

ILC-Australia 2019 Biannual Report

INTERNATIONAL ACTIVITIES

Grant Proposal on Long Term Care submitted to Australian Research Council

As a result of the work commenced during the Research Workshop hosted by ILC Singapore in 2018, the LTC working party, led by Julie Byles, submitted a grant proposal to the Australian Research Council in 2019 to complete the next phase of the project. The aim of this research is to develop an international framework for describing and classifying Long Term Care (LTC) systems in different countries according to their ability to meet the needs of older people. We further aim to use this framework to identify examples of best practice and innovation in LTC systems, and to identify potential to transfer specific elements of LTC across different settings. This research is designed to strengthen our understanding of how LTC is delivered across the world, and to enhance the ability to learn from each other and adopt best practice examples to improve the wellbeing of people in later life.

United Nations Open-Ended Working Group on Ageing 9th (23rd – 26th July 2019) and 10th (15-18 April 2019) Sessions NYC

Julie Byles attended the 9th and 10th sessions of the United Nations Open Ended Working Group on Ageing, as a member of the ILC Global Alliance. The tasks of the working group are to discuss the need for a convention on the rights of older persons. The 9th Session focused on autonomy and independence, and on palliative and long term care. The 10th session focused on life long learning and social protection, and considered normative gaps highlighted in the 2018 meeting.

Working papers for the meeting are available at: <https://social.un.org/ageing-working-group/>



During the 10th Session Julie Byles moderated questions and discussion for a UN Side Event hosted by ILC Canada, ILC Global Alliance and the LIFE Research Institute, as part of ILC Canada's advocating plan for the UN Convention on the Rights of Older People.

Meeting with ILC USA

While in New York Julie Byles (ILC Australia) Didier Halimi (ILC France) and Masako Osako (ILC Global Alliance) met with Kavita Siva (ILC USA) to discuss the ILC Long Term Care project, opportunities for cooperation, and other ILC matters.

IAGG-ER and IAGG Global Council Gothenberg

Julie Byles attended the IAGG Global Council met during the meeting of the European Region in Gothenburg Sweden 23-25th May.

Visit to ILC UK

In April/May 2018 Julie Byles visited the offices of ILC UK to meet with their staff, to get some idea of their objectives and modes of operation, and to discuss their experiences running the ILC meeting in 2016. ILC UK operates as a "think tank" taking on commission research and policy analysis to present

new solutions to the challenges and opportunities of ageing. They also host events and forums to increase awareness and stimulate community debate.

While there Julie gave a presentation on:

Women's health across the life-course and across the generations.

ILC Global Alliance Workshop and Retreat

13-17 May 2018

Julie Byles, Emily Princehorn and Helen Barrie attended this workshop on behalf of ILC Australia. The workshop was hosted by ILC Singapore and partly sponsored by the Tsao Foundation. It was attended by 9 of the 16 countries in the Global Alliance (see Table).

Prevention in the Ageing World

Julie Byles represented ILC-Australia at a number of events as part of the international program of work organised by ILC-UK to promote preventive measures across the lifecourse, examine the health and economic burden of a number of preventable communicable and non-communicable diseases, draw together examples of effective preventive interventions for adults in mid and later life.

G20 Side-event - Friday 18 October 2019 - Okayama, Japan

Held alongside the G20 Health Ministers' meeting in Okayama, Japan. The event brought together key global policymakers and thought leaders to discuss how the role of healthcare systems in prevention across the life course can be supported, and the benefits that preventative interventions have on economic productivity and health system sustainability.

Prevention in an ageing world – Three country perspectives - Saturday 26 October 2019

4.00 to 5.30pm - Taipei

This symposium at the 11th IAGG Asia/ Oceania Regional Congress 2019 examined the potential for health systems to promote prevention across the life course.

Prevention in an ageing world – Implications for policy and practice - Tuesday 5 November 2019

3.30 to 5.30pm - Sydney

This workshop will run as part of the Australian Association of Gerontology (AAG) pre-conference workshop programme and give an overview of initial research findings on the value of prevention in an ageing world and the role of health systems, followed by a participatory discussion on the implications for global policymakers.

Frontiers in Public Health - Research Topic on Chronic Illness and Ageing in China

<https://www.frontiersin.org/research-topics/7544/chronic-illness-and-ageing-in-china>

Editors: Professor Colette Browning, Professor Shane Tomas, Dr Anna Chapman, Professor Zeqi Qiu, Dr Shuo Liu

This edition of the journal featured research funded by the Australian Research Council Discovery Project (DP160103023) and the International Primary Health Care Research Institute San Ming Program in Shenzhen (SZSM201511046).

China's population is ageing and, like many countries, the major disease burden is chronic illnesses. Today, life expectancy in China is 76 years, an increase in 17 years since 1970. In 2016, 10.8% of the population were aged 65 years and over and by 2050 this will increase to 25%. China's population is ageing more rapidly than other countries. In China those aged 65 years and over will grow from 7% to 14 % in a period of 26 years, compared to Australia which took 73 years, and the US which took 69 years to achieve this growth. Closely linked to the shift in ageing profile is the transition in health, involving a progressive shift in the burden of disease away from communicable disorders and injuries to chronic non-communicable diseases. Almost 80% of all deaths in people living in China aged 60 years or over are attributable to chronic non-communicable disease. The chance of dying prematurely in China from non-communicable diseases is double that of other countries. In people aged 60 years and over in China the main diseases contributing to burden are ischaemic heart disease, stroke, chronic obstructive pulmonary disease, and diabetes. Behavioural risk factors such as smoking, alcohol consumption, sedentary behaviour, insufficient dietary intake, and high body mass index contribute significantly to the prevention and management of these conditions. Population ageing has a major impact on the numbers of people with at least one chronic illness.

This publication includes 10 papers, examining: chronic illness patterns and health system responses in the context of population ageing in China; behavioural risk factors in the prevention and management of chronic illnesses; workforce requirements to address chronic illness prevention and management; and health and primary health care policy responses to population ageing and the burden of disease in China.

Symposium on LTC

Julie Byles presented at the 2019 Asia-Pacific Policy Forum for Long-term Care in Aging: Facing the Aged Society and Future of Long-term Care. Kaohsiung, 21 October 2019.

Global Social Security Review – special issue on community care

Briony Dow, Julie Byles and Diane Gibsons published a paper on community care In The Global Social Security Review, published by the Korean Institute for Health and Social Welfare.

See:https://www.kihasa.re.kr/english/publications/eng_review/list.do?menuId=109&tid=96&bid=99&aid=6

Book - Urban Environments for Healthy Ageing A Global Perspective, 1st Edition

Edited by Anna P Lane

Around the world, researchers, policy makers, and practitioners are working to ensure cities and communities are prepared for the challenges and opportunities of aged and highly urbanised populations. This book arose from a colloquium convened by the Singapore University of Technology and Design. The book brings together stakeholders from Asia, Australia, Europe, and North America, and presents new evidence and critical reviews of current knowledge to promote ongoing discussions on: affordable and accessible housing to support ageing in place; built environment supports for health-enhancing physical activity and mobility; and planning and design strategies and approaches to promote healthy and active ageing in cities and communities. The book content is framed by socioecological models of ageing and well-being that emphasise the dynamic interconnections between people and environment.

NATIONAL ACTIVITIES

Remembering Professor Hal Kendig

On **Friday 24 August 2018** a memorial service was held to celebrate the life and work of Hal Kendig. The event was coordinated by Keryn Curtis, with representations by Professor Tony Broe, Professor Julie Byles, Professor Keith Hill, Professor Kaarin Anstey, Dr Richard Burns, Jane Halton (former 1st Assistant Secretary to the Department of Health) and The Hon Mark Butler (former Minister for Ageing).

Obituaries to Hal were published in various newspapers around the country:

<https://www.smh.com.au/national/hal-kendig-gerontologist-who-helped-shaped-aged-care-20180823-p4zz82.html>

An editorial prepared by Hal, and providing a critical assessment of where Australia is at in relation to ageing policy and research was published in the Australasian Journal of Ageing

Kendig, H. (2018), **Not there yet: A gerontologist's lament**. Australas J Ageing, 37: 165-166.

[doi:10.1111/ajag.12563](https://doi.org/10.1111/ajag.12563)

The Hal Kendig Research Development Program's purpose is to support early career researchers to improve their track record to lead to an ARC Grant or Fellowship or comparable research funding, and to support a discrete research effort that provides evidence and critical thinking that furthers the interests of vulnerable older people in advanced age. The program is generously funded by a bequest from the Kendig Family. Further information is available at <https://www.aag.asn.au/education/the-hal-kendig-research-development-program>. The Australasian Journal of Ageing has published a special issue to honour the Legacy of Professor Hal Kendig. The editorial and article collection can be accessed here:

[https://onlinelibrary.wiley.com/doi/toc/10.1111/\(ISSN\)1741-6612.Professor-Hal-Kendigs-Legacy](https://onlinelibrary.wiley.com/doi/toc/10.1111/(ISSN)1741-6612.Professor-Hal-Kendigs-Legacy)

Meeting with Minister Wyatt James Beckford Saunders, Julie Byles and Emily Princehorn met with Minister Wyatt on 16 March 2018.

Julie Byles and James Beckford Saunders went to Canberra on 6th April 2018 to meet with senior executives in the Department of Health. The Specialised Programs and Regulation Branch are facilitating a roundtable that will provide us with the opportunity to present and share information around social determinants of health and their significance for health and aged care policies and services for older people in Australia. Topics covered will include women's experience, men's experience, and impacts for LGBTI, CALD and Indigenous peoples.

New research with older people at Bolton Clarke Research Institute, Australia

Supporting older people to keep as well as they can in the way that they wish is the goal of work by Bolton Clarke Research Institute. A program of work is now underway, focusing on working with older people to ensure that their needs are identified and understood, and evidence-based interventions are implemented to best meet their needs, including the following three newly funded projects:

Funded by the Federal Government and led by QUT, Bolton Clarke will implement an early detection program to prevent unnecessary hospital admissions of aged care residents through the Early Detection of Deterioration in Elderly Residents (EDDIE+) program. The program will be trialled in twelve Bolton Clarke care homes over three years and will (1) provide tailored training and resources for early detection of deterioration and (2) empower nursing staff to proactively care for elderly residents in familiar surroundings. It is hypothesised that this will significantly reduce the number of hospital transfers and admissions from nursing homes, saving older residents distress and disruption, and lessening the burden in the hospital system.

For further information, contact Dr Liz Cyarto ecyarto@boltonclarke.com.au or Dr Claudia Meyer cmeyer@boltonclarke.com.au.

A government funded project will codesign, implement and evaluate an innovative volunteer delivered, peer support program called HOspitals and patients WoRking in Unity (*HOW-R-U?*) project. Led by Bolton Clarke Research Institute, working with Northern Hospital and Friends for Good, *HOW-R-U?* aims to reduce feelings of social isolation, loneliness and depressive symptoms in older people aged ≥65 years who are discharged from Northern Hospital, and reduce hospital presentations for non-emergency care. Contact Dr Marissa Dickins mdickins@boltonclarke.com.au for more information.

Monash Partners Medical Research Future Fund (MRFF) Rapid Applied Research Translation funding was awarded for *Be Your Best*, an innovative co-designed approach to pre-frailty and frailty program. Frailty is a condition in which the individual is vulnerable and at increased risk of poor health outcomes or death in the event of an illness or injury. As people age, frailty is common, affecting one in two people aged 65 years or more, and is linked with high health care needs. Frailty is modifiable, and interventions such as physical activity, cognitive training, nutrition and social support have been shown to improve frailty in older adults. The *Be Your Best* program aims to build resilience in older adults to overcome the vulnerabilities that arise from frailty. To address frailty in older community-dwelling adults, this project will codesign and undertake a feasibility and acceptability pilot of the *Be Your Best* program. Contact Dr Maja Green mgreen2@boltonclarke.com.au for more information.

The Landings and Live Well, Age Well - We continue to work with residents at The Landings to co-design a well being program for older people. We have now extended this program to involve residents at Bolton Point retirement village run by Bolton Clarke. Village residents participated in the Cooking for 1 or 2 program. We are now looking to use the Cooking for 1 or 2 approach to design a broader range of modules to address other issues facing people as they age.

5th International Conference on Ageing in a Foreign Land followed by **SA Divisions of the AAG's annual conference** *Ageing well through communities, capacity and innovation*

19 — 20 June 2019, Adelaide, South Australia

<https://www.flinders.edu.au/engage/culture/whats-on/ageing-in-a-foreign-land.html>

Royal Commission into Aged Care

The Australian Government have called for a Royal Commission into aged care. The Royal Commission will primarily look at the quality of care provided in residential and home aged care to senior Australians. AAG and other members of ILC Australia have made submissions or given evidence to the commission.

Elder Abuse Action Plan and Screening Tool

Led by Director Associate Professor Briony Dow, The National Ageing Research Institute has launched Victoria's first action plan to tackle elder abuse. The plan was developed by NARI with support from Seniors Rights Victoria, the Office of Public Advocate, and community service providers. The Community Action Plan for Victoria was funded by Gandel Philanthropy. The plan highlighted several priorities, including the need to clarify the relationship between family violence and elder abuse; raise community awareness of elder abuse and promote positive images of older people to reduce ageism; increase ways to help older people disclose elder abuse without fear, and provide education and training on elder abuse for all health professionals in health and aged care services.

Older women and risk of homelessness

The Australian Association of Gerontology (AAG) released three papers addressing older women who are experiencing, or at risk of, homelessness. These papers were developed in collaboration with a range of experts from the housing, homelessness and aged care sectors and have been endorsed by a wide range of organisations from these sectors. <https://www.aag.asn.au/news/more-can-be-done-to-ensure-aged-care-system-meets-is-legislated-responsibility-for-older-women-experiencing-or-at-risk-of-homelessness>

The AAG Aboriginal and Torres Strait Islander Ageing Advisory Group (ATSIAAG) released a report ***Assuring equity of access and quality outcomes for older Aboriginal and Torres Strait Islander peoples: What needs to be done.*** [The report can be found here.](#)

Symposium on Social Connection in Older Age

Social connection in older age is everyone's business, and is vital for physical, psychological and social wellbeing. That was a key message from Bolton Clarke Research Institute's Symposium on Social Connection in Older Age on March 22, 2019, in Melbourne Australia. Over 100 hundred people, including older community members, policy makers, researchers and industry representatives came to hear the issues around social connection and what is being done about it.

Australian Association of Gerontology NSW Hunter Chapter Seminar on Healthy Ageing - A Lifelong Process

A one-day seminar was held on Friday 15 March 2019 at the Hunter Medical Research Institute offering new perspectives on healthy ageing across the life course. Presentations from Professor Julie Byles (ILC-Aus), Professor Carol Jagger (Newcastle University – UK) and Dr John Ward reported findings from recent Australian and UK research on healthy life expectancy and outlined practical approaches to encourage healthy ageing in late life, including community and residential care settings and at end of life. A panel of distinguished speakers discussed concepts of autonomy and independence in healthy approaches to care.

Living to 100 conference. 7&8th September, Sydney, Australia 2018

Professor Julie Byles participated in the 2nd International Living to 100 conference hosted by the Centre for Healthy Brain Ageing (CHeBA). The conference focused on exceptionally long-lived individuals, and the biological and social factors that may contribute to longevity. Julie discussed the capacity for successful and healthy ageing and longevity, based on data from the Australian Longitudinal Study on Women's Health. The study has involved 12432 women who joined the study in 1996 when they were aged 70-75 years. Over time, the women have provided a wealth of quantitative and qualitative information on their social circumstances, lifestyle, and health. Today, the surviving women are in their late 90's. These women exemplify the World Health Organisation's notion of healthy ageing, whereby people develop and maintain the functional ability that enables well-being in older age, and are supported to do the things they choose to do and have reason to value.

Research Centre for Generational Health and Ageing hosts world renowned epidemiologist

Professor Carol Jagger from Newcastle University (UK) visited the Research Centre for Generational Health and Ageing in 2019 to work with Professor Julie Byles on their project testing the WHO Health Ageing framework, moving beyond definitions of successful ageing, which apply to only a minority of older people.