

ILC-Australia 2021-22 Biennial Report

COLLABORATIVE PARTNERSHIPS

As a consortium of researchers and representatives, ILC-Australia enhances national collaborations across many institutions concerned for older people. Together we have been working on:

- Improving care for people with dementia
- Housing for older Australians
- Long term care
- Healthy Ageing
- Ageism

AGE WITH RIGHTS CAMPAIGN

COTA Australia held an event in conjunction with the virtual Global Rally from the Age With Rights campaign on the 3rd of March 2022, which involved the participation of ILC-Australia Head Professor Julie Byles AO.

Ahead of the UN Open Ended Working Group on Ageing meeting, scheduled for the 11th-14th of April, the Global Alliance for the Rights of Older People organised a 24-hour virtual Global Rally, pulling together people from around the world to push for a UN Convention on the Rights of Older People and for active engagement of Member States in the Open Ended Working Group.

COTA Australia held a Facebook Live event in support of this rally to draw attention to Australia's role in both supporting a UN Convention on the Rights of Older People at an international level, and taking action on protecting the rights of older Australians and ensuring that they are able to have healthy ageing experiences. Speakers of the event included Ian Yates AM, the Chief Executive of COTA Australia, and Dr Kay Patterson AO, Age Discrimination Commissioner for the Australian Human Rights Commission, and Professor Julie Byles AO, Global Innovation Chair in Responsive Transitions in Health and Ageing at the University of Newcastle. Julie spoke on what is happening on the international level in the area of human rights for older people, and the importance of a UN Convention on the Rights of Older People, not to separate their rights from the universal human rights but to deal with any barriers to the rights of older people being exercised.

She spoke about the importance of having discussions about the meaning of ageing and being an older person in communities, and shifting the themes from just vulnerabilities and the need for protection to talking about older people in terms of growth, relationships, opportunities and autonomy. She also emphasised the need for not just talking, but for action to be taken between the conversations.

On a local level for Australia, Julie talked about the ways that Australia can improve in the area of older people, human rights and ensuring people's experiences of ageing are optimal, speaking particularly on the need to address prevalent ageism. She stressed the importance of letting the Government know that they need to ensure that the rights of older people and considered, discussed and protected.

To watch the event, click on the link here: <https://www.facebook.com/events/3135457203449300/?ref=newsfeed>

AGEISM

The Every Age Counts campaign continues to advocate for the rights of older people, with a recent focus on digital equity. <https://www.everyagecounts.org.au/>

ROPA

ILC Australia is a member of the Rights of Older Persons Australia (ROPA)

ROPA's mission is to achieve a public commitment of support and decisive action by the Australian Government, both domestically and internationally, for the creation and implementation of a UN Convention on the Human Rights of Older Persons.

See <http://www.rightsofolderson.org.au/>
<http://www.rightsofolderson.org.au/wp-content/uploads/2022/09/ROPA-Call-to-Action-October-2022.pdf>

HUNTER AGEING ALLIANCE

Age-friendly communities mean that planning takes the needs of older people into account, recognising that older people have the same desire to remain physically, intellectually, and socially active as younger people. This requires environmental adaptation, appropriate housing at all levels of affordability, easy access to information about services and facilities for older people, protection from elder abuse, health care services appropriate to the needs of older people and support for socially isolated people to ensure their physical and psychological well-being.



The HAA's goal is to register Newcastle and Lake Macquarie within the World Health Organization (WHO) Global Network of Age-friendly Cities and Communities. To this end, members of the HAA will work with all levels of government, statutory authorities, and NGOs on:

- The environment – including public spaces, transport, and access for people with disabilities
- Appropriate housing – Including social housing, communal housing, and emergency housing
- Elder abuse – awareness, assessment, and prevention
- Health services – particularly the assessment and management of dementia and chronic diseases
- Social isolation – securely identify isolated older people and provide for their physical and psychological well-being
- Ageing and aged care services information – ensuring accessibility
- End-of-life legal planning and health care – ensuring availability to all

These programs will help transform Newcastle and Lake Macquarie into communities which older people would be attracted to live or visit as tourists. Creating significant economic and social opportunities for the Hunter, as well as benefiting our older population.

Find out more about the HAA [here](#).

To achieve our goals we have been working with the Newcastle City Council to establish their Local Social Strategic plan. To help guide our actions, we invited members of the community and various organisations to come together to consider creative solutions to five priority problems:

- Overcoming social isolation and creating connections
- Affordable, age-friendly housing
- Employment, education, and community participation opportunities past age 50
- Education, training and employment opportunities in the aged-care sector and other services.
- Services for older people and how to access them (including, but not limited to formal aged care)

Other priorities identified during the workshop included inclusive social services; inclusive and accessible public transport; affordable and inclusive facilities/spaces; access to information and effective communication; social connection and connection to place; inclusion and diversity; and a perceived lack of events and activations.



A report from the workshop is available at: <https://hunterageingalliance.com/resources/>

POLICY PAPERS

- On 31 July 2020, AAG published its Position Paper: Wellness and reablement for all Australians receiving home, community and residential aged care services. The aim of this paper is to provide clear direction to the Australian Government, policymakers and service providers on the core principles of wellness and reablement in aged care that must be upheld in order to meet the needs, strengths and preferences of Australians as they age.
- <https://www.aag.asn.au/news-publications/policy-papers/aag-position-paper-wellness-and-reablement-for-all-australians/>
- On 31 July 2020, AAG published a Position Paper on aged care workforce, funding and governance. The Government has a responsibility to act as a system steward and ensure taxpayer-funded aged care services are underpinned by evidence-based policy with a human-rights rather than a market-based foundation.
- <https://www.aag.asn.au/news-publications/policy-papers/aag-position-paper-aged-care-workforce-funding-and-governance>
- In March 2020, AAG developed a Background Paper titled "Use of primary health care by older Australians; Issues and opportunities" for a roundtable on 12 March 2020 in Perth to inform the development of the Primary Health Care 10 Year Plan
- <https://www.aag.asn.au/news-publications/policy-papers/aag-background-paper--primary-care-and-older-australians>
- AAG is one of 55+ orgs calling for strong #climatehealth action to protect us all from the escalating health threat from climate change
- <https://www.aag.asn.au/news/open-letter-to-prime-minister-scott-morrison-calling-for-more-ambitious-action-on-climate-change-to-protect-health>
- In October 2021 The National Ageing Research Institute (NARI) called for systemic reform of home care for older Australians, to ensure the long-term sustainability and effectiveness of the system.
- <https://www.nari.net.au/news/comprehensive-reform-of-home-care-system-desperately-needed>
- **2021-12 AAG submission to Select Committee on Job Security**
- On 4 December 2021 AAG made a submission to the Senate Select Committee on Job Security.
- **2021 10 21 Can we die of old age? Debate @ 2021 AAG Conference| AAG Conference Workshop - Know and show what you are worth - Measuring and demonstrating your impact | AAG Collaborating Research Centre (CRC) Aged Care Research Round Table**

- [2022 01 27](#) 2022 AAG Hot Topic - 'How to achieve authentic co-design with and for older Australians' | Nine grants of up to \$132k open for applications | AAG engaged in climate change at COP 26
- [2022 02 24](#) Extension of AAG Research Trust's funding rounds plus Webinars | ILC Global Alliance's student volunteer program at the UN | Advocate for a UN Convention on the Rights of Older Persons @ a virtual Global Rally
- [2022 03 17](#) New AAG Position Paper explores promoting older people's resilience | AAG Research Trust funding rounds close 22 March and recordings of grants hints and tips | Why should Australia support people to #AgeWithRights?
- ABC Radio National Big Ideas <https://www.abc.net.au/radionational/programs/bigideas/covid-climate-change-and-older-australians/12925460>
- Living a healthy fulfilling life in older age <https://www.abc.net.au/radionational/programs/bigideas/how-to-live-a-healthy-fulfilling-life-into-older-age/13756076>

PUBLICATIONS (selected)

- Forder PM, Byles JE, Golenko X, Cyarto E, Donohoe SG, Zernike W, Lowthian JA. Validation of a residential aged care consumer experience survey, 2019. *Australas J Ageing*. 2022 Jun;41(2):e159-e171. doi: 10.1111/ajag.13034. Epub 2021 Dec 22. PMID: 34939278. <https://pubmed.ncbi.nlm.nih.gov/34939278/>
- Freak-Poli, Ryan, Byles, et al. Social isolation, social support and loneliness as independent concepts, and their relationship with health-related quality of life among older women. 2022. Available at: <http://hdl.handle.net/1959.13/1453892>.
- Rabheru, Byles, Kalache. How "old age" was withdrawn as a diagnosis from ICD-11 *The Lancet Healthy Longevity*, Volume 3, Issue 7, e457 - e459
- Thomas S, Bolsewicz K, Latta R, Hewitt J, Byles J, Durrheim D, 'The Impact of Public Health Restrictions in Residential Aged Care on Residents, Families, and Staff During COVID-19: Getting the Balance Right', *JOURNAL OF AGING & SOCIAL POLICY*, (2022)
- Byles J, Cavenagh D, Bryant J, Mazza D, Browning C, O'Loughlin S, Sanson-Fisher R, 'Use of medical services by older Australian women with dementia: a longitudinal cohort study', *AUSTRALIAN AND NEW ZEALAND JOURNAL OF PUBLIC HEALTH*, 45 497-503 (2021) [C1]

OTHER NEW ENTERPRISES

Federation University is co-leading the ARC Industrial Transformation Training Centre for Optimal Ageing with Monash University.

<https://www.monash.edu/engineering/robotics/news-and-events/latest-news/funding-for-a-new-training-centre-for-optimal-ageing>

PRIZES AND AWARDS

CEPAR PhD PRIZE

- Dr MIJANUR RAHMAN won the **HAL KENDIG prize** for best Thesis 2021: Modelling trajectories of aged care use among older Australian women Supervisor: Professor Julie Byles Co-supervisor: A/Professor Liz Holliday
- KOFI AWUVIRY-NEWTON won the **HAL KENDIG prize** for best Thesis 2022: Needing, providing and supporting care: a mixed-methods study of older adults' functional abilities and care needs, caregivers' lived experiences, and social workers' contributions in the lives of older adults in Ghana. Supervisors: CEPAR Associate Investigator Julie Byles, Dr Meredith Tavener and Dr Kylie Wales

AUSTRALIA DAY 2022 HONOURS

Professor JULIE BYLES was made an OFFICER OF THE ORDER OF AUSTRALIA for her service to medical research, gerontology, and professional scientific organisations.

FEATURED RESEARCH

BOLTON CLARKE 'Enabling Choices': Enabling wellbeing by providing choices for people with dementia and memory loss Claudia Meyer, Judy Lowthian, Marissa Dickins, Fleur O'Keefe, Kylie Hall, Louise Davison

Funding support: State Trustees Australia Foundation

Balancing the risk and autonomy of a person with dementia and memory loss is complicated. There is potentially much conflict in the differing perspectives of the person with dementia and memory loss, their carers and their healthcare providers. 'Enabling Choices' is designed to assist health professionals to negotiate risk the person with dementia may be experiencing, in areas such as self-care, mobility and driving.

AUSTRALIAN COMMUNITY of PRACTICE in RESEARCH in DEMENTIA Co-design of best practice recommendations for use of the 75+ Health Assessment in General Practice

The 75+Health Assessment was introduced in 1999 as a proactive method of assessing the health needs of older Australians. Australian research shows that that women aged 75 and older who had a health assessment used more health services, had better functioning and longer survival in the short term compared to those who did not. A subsequent study showed that women with dementia were just as likely as those without to have an older person's health assessment. However, it is not known whether there are differences in the way health assessments are used for people with dementia and those without. This study aims to develop a best practice recommendation for the implementation of 75+Health Assessment, including how they can be better used to care for adults with dementia.

GLOBAL ENGAGEMENT

CSO MAPPING AND ENGAGEMENT PROJECT

The COVID-19 pandemic has brought to light the importance of the goals of the UN Decade of Healthy Ageing but has hindered the achievement of those goals. There is no greater time than now for organizations across the world to come together and double down on efforts to create meaningful and sustainable concerted global action to ensure that older people can fulfil their potential in dignity and equality and in a healthy environment.

With support from the World Health Organization (WHO), a civil society mapping and engagement initiative was launched collaboratively by the International Federation on Ageing and ILC-GA to identify and unite the powerful and unique voices of organizations across a wide range of sectors and disciplines toward a common agenda. This global initiative aimed to highlight the diversity of groups working in ageing to promote engagement and enable a greater push towards enacting the agenda of the Decade. It also served to gauge interest in a global colloquium in early 2022 where organizations can share interest and priorities for developing a Decade of Healthy Ageing CSO Alliance.

This project was for Civil Society Organizations not just within the sector of ageing, but also beyond, into sectors including, but not limited to, communication and media, research, built environments, community services and civil participation, and legal entities, as all sectors play a pivotal role in improving the lives of current and future generations of older people. This initiative sought to unite organizations from various sectors and disciplines for the common agenda of the UN Decade of Healthy Ageing to ensure maximum impact and success from the efforts to promote healthy ageing.

IAGG ASIA OCEANIA Special Interest Group

The AAG hosted a workshop “Being active players in the Asia/Oceania and global aging communities”

Within a global community, Australia and Australian scholars in gerontology and geriatrics have an important role in sharing with and learning from and with other countries.

IAGG 2022 WORLD CONGRESS SYMPOSIA

IAGG Asia/Oceania held a symposium at the IAGG 2022 World Congress on ‘COVID-19 Impact and Response in the Asia and Oceania Region’. The Chair of the event was Dr Cheng-Chieh Lin, with speakers including Professor Prasert Assantachi, Professor Ding-Cheng (Derrick) Chan, Professor Hidenori Arai, Professor Julie Byles AO, Dr Siriphan Sasat and Professor Keith Hill. More information will be provided on this event soon.

ILC-AUS Director Professor Julie Byles also participated in the ILC Global Alliance Symposium.

IAGG 2029 WORLD CONGRESS

Sydney, Australia was announced as the host city for the 24th International Association of Gerontology and Geriatric (IAGG) World Congress of Gerontology and Geriatrics in 2029, with a pre-Congress Leadership Summit in Queenstown, New Zealand on Indigenous leadership in ageing. The congress and subsequent IAGG leadership will be by the Australian Association of Gerontology (AAG), the New Zealand Association of Gerontology (NZAG) and the Australian & New Zealand Society for Geriatric Medicine (ANZSGM).

This bid win is a wonderful outcome for our gerontological and geriatrician communities across Australia and New Zealand. We are honoured to have been selected by our global colleagues to lead this critical conversation about ageing together and ageing well. For more information visit <https://www.iagg2029.org/>

ILC-GA REPORT RELEASE – Protecting the human rights of older persons: Challenges to the human rights of older people during and after COVID-19

The ILC-Australia and ILC-Singapore led COVID-19 report was launched on the 10th of December 2021 during a webinar for the report’s release. The webinar featured highlights from the report as well as policy and practical responses across the ILC-GA member countries.

From Australia, Professor Julie Byles and Susan McGrath spoke during this event.

This report provides insights into the impacts of the pandemic on older people across the 16 countries of the ILC-Global Alliance. The third and fourth part of the report present the chronological timeline of the pandemic and epidemiological data from the 16 countries. The fifth and sixth part explore the health, mental health and socioeconomic impact of the pandemic on older people. The eighth to twelfth parts look at elder abuse, ageism, COVID-19 vaccinations, strategies for high-risk populations and disadvantaged groups, and measures of continued services for older persons. The final part discusses how the world can move from COVID-19 to a decade of healthy ageing.

You can access the webinar recording here:

<https://www.aag.asn.au/news-publications/webinar-videos/20211210-protecting-the-human-rights-of-older-persons-during-and-after-the-covid-19-pandemic>

You can access the report here: <https://www.ilc-alliance.org/wp-content/uploads/2022/01/ILC-GA-Protecting-the-human-rights-of-older-persons.pdf>



ILC GLOBAL ALLIANCE
INTERNATIONAL LONGEVITY CENTRE
Designing the Future of Ageing

**PROTECTING
THE HUMAN RIGHTS
OF OLDER PERSONS**

**Challenges to
the human rights of
older people during
and after COVID-19**

ILC-GA PROJECT – Describing and Comparing Long Term Aged Care in Different Country Settings

ILC-Australia and ILC-Singapore, alongside the Geriatric and Research Institute in Singapore, have been leading the ILC-GA Long Term Care (LTC) Working group on a project that aims to develop an international framework for describing and classifying LTC systems in different countries according to their ability to meet the needs of older people.

The key difference between this project and other LTC comparative studies, which usually take on a disciplinary (e.g., financing, legislative, health system) perspective, is its person-centred perspective.

In the study, the classification of LTC will be driven from the perspective of the older person, their need, enabling and predisposing factors alongside their stated preferences with regard to care services. This perspective is consistent with WHO definition which places support of older persons' functional abilities, rights and dignity as the central and essential elements of any LTC system. This is part of a larger project to develop a classification system for long term care that can be used to describe long term care services in different settings, and to enable a global dialogue for developing care and sharing best practice approaches.

The project has also been shared at the launch of the World Health Organization framework for countries to achieve an integrated continuum of long-term care and with the Aged Care Data Advisory Group at the Australian Institute of Health and Welfare. The vignettes will be piloted in Australia and Singapore.

ILC-GA PROJECT – Positive Aspects of Caregiving

This project was led by ILC Canada, with inputs from Briony Dow and Emily Princehorn from ILC Australia. The project has produced a number of outputs, including the following with inputs from Australia:

- Participation in capacity building/workshop opportunities on longitudinal data analysis, policy development process and “Flourishing”
- Establishment of Policy series caregiving in *Frontiers of public health: Shifting the Narrative on Unpaid Care for Older Adults: Perspectives on Positive Caregiving Experiences and Outcomes*
<https://www.frontiersin.org/research-topics/38584/shifting-the-narrative-on-unpaid-care-for-older-adults-perspectives-on-positive-caregiving-experiences-and-outcomes>
- Beach, Bélanger-Hardy, Harding, Rodrigues Perracini, Garcia, Tripathi, Gillis, Dow. Caring for the caregiver: Why policy must shift from addressing needs to enabling caregivers to flourish
Front. Public Health, 19 October 2022 <https://doi.org/10.3389/fpubh.2022.997981>
- New book chapter on Care Giving to be authored by members of the group in a volume called *What Matters for Healthy Ageing* for a series in *Issues in Geriatrics*. The book will be edited by Julie Byles.

OTHER ENGAGEMENT

- A caring world – responding to the impact of the coronavirus on long-term care. An ILC Global Alliance webinar. 18 June 2020.
- A Decade of Healthy Ageing? What good looks like and how we get there? International Longevity Centre UK Webinar. 23 July 2020.
- Healthy Ageing: A Wide window of opportunity, and long tail of prevention. Australian Government Department of Health Seminar, 24 November 2020.
- 65th Session of the Commission on the Status of Women (CSW65). 15-26 March 2021.
- 11th Session of the United Nations (UN) Open-Ended Working Group (OEWG) on Ageing. UN General Assembly. 29 March – 1 April 2021.
- Expert roundtable: Delivering prevention in an ageing world: Inspire and engage. ILC-UK Webinar. 18 March 2021.
- Why gender matters – Exploring the impact of gender on health and wellbeing in an ageing world. ILC-Global Alliance Webinar. 2 June 2021.
- From Covid-19 to a decade of healthy ageing. IAGG Pre-Congress E-Conference. 23 June 2021.
- WHO ICD-11 “Old Age” discussion document writing group – Byles, Kalache, Rhaberu, October 2021
- Can we die of old age? Debate @ 2021 AAG Conference| AAG Conference
- Multi-country cross-sectional and longitudinal studies to quantify unmet needs for health and social care among older people, WHO Kobe Centre, 2021
- Build Back a Better World for Older Women: Good Practices to Ensure Health and Income Security in the Post Pandemic Era 26th October 2021, with HelpAge India in association with Development Welfare Research Foundation
- International Longevity Centre – Global Alliance: International Committee, Gender and Ageing Committee,
- COVID-19 report writing group, LTC research group, Positive Aspects of Caregiving research group.
- **NGO CSW66 Forum**. 16 March 2022. *Women Working Towards Later Life: Expectations and Inspirations*. An ILC Global Alliance Webinar.