

ILC- Australia 2024 UPDATE for ILC GA

ILC AUS MEMBERS

See Appendix 1.

Welcome new ILC Aus members

ILC Aus welcomed two new consortium members:

- **EveryAge Counts** – a broad-based national coalition of individuals and organisations committed to tackling ageism.
- **Ageing Well in Rural and Regional Australia** - researchers from Faculties of Science and Health (FOSH), Business, Justice and Behavioural Services (FOBJBS) and Faculty of Arts and Education (FOAE). Focus on rural and remote areas – age friendly communities, rural occupations, workforce, technologies.

ENGAGEMENT WITH ILC GA

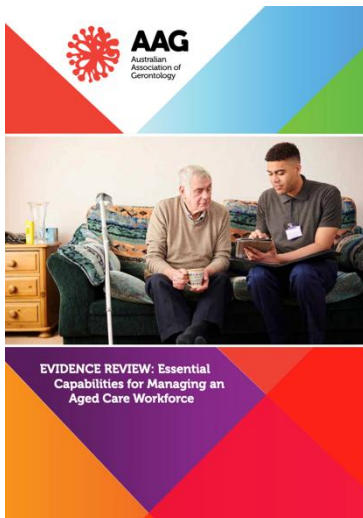
- ILC-GA Co-President – Julie Byles
- International Committee – Julie Byles, Saman Soltani
- Gender Committee – Julie Byles, Claudia Meyer
- Ageism Committee – Marlene Krasovitsky
- LTC – Julie Byles
- PACT – Briony Dow
- GNAFCC – Julie Byles, Helen Barrie
- Climate - Marguerite Bramble
- Communications – Michael Tan

WORK PLAN and KEY PRIORITIES

- Age Friendly Environments
- Diversity
- Work, retirement, lifelong learning
- Workforce
- Ageing Well – policy and practice

FEATURED WORK

Aged Care Workforce



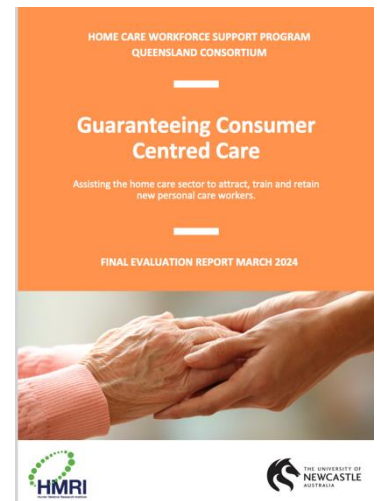
In 2024 ILC Australia identified a new theme of work around the aged care workforce. Aged care workforce has long been a critical issue, but concerns peaked in the early 2020's when staff shortages severely compromised aged care service provision.

ILC Aus members have been working across a range of activities to address this national concern. At a policy level, AAG have produced a working paper on workforce issues

<https://aag.asn.au/libraryviewer?ResourceID=266>

Julie Byles led a team to evaluate the Queensland Home Care Workforce Support Program, designed to attract and support community care workers.

<https://workforce.cotaql.org.au/evaluation-report/>



Other ILC Aus members have been working on diversity among the aged care workforce.

- Understanding and responding to racism and the provision of culturally safe care by interdisciplinary health professionals in the aged care sector in regional, rural and remote areas: a scoping review. Magee, D., Bramble, M., Randell-Moon, H., Stewart-Bugg, J. & Grant, J., Mar 2024, Rural and Remote Health. 24,
- Caring Self-Efficacy of Personal Care Attendants From English-Speaking and Non-English-Speaking Countries Working in Australian Residential Aged Care Settings. 1 Mar 2024 Journal of Aging and Health 36(3-4):207-219 Co-authors Shrestha S, Wells Y, While C, Rahman MA

Healthy Ageing Toolkit

The Healthy Ageing Toolkit is a searchable cohort information repository that includes information about ageing cohort studies across the globe (n=287) designed to support the study of healthy ageing and its trajectories, as well as inequities in healthy ageing. <https://www.healthyageing-toolkit.cepar.edu.au/>

Online Self-Assessment of Healthy Ageing

To celebrate United Nations International Day of Older Persons, NARI launched a fully digitised version of the Healthy Ageing Quiz. Funded by the Victorian Department of Health. <https://www.nari.net.au/healthy-ageing-quiz>

POLICY MATTERS



New Aged Care Act for Australia

The new Aged Care Act for Australia will come into effect on July 1, 2025. It will replace the current Aged Care Act 1997 and the Aged Care Quality and Safety Commission Act 2018. The new Act is intended to focus on the rights of older people, improve regulation of services, redesign the funding models, and strengthen quality care standards. ILC Australia participated in multiple consultations concerning the Act and the draft exposure document. A summary of some of the points raised by ILC Aus is available:

<https://consultations.health.gov.au/ageing-and-aged-care/new-aged-care-act-exposure-draft-consultation/results/187-organisationsubmission-internationallongevitycentreglobalalliance.pdf>

<https://consultations.health.gov.au/ageing-and-aged-care/new-aged-care-act-exposure-draft-consultation/results/168-organisationsubmission-australianassociationofgerontology.pdf>

https://cota.org.au/wp-content/uploads/2024/03/240308_Aged-Care-Act-Exposure-Draft-Joint-Submission_FINAL.pdf

Rights of Older Persons in Australia

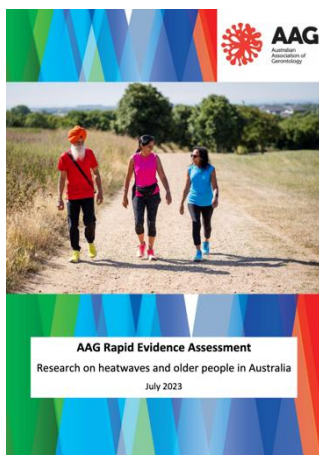
- Australia has a new Aged Discrimination Commissioner, Mr Robert Fitzgerald, a highly respected lawyer, human rights and social justice advocate, and a leading figure in the anti-discrimination space.
- Members of ILC Australia are engaged in discussion with the Australian Human Rights Commission.
- We continue to work on getting support from Australia for processes at the Human Rights Council in Geneva.
- 12 September 2024, the NARI Annual Summit '*Human Rights are Older People's Rights, Too!*' provided a perfect opportunity to discuss how older people and their needs should be placed at the centre of the new system.

Position paper: Capturing cultural and linguistic diversity in Australia In this position paper on Capturing Cultural and Linguistic Diversity in Australia, consideration is given to the importance of terminology, the variables used by the Australian Government to measure cultural and linguistic diversity, and the capture of diversity data could be improved.

<https://aag.asn.au/libraryviewer?ResourceID=91>



Research on heatwaves and older people in Australia



The aim of this rapid evidence assessment was to analyse what we know about heatwaves and older people in Australia and to develop recommendations for policy and practice improvements.

<https://aag.asn.au/libraryviewer?ResourceID=120>

AAG is working with partners (NARI, University of Melbourne, RMIT, and the Austin Hospital) through the Melbourne Ageing Research Collaboration (MARC) on a project to examine the barriers and facilitators to older people using cooling centres during periods of hot weather. The 1-year project is funded through the Lord Mayors Charitable Foundation and will explore the use of public facilities, such as libraries or other designated cooling centres by older people, using survey and interview techniques. The project is founded on AAG's rapid evidence review on the impact of heatwaves on older people, and a set of policy recommendations.

EVENTS

Policy Dialogue on Migration and Ageing in a Multicultural Australia

Monday, 20 May 2024 Molonglo Theatre, ANU Crawford School of Public Policy

<https://www.cepar.edu.au/news-events/events/policy-dialogue-migration-and-ageing-multicultural-australia>

The 66th Annual Meeting of the Japan Geriatrics Society

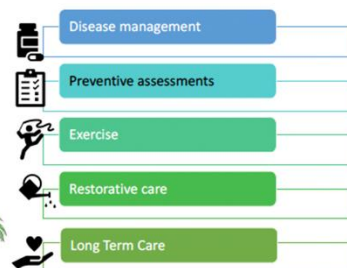
Nagoya, Japan. 07 August 2024

The long tail of prevention in later life. Julie Byles

Healthy ageing is dependent on health promotion and preventive activities across the life course. In the attached presentation I am going to focus on the extent to which we need to extend and adapt these activities all the way through later life and right to death.

[See submission for ILC GA website.](#)

Prevention in
Older Age –
sliding along
the tail



NZAG 2024 Conference – Navigating Ageing 28th-30th August

Wellington, Te Herenga Waka, Victoria University.

Julie Byles and Renu Borst from ILC Australia attended the New Zealand Association of Gerontology Conference in New Zealand. The conference theme was Navigating Ageing, a reference to New Zealand's important place in the Pacific and its seafaring peoples, but also to the path of life. The conference was pitched to celebrate older people and included performances by poets, musicians and artists. The meeting was also designed to confront ageism and provide new thinking about ageing, as well as exploring new methods for research and education. The lives and values of Maori people and their families and communities are central to the conference, recognising the importance of cultural values and attachments in all aspects of life, including ageing and care for older people. Julie Byles gave a plenary address on the impact of chronic conditions in older age. In doing so, she also illustrated the role of longitudinal studies in providing evidence and information for understanding ageing, identifying opportunities for prevention and forming policy responses.



A video promo for Julie's presentation is available [here](#).

<https://www.nzag2024.ac.nz/speaker/> [See submission for ILC GA website.](#)

2024 Elder Law and Capacity Symposium 6th September 2024

Over 100 people gathered at the University of Newcastle's Nuspac building in Hunter Street, and as almost as many joined on-line, to discuss matters of competency and clinical care. The audience were lawyers, clinicians, other professionals and interested members of the public. [See submission for ILC GA website.](#)

See submission for ILC GA website.



<https://www.aag.asn.au/EventDetail?EventKey=WEB241021>
RECORDING: <https://www.aag.asn.au/videooplayer?VIDEOID=130>



INTERNATIONAL ASSOCIATION
OF GERONTOLOGY & GERIATRICS
ASIA/OCEANIA REGION
(IAGG AOR)

AGE-FRIENDLY CITIES AND COMMUNITIES

2024 IAGG AOR Webinar

This webinar will explore experiences in building age friendly communities from the ground up, considering local, regional, global and societal perspectives.



Monday, 21 October 2024

10.00 - 11.30AM AEDT Melbourne, AU

4.30AM Taiwan / 5.30AM Myanmar

6.00AM Cambodia, Indonesia

7.00AM Taiwan, Hong Kong & China

Malaysia / 8.00AM Japan & South Korea

Hosted by IAGG AOR office
Virtual via zoom and open to all members



SPEAKER



Helen Barrie

Australia, University of South Australia
10.30AM - 10.40AM



SPEAKER



Sariyaman Tirathap

Thailand, ASEAN Institute for Health Development, Mahidol University
10.40AM - 10.49AM



SPEAKER



Thiago Hérlick de Sá

WPR Demographic Change and Healthy Aging
10.49AM - 11.00AM



SPEAKER



Marlene Krasovitsky

Australia, EverGate Capital
11.00AM - 11.20AM



MODERATOR



Julie Byles

Australia, Emory University, Professor, University of Newcastle

Register now at :

<https://bit.ly/2024IAGGAQRwebinar>

This one-day symposium celebrated the transformative potential of the arts in enhancing the lives of older adults. Local and international speakers will shared the latest in research, policy, and practice – including a morning session on dementia and music followed by a talk on access to equity in creative brain health and presentations from creative practitioners and researchers in clowning, photography, dance and art. The afternoon will included poster presentations; a session on becoming creative, led by Prof Julie Byles, AO; two hands-on workshops; and a final panel session. There were opportunities for participation throughout using drawing and digital technology.



**FRESH AIR,
FRESH
THINKING**

57th AAG CONFERENCE
12 - 15 NOVEMBER 2024
12 NOVEMBER PM: CONFERENCE INDUSTRYSCRIPTS
HOBART, TASMANIA

**MORE THAN 250
PRESENTATIONS/DISCUSSIONS**

**VISIT AAG.ASN.AU
#AAGCONF24**

 **AAG**
Australian
Association of
Gerontology

Susana and Julie made a side trip to Canberra to talk with the Department of Health and Aged Care

The year ended with the face-to-face meeting of the WHO GNAFCC affiliates meeting in Perth, Western Australia. Followed by The Australian Age Friendly National Conference.



Looking Forward to 2025

We are looking forward to joining our ILC GA friends South Africa for the IFA.

We are also looking forward to our next AAG Conference in November 2025.



58th AAG CONFERENCE

11 - 14 NOVEMBER 2025

FEATURED PUBLICATIONS



PATHWAYS TO HEALTHY
POPULATION AGEING



<file:///Users/jeb952/Downloads/Healthy%20ageing%202024.pdf>

Engel, L., Bailey, C., Bogatyreva, E., Batchelor, F., Devlin, N., Dow, B., et al. (2024). Appropriateness of

the EQ-HWB for Use in Residential Aged Care: A Proxy Perspective. *Patient*, 17(6).
<https://doi.org/10.1007/s40271-024-00715-5>

Brijnath, B., Cavuoto, M. G., Feldman, P., Dow, B., et al. (2024). Codesigning training for health providers to improve detection and response to elder abuse. *Gerontologist*. <https://doi.org/10.1093/geront/gnae153>

Dow, B., Savvas, S., Dang, C. et al. (2024). Promoting Independence Through Quality Dementia Care at Home (PITCH): An Australian Stepped-Wedge Cluster Randomised Controlled Trial Evaluating a Dementia Training Program for Home Care Workers. *INTERNATIONAL JOURNAL OF GERIATRIC PSYCHIATRY*, 39(9). <https://doi.org/10.1002/gps.6140>

Wyman, D., Butler, L. T., Morgan-Trimmer, S., et al. (2024). Process evaluation of a New psychosocial goal-setting and manualised support intervention for Independence in Dementia (NIDUS-Family). *Age Ageing*, 53(8). <https://doi.org/10.1093/ageing/afae181>

Levinger, P., Dreher, B. L., Soh, S.-E., Dow, B., Batchelor, F., & Hill, K. D. (2024). Multigenerational spaces: the usage and activities of different age groups within six community parks in Victoria,

Australia. JOURNAL OF PUBLIC HEALTH, 46(3).
<https://doi.org/10.1093/pubmed/fdae119>

Levinger, P., Dreher, B. L., Soh, S.-E., Dow, B., Batchelor, F., & Hill, K. D. (2024). Results from the ENJOY MAP for HEALTH: a quasi experiment evaluating the impact of age-friendly outdoor exercise equipment to increase older people's park visitations and physical activity. BMC Public Health, 24(1).
<https://doi.org/10.1186/s12889-024-19042-3>

Alberts, S., Nadarajah, A., Cooper, C., Brijnath, B., Loganathan, S., Varghese, M., Antoniadis, J., Baruah, U., Dow, B., et al. (2024). Attitudes to long-term care in India: A secondary, mixed methods analysis. Int J Geriatr Psychiatry, 39(6).
<https://doi.org/10.1002/gps.6107>

Brijnath, B., Feldman, P., Dow, B., & Muoio, R. (2024). Australian Frontline Service Response to Elder Abuse During COVID-19: Learnings, Successes, and Preparedness for Disaster. Journal of Applied Gerontology, 43(6).
<https://doi.org/10.1177/07334648231214941>

Cavuto, M. G., Markusevska, S., Stevens, C., et al. (2024). The impact of elder abuse training on subacute health providers and older adults: study protocol for a randomized control trial. TRIALS, 25(1).
<https://doi.org/10.1186/s13063-024-08160-3>

Davison N, Waddell A, Chandrasekara D, et al
Barriers and facilitators to implementing psychosocial digital health interventions for older adults presenting to emergency departments: a scoping review protocol BMJ Open 2024;14:e085304. doi: 10.1136/bmjopen-2024-085304

Golenko, X., Manchha, A., Fowke, A., Johnstone, G., & Lowthian, J. A. (2024). Reading Between the Lines: An Exploratory Pilot Study of a Co-creation Approach to Life Story Work in Aged Care in Australia. Journal of Applied Gerontology, 0(0).
<https://doi.org/10.1177/07334648241274545>

Morris, R., Hill, K., Ackerman, I. et al. Correction: A mixed methods process evaluation of a person-centred falls prevention program. BMC Health Serv Res 23, 695 (2023). <https://doi.org/10.1186/s12913-023-09743-7>

Joe A, Dickins M, Cyarto EV, Lowthian JA. Australian retirement village residents: wellbeing profiles and factors associated with low wellbeing. Ageing and Society. Published online 2023:1-18. doi:10.1017/S0144686X23000144

Meyer C, Lee D-CA, Callisaya M, Taylor ME, Lawler K, Levinger P, Hunter S, Mackey DC, Burton E, Brusco N, et al. 'Changing the Focus': Co-Design of a Novel Approach for Engaging People with Dementia in Physical Activity. Nursing Reports. 2025; 15(1):2.
<https://doi.org/10.3390/nursrep15010002>

Saleem A, Appannah A, Meyer C, et al

A qualitative exploration of challenges recruiting older adults for *Being Your Best*, a co-designed holistic intervention to manage and reduce frailty: lessons learnt amidst the COVID-19 pandemic in Melbourne, Australia BMJ Open 2024;14:e082618. doi: 10.1136/bmjopen-2023-082618

Elizabeth Robinson, Marissa Dickins, Lina Lad, Sharryn Beard, Deidre McGill, Johanna Hayes, Anne Marie Fabri, Henni Wade, Claudia Meyer, Judy A Lowthian, Adaptation and Implementation of a Volunteer-Delivered, Telephone-Based, Social Support Program *HOW-R-U?* During the COVID-19 Pandemic: A Pragmatic Study, *The Gerontologist*, Volume 64, Issue 6, June 2024, gnae034,
<https://doi.org/10.1093/geront/gnae034>

[Exploring the Mediating Role of Chronic Disease in the Association between Socioeconomic Disadvantage and the Development of Frailty: A Population-Based Study of Older ...](#) C de Mestral, S Khalatbari Soltani, P Bodenmann, Y Henchoz, ... Lausanne Cohort 65

[Public health and prevention research within the Medical Research Future Fund](#)
BN Latif, L Coombe, T Driscoll, A van Zwieten, C Sherrington, ... Australian and New Zealand Journal of Public Health 48 (4), 100171

[Falls and patterns of physical activity participation over 18 years in the Australian Longitudinal Study on Women's Health](#)
WS Kwok, S Khalatbari-Soltani, X Dolja-Gore, J Byles, JS Oliveira, ... British Journal of Sports Medicine 58 (16), 919-929

[Effect of socioeconomic status on life expectancy From the population to patients](#)
C Wagner, J Jackisch, S Khalatbari-Soltani, S Cullati, A Chiolerio Revue medicale suisse 20 (881), 1285-1288

[Engendering Pain: Psychosocial Mechanisms Underlying Sex-related Differences in Pain](#)
K Karos, SF Bernardes, S Khalatbari-Soltani International Association for the Study of Pain (IASP) - <https://www.iasp...>

[Intersectionality and Pain Across the Life Course](#)
K Boerner, S Khalatbari-Soltani, F Blyth International Association for the Study of Pain (IASP) - <https://www.iasp...>

[Global Health Epidemiology: Contemporary Issues and Methodological Challenges in Understanding and Tackling the Inequitable Burden of NCDs](#)
A van Zwieten, S Khalatbari-Soltani, JJ Miranda Handbook of Epidemiology

[Differences in falls and physical activity in older women from two generations](#)
WS Kwok, S Khalatbari-Soltani, X Dolja-Gore, J Byles, JS Oliveira, ... The Journals of Gerontology, Series A: Biological Sciences and Medical ...

[Worldwide cohort studies to support healthy ageing research: data availabilities and gaps](#)
S Khalatbari-Soltani, Y Si, M Dominguez, T Scott, FM Blyth

Ageing Research Reviews, 102277

[Intra-generational social mobility and mortality among older men in the Concord Health and Ageing in Men Project: A cohort study](#)

MH Tran, A van Zwielen, KM Kiely, FM Blyth, V Naganathan, ...

SSM-Population Health 25, 101581

[Overadjustment bias in systematic reviews and meta-analyses of socio-economic inequalities in health: a meta-research scoping review](#)

A van Zwielen, J Dai, FM Blyth, G Wong, S Khalatbari-Soltani

International Journal of Epidemiology 53 (1), dyad177

[Consideration of overadjustment bias in guidelines and tools for systematic reviews and meta-analyses of observational studies is long overdue](#)

A van Zwielen, FM Blyth, G Wong, S Khalatbari-Soltani

International Journal of Epidemiology 53 (1), dyad174

[Leisure-time physical activity and falls with and without injuries among older adult women](#)

WS Kwok, S Khalatbari-Soltani, X Dolja-Gore, J Byles, A Tiedemann, ...

JAMA network open 7 (1), e2354036-e2354036

[Ethics of Research with Older Australians](#)

<https://www.taylorfrancis.com/chapters/edit/10.4324/9781003319733-33/ethics-research-older-australians-yvonne-wells-deirdre-fetherstonhaugh>

Wadsworth DP, Cash B, Tulloch K, Couper R, Robson K, Fitzpatrick S. Conducting mental health research with rural and regional older Australians: Reflections and recommendations. *Aust J Rural Health*. 2024; 32: 1076–1081. <https://doi.org/10.1111/ajr.13165>

Haines, S. J., Busija, L., Hering, A., Terrett, G., McLennan, S., Wells, Y., ... Henry, J. D. (2024). Executive control contributes little to prospective memory function in older age: evidence from more ecologically valid paradigms. *Memory*, 1–15. <https://doi.org/10.1080/09658211.2024.2431672>

Wells Y, Haines S, Hampton I. A Most Significant Change evaluation of a new co-designed tool to measure holistic well-being in consumers of community aged care services. *Australas J Ageing*. 2024; 43: 740-747. doi:[10.1111/ajag.13350](https://doi.org/10.1111/ajag.13350)

Davison TE, Bhar S, Wells Y, Owen PJ, You E, Doyle C, Bowe SJ, Flicker L. Psychological therapies for depression in older adults residing in long-term care settings. *Cochrane Database of Systematic Reviews* 2024, Issue 3. Art. No.: CD013059. DOI: 10.1002/14651858.CD013059.pub2. Accessed 13 January 2025.

Shrestha, S., Wells, Y., While, C., & Rahman, M. A. (2024). Caring Self-Efficacy of Personal Care Attendants From English-Speaking and Non-English-

Speaking Countries Working in Australian Residential Aged Care Settings. *Journal of Aging and Health*, 36(3-4), 207-219.

<https://doi.org/10.1177/08982643231183466>

Wells Y, Haines S, Mackey PJ, Solly K, Hampton I. A Qualitative Evaluation of The Little Things Training for Diverse Background PCAs in Aged Care. *Global Qualitative Nursing Research*. 2024;11.

doi:[10.1177/23333936241296336](https://doi.org/10.1177/23333936241296336)

[Taylor, D, Theou, O, Barrie, H, Lange, J, Edwards, S, Wilson, D & Visvanathan, R 2024, 'The Healthy Ageing/Vulnerable Environment \(HAVEN\) Index: Measuring neighbourhood age-friendliness', *Geographical Research*, vol. 62, no. 3, pp. 440-456.](#)

Khaing K, Dolja-Gore X, Nair BR, Byles J, Attia J. The effect of anxiety on all-cause dementia: A longitudinal analysis from the Hunter Community Study. *J Am Geriatr Soc*. 2024; 1-8. doi:10.1111/jgs.19078

Kay Khaing, Xenia Dolja-Gore, Balakrishnan R. Nair, Julie Byles, John Attia, The Effect of Sleep Duration and Excessive Daytime Sleepiness on All-Cause Dementia: A Longitudinal Analysis from the Hunter Community Study, *Journal of the American Medical Directors Association*, Volume 25, Issue 12, 2024, 105299, ISSN 1525-8610, <https://doi.org/10.1016/j.jamda.2024.105299>.

White, J., Norton, G., Pond, D., Khaing, K., Dolja-Gore, X., Byles, J., & Carey, M. (2024). General practitioner and practice nurses perspectives on implementation of the 75+ health assessment: Implications for dementia care and well-being. *Journal of Advanced Nursing*, 00, 1–12. <https://doi.org/10.1111/jan.16354>

Wadsworth, D. P., [Cash, B.](#), Couper, R., Tulloch, K., [Robson, K.](#) & Fitzpatrick, S., 14 Jul 2024, (E-pub ahead of print) In: [Australian Journal of Rural Health](#). 00, p. 1076-1081 6 p.

[Creating sustainable programs to support health and wellbeing for older adults in rural Australia](#)
[Robson, K.](#) & [Cash, B.](#), Nov 2024.

[Psychological interventions designed to reduce relocation stress for older people transitioning into permanent residential aged care: a systematic scoping review](#)

[Fealy, S.](#), [McLaren, S.](#), [Nott, M.](#), [Seaman, C. E.](#), [Cash, B.](#) & Rose, L., 18 Apr 2024, (E-pub ahead of print) In: [Ageing and Mental Health](#). 28, 9, p. 1197-1208 12 p.

[Research into transition care](#)

[Fealy, S.](#), [Nott, M.](#), [McLaren, S.](#) & [Cash, B.](#), May 2024, Inside Story, May 2024.

Appendix 1. ILC AUS MEMBERS

ASSOCIATION	CURRENT REP
Australian Association of Gerontology – Administering Organisation	Renu Borst (CEO) Amber Mills (AAG policy) Anita Westera (AAG President) Claudia Meyer (AAG immediate past President) Michael Tan (Communications) Julie Byles (ILC Aus Head)
Benetas	Sandra Hills
National Ageing Research Institute	Briony Dow Debra O'Connor
Brotherhood of St Laurence	Lisa Rollinson
COTA Australia	David Wright-Howie
RDNS/Bolton Clarke	Judy Lowthian Claudia Meyer
City of Unley	Megan Berghuis
Centre of Excellence in Population Ageing Research	Fiona Blyth Saman Khalatbari Soltani
La Trobe University	Yvonne Wells
Uni SA	Helen Barrie
Federation University	Colette Browning
University of Melbourne	
University of Newcastle	Julie Byles Jemma Holford Janine Johnston
EveryAge Counts	Marlene Krasovitsky Robert Tickner
Charles Sturt University, Ageing Well Research Group	Belinda Cash Marguerite Bramble