



Activities Report 2016/17

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, including that of ILCSA associates and staff members, are reported selectively.

Research

Research projects completed or under way in the review period deal broadly with a) service delivery to older clients, with a focus on health and social care; b) long-term care (solutions in African settings); c) promotion of age friendly communities; and d) HIV/AIDS and ageing. Central to all research projects are direct efforts to give voice to older persons. Projects are described briefly:

- **Cape Town: How age friendly is the city? An exploratory study.** Perceptions and experience of 97 older residents of low-income townships of the age-friendliness of the City of Cape Town were investigated. A research report and a policy brief were submitted to stakeholders at the City Council and other institutions.
- **HIV and AIDS prevention: Knowledge among older persons in the Western Cape, KwaZulu-Natal and Lesotho.** A survey of knowledge, attitudes and practice was completed, and an educational pamphlet to expand knowledge, and to address Facts and Myths of HIV and AIDS for older persons is being produced in a second phase.
- **WHO Age Friendly Primary Health Care Toolkit.** Testing of the toolkit is underway at two Community Health Centres in Cape Town.
- **we-Deliver – Holistic service delivery to older people in local government through information and communication technologies (ICT).** An intervention project, under an Age-friendly Communities theme, drawing on outcomes of an earlier study commissioned by the South African Local Government Association (SALGA), is being carried out at three campuses of North West University in local communities. The project is aimed at delivering better services to older people in rural communities through ICT.
- **The future of long-term care for vulnerable older adults in sub-Saharan Africa.** The project, within a Long-term Social and Health Care stream, is being conducted at North West University in collaboration with international and local scholars. It is aimed at reconciling formal

long-term social and health care provision for vulnerable older persons with informal care provision to inform intervention to mitigate the risk of unmet care.

Advocacy

Apart from engaging in advocacy through positions held in various influence groups, Kalula and Hoffman advocate for service improvement and innovation based on outcomes of ILCSA research projects. Kalula is a member of the South African Older Persons Forum, a platform to promote older persons' rights and dignity, and serves on the Committee of the South African Rights Commission on Older Persons and Persons with Disability. Hoffman serves on the Advisory Board of the South African Care Forum, a training and advocacy body aimed at improving care services for older persons and enhancement of quality of life in old age homes.

Policy

ILCSA plays a prominent role in policy debate concerning older persons both in South Africa and regionally. Both sites are participating in the stakeholder consultative process to amend the Older Persons Act (Act No. 13 of 2006). Kalula has worked closely with relevant departments of Local Government towards addressing perceived deficiencies to improve the age-friendliness of the City of Cape Town. Hoffman works closely with SALGA, and the Department of Public Service and Administration through the "we-Deliver" project, to review and revise policy implementation on local government service delivery to older clients. Both Kalula and Hoffman, and ILCSA associates Isabella Aboderin and Leon Geffen participated in the IAGG Africa Region conference in Nairobi, Kenya (elaborated below); outcomes of this Research - Policy Dialogue conference informed the draft African Union (AU) "Common Position on Long-term Care Systems for Africa." Aboderin and Hoffman co-drafted the document with a small team, which was adopted by the Specialised Technical Committee on Social Development, Labour and Employment of the AU, in Algiers, Algeria in April 2017.

Education and training

The UCT site offers undergraduate and postgraduate training on health and ageing, with a strong emphasis on research, as part of degree studies, as well as public education through seminars, guest lectures, etc. Selected events in the review period include: Kalula's participation in the Catholic Parliamentary Liaison Office Roundtable Discussion on Older Persons and Accommodation; a Health Indaba (Expo) organised by NGO Grandmothers Against Poverty and Aids and partners for 384 community members of Khayelitsha; the Learning and Sharing International Conference, in Johannesburg, in which she presented a project to establish a coordinated community service to manage chronic disease and HIV in older persons in two townships of Cape Town; a Palliative Care Workshop, in Cape Town, in which she discussed "Dementia and Dilemmas for Palliative Care"; and an Expert Consultation on falls prevention and management, at WHO in Geneva.

Hoffman gave a plenary address in the IAGG Africa Region conference on "Long-Term Care Systems for Africa: Setting Agendas" in Nairobi, Kenya. He co-convened a pre-conference master class for the IAGG Global Social Initiative on Ageing (GSIA) on "Families, ageing and care in sub-Saharan Africa," in which Kalula gave a presentation on clinical geriatric syndromes.

The NWU site offers a Master's Programme in Gerontology. In addition, Hoffman gives an annual short course for post-graduate students in Research Methodology: Ontological Assumptions and lectures on "Successful Ageing" in the Master's Programme on Positive Psychology at NWU. He undertakes an annual three-month Fellowship at the Oxford Institute of Population Ageing in the UK. In the review period he: gave a guest lecture on "The African perspective on health policy in ageing" within the MSc programme in Health Policy: Ageing and Societies at Imperial College, London, UK; convened the Seminar Series on "Navigating life in sub-Saharan Africa – adolescent socio-ecologies," at the Oxford Institute; gave a workshop on "Changing cultures of care in Africa" in the

10th Biennial Association for Anthropology, Aging and the Life Course (AAGE) conference, at Oxford Brookes University; gave a seminar to coincide with the launch of his book *Ageing in Sub-Saharan Africa: Spaces and Practices of Care* at the British Society of Gerontology, University of Stirling, UK; and gave a seminar on “Long-term care systems for older people in sub-Saharan Africa” at the Blekinge Institute of Technology in Karlskrona, Sweden. Hoffman co-ordinates the African Research on Ageing Network, which offers training and research opportunities for African scholars, at the Oxford Institute.

Publications (selected)

Aboderin, I. & Hoffman, J. (2017). Research debate on ‘older carers and work’ in sub-Saharan Africa. *Journal of Cross-Cultural Gerontology*. (Forthcoming).

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Hoffman, J. & Pype, K. (Eds.) (2016). *Ageing in Sub-Saharan Africa: Spaces and Practices of Care*. Bristol: Policy Press/Chicago University Press.

Kalula S., Ferreira, M., Swingler, G. & Motasim Badri, M. (2016). Risk factors for falls in older adults in a South African urban community. *BMC Geriatrics*. (2016). DOI: 10.1186/s12877-016-0212-7.

Kalula, S. & Petros, S. (2016). Use of physical restraint in hospital patients: A descriptive study in a tertiary hospital in South Africa. *Curationis*, 39(1).
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Kaplan, M., Sanchez, M. & Hoffman, J. (2017). *Intergenerational Pathways to a Sustainable Society*. New York: Springer.

Negin, J., Randell, M., Raban, M., Nyirenda, M., Kalula, S. *et al.* (2016). Health expenditure and catastrophic spending among older adults living with HIV. *Global Public Health*, 1-15. DOI: 10.1080/17441692.2016.1173717.

Stols, A., Roos, V. & Hoffman, J.R. (2016). Middle adolescents’ motivations to care for older persons in an economically vulnerable community. *Journal of Intergenerational Relationships*, 14(3), 179-196.

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