

ILC- Israel

The ultimate goal of our research center is to promote quality of life in late life. Our center's activities focus on promotion of evidence-based, aging-related knowledge, on disseminating accumulated and updated knowledge to national and local policymakers, service providers (public and private), the professional/semi-professional communities, and the public, and on mentoring research students – future leaders in aging in academia and various other institutions. ILC Israel is an integral part of Ben-Gurion University's Center for Multidisciplinary Research and Aging. The Center has a total of 27 members –largely professors, medical faculty, and students. Five professors serve as the Center's steering committee, directing the Center's goals and activities.

Research

Most recent studies:

1. Influence of health beliefs and self-efficacy on outcomes of inflammatory bowel diseases - Crohn's and Ulcerative Colitis - in a patient population in southern Israel, led by Prof. Sara Carmel, Dr. Doron Schwartz, and Elena Chernin.
2. Positive effects of informal caregiving on family primary caregivers, led by Prof. Sara Carmel and Prof. Yaacov Bachner.
3. Gut microbiota correction as a potential treatment for Parkinson's disease, led by Prof. Vadim Fraifeld and Dr. Arik Segal.
4. Use of feeding tubes in patients with end-stage dementia: The Israel perspective in the wake of a reform in health policy, led by Prof. Mark Clarfield & Prof. Tzvi Dwolatzky.
5. Relative reliability, absolute reliability and concurrent validity of the Narrow Path Walking Test in people with Amyotrophic Lateral Sclerosis, led by Prof. Itzik Melzer & Dr. Marc Gotkin.
6. Effects of the use of movement monitoring on physical and cognitive function and subjective wellbeing of older people without major neurocognitive disorders, led by Prof. Sara Carmel, Prof. Yaacov Bachner, Prof. Tzvi Dwolatzky & Prof. Itzik Melzer.
7. Active euthanasia and physician assisted suicide in Israel: Attitudes of older persons, social workers and gerontologists, led by Prof. Sara Carmel & Prof. Yaacov Bachner.

We have many ongoing local and international studies in addition to the ones listed above.

Advocacy and Policy

ILC Israel and The Center for Multidisciplinary Research in Aging (CMRA) organize annual conferences under the general title “Innovations and challenges in gerontology and geriatrics.” Our most recent conference was held on December 25th, 2018, on the topic of “Ageism.”

This multidisciplinary conference, which was offered free of charge to attendees, was a great success with an estimated 120 attendees present. The conference was comprised of two sessions – “Ageism, its Meaning and its Implications in Various Areas of Our Lives” and “Trends in Social Change regarding ageism.” Presenters and attendees came from all over Israel, and included faculty and students from Ben-Gurion University of the Negev, Bar-Ilan University, and the University of Haifa, as well as members of the Ministry of Social Equality and Eshel-JDC, professionals working in services and institutions for the aged in the Southern region of Israel, and the public.

Policy

Activities affecting policies:

Sara Carmel, the head of ILC Israel, along with other members of the Center provided policy input and guidance for a number of institutions, organizations, and events:

- Consultant to the Israel Ministry for Social Equality
- President of the International Longevity Center –Israel (A member of the ILC Global Alliance), since 2007
- Member of the board of the scientific international journal "Health Care of Women International"
- Member of the editorial board of the professional journal - Gerontology - published by the Israel Gerontological Society (IGS)
- Member of the Managing Committee of the Center for Research in Aging, The Max Stern Yezreel Academic College, Israel
- Active researcher: Initiating and providing guidance and assistance in preparing research proposals to the CMRA's research groups and tutoring four PhD research students as well as several medical students.
- Prof. Carmel with Prof. Bachner organized a special session for presenting the center's studies at the 23rd Biennial Conference of the Israel Gerontological Society. Tel-Aviv, Israel, February, 2018. (Oral presentation).
- Prof. Carmel participated in a plenary panel presenting "Work, Aging and Cognitive Function – the Israeli case." The 2017 Berlin Demography Forum, Berlin, Germany.
- Prof. Carmel participated in a panel and presented "Work, Aging and Cognitive Function in Israel." The 21st Conference of the International Association of Gerontology and Geriatrics (IAGG), and the Annual Conference of the Gerontological Society of America (GSA), San Francisco, U.S.A July, 2017. (Oral presentation).

Publications

Selected Refereed articles in Scientific Journals (Members of the center are identified in bold):

- **Carmel, S., Tovel, H., Raveis, H.R., & O'Rourke, N.** (2018). Is a decline in will-to-live a consequence or predictor of depression in late life? *Journal of the American Geriatrics Society (JAGS)*, doi: 10.1111/jgs.15394
- **O'Rourke, N., Carmel, S., & Bachner, Y.G.** (2018). Does early life trauma affect how depression is experienced by Holocaust survivors in late life? *Aging & Mental Health*, 22, 662-668. (IF – 2.66 JR in Gerontology 8/32; Q1)
- **Elhai, N., Carmel, S., O'Rourke, N., & Bachner, Y.G.** (2018). Translation and validation of the Hebrew version of the SHALOM Spiritual Questionnaire. *Aging & Mental Health*, 22(1), 46-52. doi:10.1080/13607863.2016.1222350.
- **Bachner, Y.G., Carmel, S., & O'Rourke, N.** (2018). The paradox of well-being and Holocaust survivors. *Journal of the American Psychiatric Nurses Association*, 24, 45-52. doi: 10.1177/1078390317705450.
- Alon, S., **Sela, Y., & Carmel, S.** (2018). Effects of perceptions of prognosis on existential well-being and ego-integrity among advanced cancer patients. *Palliative Medicine and Hospice Care*, June 30, S60-S67. doi:org/10.17140/PMHCOJ-SE-1-113.
- **Carmel, S.** (2017). The Will-to-Live Scale: Development, validation and significance for elderly people. *Aging & Mental Health*, 21(3), 289-296. doi: 10.1080/13607863.2015.1081149.
- **Tovel, H., Carmel, S., & Raveis, V. H.** (2017). Relationships among self-perception of aging, physical functioning, and self-efficacy in late life. *The Journals of Gerontology: Series B*, 74(2), 212-221.
- Yanai, H., & **Fraifeld, V. E.** (2018). The role of cellular senescence in aging through the prism of Koch-like criteria. *Ageing Research Reviews*, 41, 18-33.
- **Clarfield, A. M.** (2018). Healthy life expectancy is expanding. *Journal of the American Geriatrics Society*, 66(01), 200-201.
- **Batcir, S., & Melzer, I.** (2018). Daily bicycling in older adults may be effective to reduce fall risks—a case-control study. *Journal of Aging and Physical Activity*, 26(4), 570-576.