



Activities Report 2018/19

ILC South Africa (ILCSA) is operated at two sites: at the University of Cape Town (UCT) and at North West University (NWU). ILCSA was established at UCT in 2005 and a partnership was entered with the NWU site in 2015. Sebastiana Kalula and Jaco Hoffman, at the respective universities, are Co-Directors of ILCSA. Activities and combined output in the period under review, including that of ILCSA associates, collaborators and staff members, are reported selectively.

Research

Research projects completed or under way deal broadly with a) health and social care service delivery to older clients; b) long-term care (solutions in African settings); c) promotion of age friendly communities; and d) HIV/AIDS and ageing. Selected projects are described briefly:

1. **Testing the WHO Age-Friendly Primary Health Care Toolkit to improve care for older patients.** The study aims to improve health and quality of life of older patients through improved primary health care assessments and management of medical and social conditions.
2. **Health literacy and HIV prevention in persons aged ≥ 50 in South Africa and Lesotho.** The study is identifying factors that promote and inhibit HIV/AIDS prevention practices in older adults in these countries.
3. **Development of self-care management for older clients with type 2 diabetes attending Community Health Centres in Cape Town.** The study examined older clients' knowledge about living with and managing diabetes, and their social support structures, to inform the development of a self-care management programme.
4. **An exploration of services and member profiles at senior service centres in the Western Cape, South Africa.** The study examined the utilisation of specific programmes at service centres, towards the development of user and service centre profiles.
5. **The future of long-term care for vulnerable older adults in sub-Saharan Africa.** The project aims to reconcile formal long-term social and health care with informal care provision to inform intervention to mitigate the risk of unmet care. To this end several Research-Policy-Practice dialogues were convened and two Masters' students completed their courses.
6. **we-DELIVER.** The project is aimed at delivering better services to older persons (>60 years) in rural communities in South Africa through the use of information and communication technologies (ICT). It is funded through Tirelo Bosha - a public service improvement programme and partnership between the South African Department of Public Service and Administration (DPSA) and the Belgian Development Agency.

Policy and advocacy

ILCSA contributes to policy debate on older persons in South Africa, regionally and globally. All ILCSA research projects are aimed at policy development. At both sites, Kalula and Hoffman engaged in advocacy for service improvement and innovation. Hoffman convened an international multidisciplinary research-policy-practice dialogue on developing a “Long-term Care Economy in Gauteng (province), South Africa: Expanding Opportunities for Work and Equality,” outcomes to promote employment and enterprise creation, and to advance gender equality. Hoffman convened a seminar series on “‘Leave no one behind’ – Sustainable Goals, Ageing Global Development” towards forging the universal 2030 Agenda for Sustainable Development, at the University of Oxford. Hoffman participated in a panel discussion in the CommonAge Forum alongside the Commonwealth Heads of Government Meeting in the UK. He participated in a forum at The Rockefeller Centre at Bellagio, Italy on “New Partnerships to Improve Social Health and Economic Reinvestment in Low-Income Neighbourhoods: The Role of Anchor Institutions,” focused on broad health and wellness issues, and forging new partnerships including with financial institutions. With photographer Osborne Macharia in Kenya, he contributed to a photographic exhibition on “Age(ing): Grey is the New Pink” at the Weltkulturen Museum in Frankfurt, Germany, focused on facing the “challenge of ageing” optimistically and tapping potential in older persons. He gave a plenary address in the IAGG Africa Region conference on “Long-Term Care Systems for Africa: Setting Agendas,” in Nairobi, Kenya.

Kalula presented a paper in the “Family Summit in Celebration of the International Day for Families,” in Johannesburg; and participated in a South African “Theory of Change” workshop in Johannesburg to map a research project on “Strengthening Responses to Dementia in Developing Countries (STRiDE), towards developing a National Dementia Plan. She is a member of a group to identify indicators to assist clinicians with palliative care needs. She gave a video link talk on making Cape Town an age-friendly city in the IAGG’s 14th Global Conference on Ageing in Toronto, Canada.

Education and training

At both sites, undergraduate and postgraduate training on health and ageing, and in Gerontology *per se* has a strong emphasis on research, as part of degree studies, as well as public education through seminars, guest lectures, etc. Selected activities during the review period include: Kalula participated in a Diploma in Palliative Care course under the Department of Public Health and Family Medicine for patients with dementia. She gave a presentation on management of falls in older persons in workshops of the South African Geriatrics Society and a preparatory course for candidates for the Diploma in Geriatric Medicine examination. She gave a presentation on clinical geriatric symptoms in a pre-conference master class for the IAGG Global Social Initiative on Ageing (GSIA), convened by Hoffman, Nairobi, Kenya. Hoffman, with the UN International Institute on Ageing (INIA), Malta, convened an introductory course in Social Gerontology attended by 20 policy makers and practitioners.

Publications (selected)

1. Adebusoye LA, Kalula SZ. 2019. Mortality among older patients admitted to the medical wards of Groote Schuur Hospital, South Africa, 2010 – 2013. *South African Medical Journal*, 109(2):116-121. doi: 10.7196/SMJ>2019.v109i2.13275
2. Hoffman J. 2018. Second parenthood realities, Third Age ideals: (grand)parenthood in the context of poverty and HIV/AIDS. In: Timonen, V. (Ed.) *Grandparenting practices around the world*. Bristol: Policy Press.
3. Hoffman J. 2018. Parenthood between generations: Transforming reproductive cultures. *Journal of Population Ageing*, 11(2): 209–212. 10.1007/s12062-017-9189-z#citeas
4. Hoffman J. 2018. Age(ing) on the youngest continent: Challenges and (imagined) prospects. In: Pawlik A (Ed.) *Grey is the new pink: Moments of ageing*. Kerber, Germany, pp 78 - 85.
5. Kaplan M, Thang LL, Sanchez M, Hoffman J. (Eds.) *Intergenerational contact zones: Foundations and applications*. Routledge [In press]
6. Kelly G, Mrenggwa L, Geffen L. 2019. “They don’t care about us”: older people’s experiences of primary healthcare in Cape Town, South Africa. *BMC Geriatrics*, 19(1): 98.

7. Mapira L, Kelly G, Geffen LN. 2019. A qualitative examination of policy and structural factors driving care workers' adverse experience in long-term residential care facilities for the older adults in Cape Town. *BMC Geriatrics*, 19(1): 97.
8. Padvalkava K, Hoffman J. Sustainable development goals and population aging. In: Gu D, Dupre ME (Eds.) *Encyclopedia of Gerontology and Population Aging*. Springer [In press]
9. Vosman F, Baart A, Hoffman J. (Eds.) *Ethics of care*. Leuven: Peeters. [In press]
10. Werfalli M, Kassanje R, Kalula S, Kowal P, Phaswana-Mafuya N, Levitt NS. 2018. Diabetes in South African older adults: prevalence and impact on quality of life and functional disability - as assessed using SAGE Wave 1 data. *Global Health Action*, 11(1): 1449924. doi: 10.1080/16549716.2018.1449924.
11. Werfalli M, Murphy K, Kalula S, Levitt N. 2019 Current policies and practices for the provision of diabetes care and self-management support programme for older South Africans. *African Journal of Primary Health Care & Family Medicine*, 11(1). DOI: <https://doi.org/10.4102/phcfm.v11i1.2053>

Other

North West University conferred a PhD degree (Honoris Causa) on Monica Ferreira in recognition of her contribution to the development of Gerontology in Africa and globally, and cited her leadership at ILCSA and in the ILC Global Alliance.

Website: <http://www.ilcsa.uct.ac.za/> (under reconstruction); <http://www.optentia.co.za/>

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