



## ILC South Africa - Annual Report (2024)

The ILCSA team is led by Emeritus Associate Professor **Sebastiana Kalula** at the University of Cape Town (UCT) and Professor **Jaco Hoffman** at North-West University (NWU) as its co-directors, with Dr **Rayne Stroebe**, the managing director of GERATEC, an Executive Member of the team. Professor **Monica Ferreira** (emerita), formerly the President of ILCSA and a Co-President of the ILC Global Alliance, is the Honorary President.

Website: <https://ilcsa.org/>

### **Appointments / Awards**

**Sebastiana Kalula** has been appointed as the representative of the Africa Region to the Advisory Committee of the World Health Organization (WHO) Centre for Health Development (ACWKC). Her appointment is effective 2024 to 2026. The 16-member committee advises the Director-General of the WHO on strategic issues, currently in two main research areas: 1) Health emergencies and disasters; and 2) Health systems responses to population ageing and long-term care. The ACWKC meets annually, and met in Kobe, Japan, on November 25 – 26, 2024.

**Jaco Hoffman** has been appointed as a member of the Section 11 Committee on the Rights of Older Persons, an Advisory Committee of the South African Human Rights Commission, effective September 2024.

**Jaco Hoffman** has been appointed as International Federation on Ageing (IFA) Regional Vice-President for the Africa region.

“Age-inclusive ICT innovation for service delivery in South Africa: A developing country perspective” edited by Vera Roos and **Jaco Hoffman** in 2022 (download as open resource publication at <https://link.springer.com/book/10.1007/978-3-030-94606-7> ) was nominated in 2024 as a finalist of the [World Summit on the Information Society \(WSIS\)+20 Forum High-Level Event](#), the International Telecommunication Union and the Global Coalition on Ageing, Geneva, Switzerland. In 2024, the project also received special acknowledgment for impact from Universities South Africa (USAf) to highlight an Impact Case, which demonstrates commitment to addressing and solving societal challenges.



### **Selected Activities / Projects**

Several ILCSA activities focus on promoting healthy and productive ageing, empowering older persons to participate fully in society, and equipping and empowering carers to care for older persons in need. ILCSA's four programmatic thrusts (Research, Education and Training, Policy and Advocacy, and Care) are incorporated to a greater or lesser extent in all the activities. Current and recent activities, which constitute projects, that are primarily care-related, are listed below.

#### **Anti-Ageism Alliance Task Force**

**Jaco Hoffman** and Femada Shamam (CEO, The Association for the Aged ([TAFTA](#)), Durban) were invited by the Fondazione Internazionale Menarini to participate in a meeting in Florence, Italy, on April 5 – 6, 2024, to contribute to an Anti-Ageism Alliance Task Force. The focus of the meeting was to interrogate the adverse impact of ageism on the goals of care, the care itself and the health outcomes of older adults. The meeting underscored the multiple ways through which cultural stereotypes and social behaviours affect the care and well-being of older persons, including their involvement in critical decisions concerning their life and ability to maintain a positive role in the society. The Task Force identified remedial actions for prioritisation in education and legislation to eliminate ageism in health care and society.

Read about “The Carta of Florence Against Ageism” at Ungar A, Cherubini A, Fratiglioni L, de la Fuente-Núñez V, Fried LP, Krasovitsky MS, Tinetti ME, Officer A, Vellas B, Ferrucci L. Carta of Florence Against Ageism: No Place for Ageism in Healthcare. *J Gerontol A Biol Sci Med Sci*. 2024 Mar 1;79(3):264. doi: 10.1093/gerona/glad264. PMID: 38419345; PMCID: PMC10902610.

#### **Lancet Commission on Long-term Care for Older Persons (2023 – 2025)**

Professors and ILC members **Jaco Hoffman**, **Julie Byles** (ILC Australia) and **Kiran Rabheru** (ILC Canada) as co-chair, continue their work with 12 other commissioners from different world regions for the Lancet Commission on “Long-Term Care for Older Persons” (LCLTC), which aims to contribute to shaping future long-term care for older persons. Lancet Commissions focus on transformational, strategic, science-based advocacy. The Commission's work will result in a

“call for action” for researchers, clinicians, policymakers, funders, healthcare planners, and other stakeholders to challenge conventions and current principles that may hamper progress.

Commentary announcing the new Commission may be accessed here: Pot AM, Rabheru K, Chew M. Person-centred long-term care for older persons: a new Lancet Commission. *Lancet*. 2023 May 27;401(10390):1754-1755. doi: 10.1016/S0140-6736(23)00920-0. Epub 2023 May 16. PMID: 37207685.

### **Ageing Optimally Workshop Series (2024 – 2025)**

**Rayne Stroebel** is facilitating a series of eight educational workshops to empower individuals of all ages with knowledge and tools to “age well” in South Africa. The workshops emphasise that ageing be a fulfilling and enriching journey. They take the form of a hybrid model, which combines online and in-person sessions to ensure accessibility. Professionals working in elder care, care workers, older individuals, adult children with ageing parents and mature adults entering the third age are encouraged to participate.

### **Dementia Dialogues @ Heidelberg Society for the Aged and @ Nazareth House (2024 – 2025)**

**Rayne Stroebel** is facilitating a series of 12 workshops for a diverse group of participants, including older persons, spouses, children, family members and carers, all affected by someone living with dementia in the Cape Town region. Persons with dementia have a distinct social background, personality, belief system and physiology, and to this end, dementia is positioned as more than a “syndrome” or a “disease.” A focus on well-being domains, such as identity, connectedness, autonomy, joy, security, growth and meaning, was advocated in the workshops to empower affected people to live whole, meaningful lives. Changing the disease discourse, it was communicated, can foster greater agency for people with different abilities and redefine what “living a life worth living” means.

**Rayne Stroebel** participated in The Eden Alternative’s 30<sup>th</sup> anniversary celebration conference in King of Prussia, Philadelphia, USA, July 2 – 4, 2024. He presented a paper at the conference on work done in South Africa to transform the institutional culture of care homes.

### **Human Forever Africa Premiere**

ILCSA hosted the Africa premiere of [Human Forever](#), held on December 12, 2024, at Ster-Kinekor at the V&A Waterfront. The acclaimed documentary, directed by Jonathan de Jong and featuring Teun Toebe’s extraordinary journey alongside people with dementia, touched the hearts of all in attendance, celebrating resilience, dignity, and the boundless human spirit. The event was dedicated to the Hangberg community in which parts were filmed. We extend our deepest admiration to Teun, Jonathan and Bastiaan for sharing this journey with us.





L to R: Gregor Sneddon (IFA Secretary General), Jaco Hoffman, Sebastiana Kalula, Jonathan de Jong (Director), Teun Toebe (Narrator), Bastiaan Brand (Cinematographer), Monica Ferreira, Rayne Stroebel



Part of the Hangberg community at the premiere

### **Selected publications**

Banda, A., **Hoffman, J.**, & Roos, V. (2024). Older women's well-being during the COVID-19 pandemic: individual, community, and contextual factors. *Frontiers in global women's health*, 5, 1484469. <https://doi.org/10.3389/fgwh.2024.1484469>

Narainsamy, K., Rothmann, S., **Hoffman, J.** (2024). Social support and well-being of adolescent learners: A latent profile analysis. *South African Journal of Psychology* Vol 54, Issue 3, Pages 364-377. <https://doi.org/10.1177/00812463241265239>

Rankin, M. & **Hoffman, J.** (2024). Formal community-based care: older adults' experiences of home-based and day care services in South Africa. In: Mala Kapur Shankardass (Ed.). *Care of Older Persons: Emerging International Perspectives*. Routledge.

Fakir, S., Hitge, E. & **Hoffman, J.** (2024). Sense of belonging in community-based care among South African older persons: A rapid review. In: Mala Kapur Shankardass (Ed.). *Care of Older Persons: Emerging International Perspectives*. Routledge.

Veronese, N., Smith, L., Koyanagi, A., **Hoffman, J.**, Snoussi, M., Prokopidis, K., Dominguez, L. J., & Barbagallo, M. (2024). Prevalence of sarcopenia in Africa: a systematic review and meta-analysis of observational studies. *Aging clinical and experimental research*, 36(1), 12. <https://doi.org/10.1007/s40520-023-02671-w>

Banda A., **Hoffman, J.** & Roos, V. (2024). Individual and community-contextual level factors associated with wellbeing among older adults in rural Zambia. *Int J Public Health* 69:1606571. doi: 10.3389/ijph.2024.1606571

Dixon C-A., Roos V., Katjene M. & **Hoffman, J.** (2024). Effective Relationships Between Younger Caregivers and Older Care Recipients Across a Continuum of Formal Residential Care Settings: A Scoping Review and a Critical Analysis. *Public Health Rev* 45:1606562. doi: 10.3389/phrs.2024.1606562

Venter, A., Petersen, C., & **Hoffman, J.** (2024). Older Black South African women's perceptions and attitudes of long-term care: An Ubuntu-centric cultural perspective. *Culture & Psychology*, 0(0). <https://doi.org/10.1177/1354067X241226454>

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