

ILC- Australia 2025 UPDATE for ILC GA

ILC AUS MEMBERS

See Appendix 1.

Welcome new ILC Aus Deputy Directors



Saman Khalatbari-Soltani

Dr Khalatbari-Soltani MSc, PhD is a Senior Lecturer in Population Health at the University of Sydney School of Public Health. She obtained a PhD in Epidemiology from the University of Lausanne (2018) and a Public Health PhD certificate from the Swiss School of Public Health (2019). During a one-year fellowship at the University of Cambridge, she trained in Epidemiology (2017).

Saman's research interests are:

- 1) social determinants of healthy ageing and health inequities— to create a strengths-based approach to healthy ageing to inform policy and health systems, and
- 2) contemporary methodological approaches and challenges in social epidemiology to drive better ways to measure and operationalise socioeconomic indicators.

Belinda Cash

Associate Professor Belinda Cash BSW, MMH (Adult), NSWIOP; GCLTHE, PhD, is a social worker with clinical and academic expertise in mental health and social gerontology. Her research focuses on understanding and addressing issues that impact the health and wellbeing of rural Australians, particularly older adults and caregivers. She is an active leader of research initiatives focused on older people in rural and regional communities, reflected in her role as Chair of the Charles Sturt Ageing Well Research Group and as University Lead for Charles Sturt at the Manna Institute for rural mental health.



ENGAGEMENT WITH ILC GA

- ILC-GA Co-President – Julie Byles
- International Committee – Julie Byles, Saman Khalatbari-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

ENGAGEMENT with IAGG

- IAGG Asia Oceania Executive
 - Renu Borst (secretariat)
 - Julie Byles – Chair, Social Research and Planning Sub-committee
- IAGG e-Trigger Asia Oceania Executive - Julie Byles – Board Member and Academy
- IAGG 2030 Congress Planning Committee – Julie Byles, Claudia Meyer, Renu Borst

FEATURED WORK

Age Friendly Environments

International comparisons of age friendly and dementia friendly cities. Led by Helen Barrie - innovative approaches such as citizen science, GIS and spatial analysis of social issues, 'walk-along' interviews or photovoice to incorporate rich, qualitative lived experience perspectives.

Housing and Older Persons Project with Hunter Ageing Alliance is driving the development of housing options including "meanwhile use" of former nursing homes (<https://www.pacificlink.org.au/meanwhile-use/>), home share supporting single women aged 55 (<https://embracepp.org.au/projects/hunter-homeshare/>), and purpose build building projects.

Age friendly Hamilton Assessment and Development Process.



© Newcastle Liberal Cr Jenny Barrie and Hunter Ageing Alliance chair Emeritus Professor Julie Byles at 111 Beaumont Street. Picture by Jonathan Carroll

<https://www.intouchmagazine.com.au/single-post/city-of-newcastle-s-2025-time-to-shine-seniors-festival>

New life for Clocktower hoped to bring Beaumont Street back to former glory.

<https://www.newcastleherald.com.au/story/8891753/revitalising-beaumont-street-the-clocktower-building-reawakens/>

New Research Grant for 2026

Towards a Consensus-Based Housing Condition Framework for Healthy Ageing in Australia

Led by Saman Khalatbari-Soltani this project aims to develop Australia's first consensus-based framework that clearly identifies which housing conditions matter most to older people for healthy ageing.

EVENTS

AAG National Conference



We all enjoyed the AAG Conference which was held in Alice Springs. The conference focussed on inspiration and innovation that comes with promoting healthy ageing and providing aged care in the heart of our country. There was

much to learn about the power in connection and co-creation when it comes to centring ageing in the hearts of our communities.

Annual Academic Sessions of the Sri Lankan Association of Geriatric Medicine 26th -28th June 2025 at the Galadari Hotel, Colombo

Keynote Speaker: Julie Byles

Assessing healthy ageing and preventing decline.



PANEL SESSION. Healthy Ageing.

The International Centre for Future Health Systems (ICFHS), in collaboration with the Centre of Excellence in Population Ageing Research (CEPAR) University of New South Wales. With John Beard, Rafał Chomik, Katja Hanewald, Patricia Davidson, Kaarin Anstey, Julie Byles and John Piggot.



PANEL: University of Newcastle. Integrated Innovation Network. Healthy Ageing Challenge. 21 July 2025.

Healthy Ageing Innovation Challenge 2025

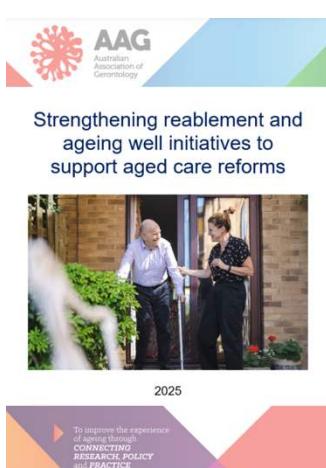
Innovation for Healthy Ageing
EXPERT PANEL SESSION



<https://thephn.com.au/news/revolutionary-healthy-ageing-innovation-challenge-delivers-groundbreaking-solutions-for-equitable-healthcare-access>

POLICY MATTERS –

available at <https://www.aag.asn.au/Web/Web/Stay-Informed/Latest-news.aspx>



Reablement and ageing well initiatives offer transformative potential for older people living in Australia and accessing aged care services as they age. With coordinated investment in workforce, data, and integrated models, these approaches can support people to age with dignity, autonomy, and improved wellbeing.



This paper explores several challenges to achieving greater **inclusion in Australian aged care**, including systemic barriers stemming from a market-based model that limits equitable access and the difficulty for individuals to navigate the complex system. It also includes references to several AAG member research articles on this important topic.



AAG reached out to the AAG Aboriginal and Torres Strait Islander Ageing Advisory Group (ATSIAG) about their readiness for the new Aged Care arrangements.



AI technologies have a role in ageing research by enhancing researcher efficiency through improved data searches, analysis, and evaluation. However, emerging evidence indicates that widespread AI adoption may lead to the deskilling and reduced critical-thinking abilities of early career researchers, while also increasing risks of ageism, cultural harm to Indigenous communities, and the reinforcement of biases and stereotypes against older individuals and the aged care workforce.

FEATURED PUBLICATIONS

Edited Book Series

Springer: ByWord Books. Issues in Geriatrics

Series Editors: Balakrishnan (Kichu) R Nair, Elizabeth Cobbs, Julie Byles

<https://www.springer.com/series/16863>

Byles J, Tavener M, Princehorn E. **Healthy Ageing at very old ages – perspectives from women in the oldest cohort of the Australian Longitudinal Study on Women's Health.**

In 'Handbook of Contemporary Ageing Issues: Global and Country Narratives' Editor: Dr. Mala Kapur Shankardass, Ph.D Routledge 16 June 2025

https://www.routledge.com/The-Routledge-Handbook-of-Contemporary-Ageing-Issues-Global-and-Country-Narratives/Shankardass/p/book/9781032632292?rsrtid=AfmBOoraXcnwYFGcuhkERmdzR0iyBFGeoES-Pd44WDI_S7ass6s1HQOV

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Kwok WS, Khalatbari-Soltani S, Dolja-Gore X, et al Falls and patterns of physical activity participation over 18 years in the Australian Longitudinal Study on Women's Health. *British Journal of Sports Medicine* 2024;58:919-929. See blog:

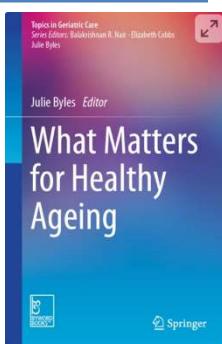
<https://blogs.bmjjournals.com/bjsm/2024/12/02/falls-and-patterns-of-physical-activity-participation-over-18-years-in-the-australian-longitudinal-study-on-womens-health/>

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Khaing K, Dolja-Gore X, Dizon J, Fang X, Tian Z, Fu C, Barker D, Zhou S, Nair B, Byles J, Attia J. Effect of Excessive Daytime Sleepiness and Long Sleep Duration on All Cause Dementia: A Systematic Review and Meta-analysis. *The Journals of Gerontology: Series A*, Volume 80, Issue 7, July 2025, glaf087, <https://doi.org/10.1093/gerona/gla087>

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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) Michael Tan (Communications) Julie Byles (ILC Aus Head)
Benetas	Sandra Hills
National Ageing Research Institute	Briony Dow
Brotherhood of St Laurence	Lisa Rollinson
COTA Australia	David Wright-Howie
RDNS/Bolton Clarke	Claudia Meyer
City of Unley	Megan Berghuis
Centre of Excellence in Population Ageing Research	Saman Khalatbari Soltani
La Trobe University	Yvonne Wells
Uni SA	Helen Barrie
Federation University	Colette Browning
University of Melbourne	
University of Newcastle	Julie Byles Janine Johnston
EveryAge Counts	Marlene Krasovitsky Robert Tickner

