping the future, planning for homes in an Ageing World”. Keynote speakers were Professor Chris Phillipson and Dr Tine Buffel from the United Kingdom.

Our focus on diversity

- The Federation of Ethnic Communities’ Councils of Australia (FECCA) and the National Ageing Research Institute (NARI) held a national Roundtable in Canberra in March 2016 to develop a strategy to address gaps in research into ageing and aged care for older culturally and linguistically diverse (CALD) Australians.
- Promoting Healthy Ageing in Vietnam Veterans (Hallmark Institute)
- The role of masculinity in the suicidality of men aged 80 or more (Hallmark Institute)
- Frailty in community-dwelling older people (Benetas) Funded by Dept. of Health, Aged Care Service Improvement and Healthy Ageing - to develop a simple self-completed tool that can accurately identify frailty.
- A focus on older women (Susan Feldman, Monash University) examining social and economic disadvantages and vulnerabilities confronting women as they grow older. <https://theconversation.com/why-australian-women-over-55-arent-exactly-enjoying-the-time-of-their-lives-62832>
- Ageing in China and Australia: Promoting health, productivity and wellbeing. Funded by the Australian Research Council. Hal Kendig, Colette Browning, Julie Byles. - investigates life-span development, social change and health in China, and the development of policies to support people entering later life.

Advocacy

- Hal Kendig is on a Research Reference Group formed in support of the Benevolent Society Campaign Against Ageism, which also includes the Age Discrimination Commissioner.
- Submission to the Australian Human Rights Commission's Willing to Work Inquiry – Inquiry into discrimination against older workers and people with a disability, December 2015. (Hallmark Institute)

Elder abuse

- NARI hosted a roundtable into elder abuse, in conjunction with Seniors' Rights Victoria. The meeting highlighted the need for a prevalence study in Australia. See: <http://www.nari.net.au/news-and-events/news-from-nari/elder-abuse-roundtable>
 - Understanding Elder Abuse: A Scoping Study. Report for Melbourne Social Equity Institute, January 2017. Joosten M, Vrantsidis F & Dow B
 - NARI made a submission on elder abuse to the Victorian Governments Royal Commission into Family Violence http://www.nari.net.au/files/files/documents/commission_response_v2.pdf
 - NARI and AAG made a submission to the ALRC elder abuse review http://www.nari.net.au/files/files/documents/aag_nari_submission_on_elder_abuse_final_27_feb_17.pdf
 - NARI's made a submission to the Victorian Governments gender equality strategy http://www.nari.net.au/files/files/documents/gender_equality_strategy_nari_final.pdf
- Malta, S., Dow, B., [Tackling elder abuse in residential care requires systemic culture change](#), *Australian Ageing Agenda*, 3 February 2016

Featured event

Australian Association of Gerontology Conference 2-4 November, Canberra 2016

More than 500 delegates attended this year's Australian Association of Gerontology National Conference. The theme of the conference was "**re-imagining our future**" and focused on the resources and opportunities presented by an ageing society. Other AAG events can be found here:

<https://www.aag.asn.au/events/category/past-events-1-nov-2016-to-31-oct-2017>

Policy

- Introducing **AAG Senior Policy Officer**, Tonye Segbedzi. Appointed March 2016
- NARI presented an Annual Seminar on 7th October 2016 marking 40 years of gerontology research in Australia "Translating ageing research into policy and practice, 40 years and beyond"
- The 2016 COTA National Policy Forum focused on reframing primary healthcare for older Australians. <https://theconversation.com/dont-just-blame-older-australians-for-increased-hospital-demand-62622>
https://www.theguardian.com/australia-news/2016/jul/21/healthcare-services-comparative-data-would-help-cut-costs-says-cota-chief?CMP=share_btn_fb
- The 2017 COTA National Policy Forum focused on housing for older Australians
- COTA BUDGET ALERTS 2016 and 2017 http://www.cota.org.au/lib/pdf/COTA_Australia/news/policy-alert-14-cota-repsponse-to-budget-may-2016.pdf
- Members of the Hallmark Ageing Research Initiative, and other ILC-Australia members attended roundtable discussions on the Adequacy of the Age Pension in Australia, cohosted by The Benevolent Society and Per Capita.
- Helen Barrie provided a New report for the Office for the Ageing SA on 'Retirement Villages', including responses from 2,000+ retirement village households and 250+ village managers/owners. This report has created baseline data on satisfaction levels, costs and fees, understanding of contracts and legislation and housing mobility in light of new Legislation being introduced in 2018.
- Helen Barrie is part of the 'Aged Care Diversity Framework' working group, a ministerial appointed group working with the Federal Department of Health. The Diversity Framework is intended to address the systemic barriers to accessing aged care services faced by diverse groups.
- The Australian Institute for Primary Care and Ageing at La Trobe University has recently completed a project for the Australian Aged Care Quality Agency (AACQA) to develop and pilot a set of core questions on the quality of care and services in aged care homes. <http://www.aacqa.gov.au/publications/research-report2>
- Julie Byles joined other expert advisors and country representatives in Manila in July 2017 for a three day meeting on ageing and health convened by WHO Western Pacific Regional Office.
- August 3rd 2016 The AAG held a forum **Review of Aged Care: What are the data saying?** The forum took a look back to the 2011 Productivity Commission enquiry into the care of older Australians, and forward to the imminent 2016 review of aged care reforms. <http://www.aag.asn.au/events/event/review-of-aged-care-reforms-what-are-the-data-saying>

Training,

- The University of Melbourne offers a Master of Ageing
- The University of Newcastle runs a course on Public Health Implications of Population Ageing [*PHD graduations \(selected\)*](#)
- Judy Lewis 'Australian Baby Boomer Women and Work'
- Beth Keough 'Social Wellbeing, Locality and Ageing'
- Tazeen Majeed 'Workforce participation patterns over the life course and the association with chronic diseases - a gendered approach'

- Xiaoyue Xu. 'Dietary intake, dietary quality, dietary pattern and non-communicable diseases among older Chinese population'
- Richard Morrison. 'Experiences of men in regional Australia who retire early: A life course study'
- Robyn Kennaugh. 'Taking Time to Listen: A Qualitative Study on Older Widowed and Married Women'

Publications (selected)

NEW BOOK

- Ageing in Australia: Challenges and Opportunities. Edited by Kate O'Loughlin, Colette Browning and Hal Kendig examines the many facets of Australia's ageing population and how society has, could and should respond to the many challenges and opportunities. <http://www.springer.com/gp/book/9781493964642>
- Ames D, Burns A & O'Brien JT. *Dementia, 5th edition*. Taylor and Francis, Oxford.

BOOK CHAPTERS

- Byles J. Our Ageing World. In Nair K (Ed) Geriatrics. Springer, New York 2016.
- O'Loughlin, K., Loh, V. and Kendig, H. (2017). Carer characteristics and health, wellbeing and employment outcomes of older Australian baby boomers. *Journal of Cross-cultural Gerontology, Special Issue Older Workers and Caregiving in a Global Context* (eds K. O'Loughlin and J. Phillips). doi:10.1007/s10823-017-9321-9

REPORTS

- Comparative country studies on health system responses to population ageing and noncommunicable diseases in Asia - prepared for the Asia Pacific Observatory - edited by V. Yiengprugsawan, Judith Healy and Hal Kendig. http://www.wpro.who.int/asia_pacific_observatory/country_comparative_studies/health-system-responses-ageing-ncd/en/
- Developing a consumer experience report: Pilot stage. Melbourne: Australian Institute for Primary Care & Ageing, La Trobe University. Wells, Y., Herd, A., & Fetherstonhaugh, D. (2017). <http://www.aacqa.gov.au/publications/research-reports>
- Mishra G, Chan H, Hockey R, Waller M, Kanesarajah J, Byles J, Dobson A. Future health service use and cost: Insights from the Australian Longitudinal Study on Women's Health. Submitted to Australian Government Department of Health, June 2016.
- Cooking for One or Two Program Development of additional masterclasses. Final report to Department of Veterans' Affairs. August 2016.

PEER REVIEWED JOURNAL ARTICLES

- BIGGS, S., MCGANN, M., BOWMAN, D. and KIMBERLEY, H. (2016) 'Work, health and the commodification of life's time: reframing work-life balance and the promise of a long life', *Ageing and Society*, doi: 10.1017/S0144686X16000404.
- BOWMAN D, MCGANN M, BIGGS S, KIMBERLEY H (2016) 'Rusty, invisible and threatening: ageing, capital and employability'. *Work, Employment & Society* 10.1177/0950017016645732
- Browning, C., Enticott, J., Thomas, S. and Kendig, H. (2017). Trajectories of ageing well among older Australians: a 16-year longitudinal study, *Ageing and Society*. 1-22. doi:10.1017/S0144686X17000162
- Burns, R., Browning, C. and Kendig, H. (2017). Living well with chronic disease for those older adults living in the community, *International Psychogeriatrics*, 29(5): 835-843. doi:10.1017/S1041610216002398
- Burns, R., Loh, V., Byles J. and Kendig, H. (2017). The impact of childhood parental quality on mental health outcomes in older adults, *Aging and Mental Health*, doi:10.1080/13607863.2017.1317331
- Byles J, Curryer C, Vo K, Forder P, Loxton D, McLaughlin D. Changes in housing among older women: Latent class analysis of housing patterns in older Australian women. *Urban Studies*. doi: 10.1177/0042098016661309
- Byles J, Vo K, Mackenzie L, Thomas L, Kendig H. Partner status and mental and physical health of independently living men aged 70 years and older. *Australasian Journal on Ageing*, 2016; 35(2): 143-6.
- Byles JE, Vo K, Forder PM, Thomas L, Banks E, Rodger B, Bauman A. Gender, mental health, physical health and retirement: a prospective study of 21,608 Australians aged 55 to 69 years. *Maturitas*. 2016; 87:40-48. doi: 10.1016/j.maturitas.2016.02.011
- Ding D, Grunseit AC, Chau JY, Vo K, Byles J, Bauman AE. Retirement: a transition to a healthier lifestyle? Evidence from a large Australian study. *American Journal of Preventative Medicine*, 2016; 51(2): 170-8.
- Dolja-Gore X, Harris ML, Kendig H, Byles JE. Patterns of hospitalization risk for women surviving into very old age: Findings from the Australian Longitudinal Study on Women's Health. *Medical Care*. 2017; (4): 352-361. doi: 10.1097/MLR.0000000000000636
- Dow B, Joosten M, Kimberly H & Biggs S. (2016) Age Encounters: Exploring age and intergenerational identity. *Journal of Intergenerational Relationships*, 14(2):104-118. doi:10.1080/15350770.2016.1160731.
- Harris ML, Dolja-Gore X, Kendig H, Byles JE. End of life hospitalisations differ for older Australian women according to death trajectory: a longitudinal data linkage study. *BMC Health Serv Res*, 2016; 16: 484.
- Harris ML, Dolja-Gore X, Kendig H, Byles JE. First incident hospitalisation for Australian women aged 70 and beyond: a 10 year examination using competing risks. *Archives of Gerontology and Geriatrics*, 2016; 64: 29-37. doi: 10.1016/j.archger.2015.12.006
- Eftekhari P, Forder PM, Majeed T, Byles JE. Impact of asthma on mortality in older women: an Australian cohort study of 10413 women. *Respiratory Medicine*, 2016; 119: 102-8. doi: 10.1016/j.rmed.2016.08.026
- Gahan, P., Harbridge, R., Healy, J., & Williams, R. (2016) The Ageing Workforce: Policy Dilemmas and Choices. *Australian Journal of Public Administration*, DOI: 10.1111/1467-8500.12232
- Hubbard I, Vo K, Forder P, Byles J. Stroke, physical function and death over a 15-year period in older Australian

- women. *Stroke*. 2016; 47(4):1060-1067.
- Hussain, R. Kendig, H., O'Loughlin, K. and Cannon, L. (2017). Perceptions of health-care professionals' treatment of older people, *Australasian Journal on Ageing*. 36(2): 102-106.
 - Kennaugh R, Byles J, Tavener M. Beyond widowhood: Do prior discovered themes that describe the experiences of older Australian widowed women persist over time? *Women and Health*, 2016; 56(7): 827-42. doi:10.1080/03630242.2015.1118731
 - Kendig, H., Gong, C.H., Cannon, L. and Browning, C. (2017). Preferences and predictors of ageing in place: Longitudinal evidence from Melbourne Australia. *The Journal of Housing of the Elderly*, 1-13. March 2017. doi: 10.1080/02763893.2017.1280582
 - Kendig, H., O'Loughlin, K., Hussain, R. and Cannon, L. (2017). Attitudes to intergenerational relations, *Australasian Journal on Ageing*. 36(2): 107–111.
 - Kendig H, Loh V, O'Loughlin K, Byles J, Nazroo JY. Pathways to Well-Being in Later Life: Socioeconomic and Health Determinants Across the Life Course of Australian Baby Boomers. *Journal of Population Ageing*, 2016; 9(1): 49-67. doi: 10.1007/s12062-015-9132-0
 - Kowal P, Byles JE. 900 million and counting: Epidemiologic data for demographic and policy transitions. *Population Horizons*. 2016; 12(2):68-76. doi: 10.1515/pophzn-2015-0011
 - Leigh L, Byles JE, Mishra GD. Change in physical function among women as they age: Findings from the Australian Longitudinal Study on Women's Health. *Quality of Life Research*. 2017; 26(4): 981-991.
 - Leigh L, Byles JE, Jagger C. BMI and healthy life expectancy in old and very old women. *British Journal of Nutrition*, 2016; 116(4): 692-9. doi: <http://dx.doi.org/10.1017/S0007114516002403>
 - Leigh L, Byles JE, Choienta C, Pachana NA. Late life changes in mental health: a longitudinal study of 9683 women. *Aging & Mental Health*, 2016; 20(10): 1044-54. doi:10.1080/13607863.2015.1060943
 - Mackenzie, Byles J. Circumstances of falls with fractured femur in residents of Australian nursing homes: An analysis of falls reports. *Journal of Aging and Health*. doi: 10.1177/0898264317690667
 - Majeed T, Forder P, Tavener M, Vo K, Byles J. Work after age 65: A prospective study of Australian men and women. *Australasian Journal on Ageing*. doi:10.1111/ajag.12382
 - Majeed, T. Forder, P.M., Mishra, G., Kendig, H. and Byles, J.E. (2017). Exploring workforce participation patterns and chronic diseases among middle-aged Australian men and women over the life course, *Journal of Aging and Health*, 29(2):343-361. doi: 10.1177/0898264316635586
 - O'Loughlin, K. Kendig, H., Hussain, R. and Cannon, L. (2017). Age discrimination in the workplace, *Australasian Journal on Ageing*. 36(2): 98-101.
 - Shu, C.C., Cumming, R.G. Kendig, H.L., Blyth, F.M., Waite, L.M., Le Couteur, D.G., Handelsman, D.J. and Naganathan V. (2017). Health status, health behaviours and anxiety symptoms of older male caregivers - findings from the Concord Health and Ageing in Men Project. *Australasian Journal on Ageing*. 36(2): 151-157.
 - Vo K, Forder PM, Byles JE. Urinary incontinence and social function in older Australian women. *Journal of the American Geriatrics Society*, 2016; 64(8): 1646-50. doi: 10.1111/jgs.14250
 - Yiengprugsawan V, Rimpeekool W, Papier K, et al.. Relationship between 8-year weight change, body size, and health in a large cohort of adults in Thailand. 2017. *Journal of Epidemiology*. doi: 10.1016/j.je.2016.09.015.