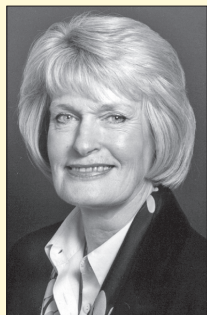


FRIENDS OF THE FOUNDATION



Carolyn Ward

The Friends of The Foundation was launched at Government House in November 2005. Joan-Mary Longcroft QSM was the Inaugural Chair. She stepped down at the end of 2009 to be succeeded by Carolyn Ward

The 2011 Committee is:

Carolyn Ward (Chair), Leonie Lawson (Minute Secretary), Joan-Mary Longcroft, Marie Quinn and Linda Snell.

We welcome the following new Friends of the Foundation:

- **Bryan Bartley**
- **Thelma Down**
- **Margaret Tapper**

2010 END OF YEAR FUNCTION

"Christmas Miracles" at the Opera Factory on 16 December 2010. This was a most enjoyable fellowship evening and we hope to organize a similar event this year.

Preliminary notice!

HOPE sponsored seminar

RESIDENTIAL OPTIONS IN RETIREMENT

Where will you live?

Private home in the community?

Retirement Village
(‘gated’ community)?

Residential elder care?

Pensioner flat?

Professionals will discuss the pros and cons, financing options, eligibility and legal issues involved in making housing choices.

Saturday September 3rd

8.45am – 1.00pm.

For more details and registration form watch our website

www.hopefoundation.org.nz

SUMMER STUDENTS PRESENTATION

As we go to press we are looking forward to the Summer Students presentation on Monday, 9 May hosted by the Auckland Branch of the NZ Association of Gerontology. A flyer was recently mailed to Friends.

FRIENDS FUND-RAISERS

The Friends Committee of the Foundation is organizing a fund raising event at Howick Little Theatre on Sunday, 15 May with a production of "Ice Glen". Flyers have been mailed to Friends for this event. Former functions have been a sell out - there are still a few tickets available so be in quick!

MEMBERSHIP

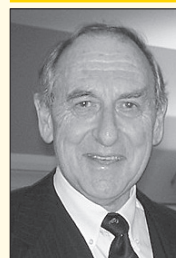
Membership of the Friends is tax deductible. Friends pay \$25.00 annual gift for an individual or a concession rate of \$40.00 per couple. If you are already a Friend and have not yet renewed, please send us a cheque to renew your membership for 2011. If you are not a Friend already, why not join? A form is enclosed with this Newsletter.



The HOPE Foundation for Research on Ageing

Preparing New Zealand for an Ageing Future

NEWSLETTER May 2011



EDITORIAL

Professor David Richmond,
Inaugural Professor of Geriatric Medicine,
The University of Auckland.
Founder and Chair of The Foundation

The recent events in Christchurch have brought into sharp focus the inherent instability of these "shaky isles" as the Aussies love to call them. (But just remind them of Newcastle 1989). Until there is a major disaster, we take the services we receive – water, sewage, electricity, gas, etc. very much for granted. But the truth is that we live in a potentially unstable environment. And when destructive forces are released, it is the older people and those with disabilities who fare worst. We have seen rest home residents transferred all over the South Island, often far away from families. Yet in some ways they are the fortunate ones, for those struggling to remain at home have been coping with toilets at the end of the street, water arriving in tankers having to be collected by hand, flooded driveways and streets, no electricity or gas. We are heavily dependent on technology to maintain a reasonable quality of life. Number 8 wire is not as effective in an urbanised society as it used to be down on the farm. But technology requires a stable environment in which to function. Who would have thought that rocks tumbling off cliff faces would demolish houses and liquefaction block suburban streets? That sort of thing only happens overseas doesn't it? Well, clearly no. The truth is that not enough research had been done on the environment before people were allowed to build homes in what have proved to be dangerous areas.

On the positive side, it is clear that the tragedy has brought out the best in human relationships. Neighbours are looking out for one another again. Students and farmers are cleaning up streets and properties. And people from all over the country are donating money, food and clothing to the people of Christchurch. It's great to see that certain old-fashioned community values such as "love your neighbour" are being resurrected. Like it or not I believe we are going to have to increasingly live this way, especially during tough financial times. In Christchurch people are already faced with hard decisions about issues such as what to do when your house is badly damaged and loses value. But even where homes are intact, increasing numbers will need help with deciding what to do if, for example, they can no longer manage at home. As a contribution to preparedness, the Foundation intends to begin a series of public seminars on practical issues facing an ageing population, such as living arrangements for retired and semi-retired people. Thank you for your continued support: it is making a difference.

Chair: Professor David Richmond,
PO Box 87343, Meadowbank
Auckland 1742
Charities Commission No. CC24328

Executive Officer:
Mrs Eleanor Spencer
Ph 09 524 9732
eleanor.spencer@hopefoundation.org.nz

COMMENTS ON SCHOLARSHIPS AWARDED ACADEMIC YEAR 2011



Sally Prebble is enrolled in a PhD programme in the Department of Psychology at Auckland University. Her research project is entitled: Autobiographical memory and sense of self.

Previous research has suggested that people's memories of their lives (autobiographical memory, particularly episodic memory, i.e. the hard factual memories) play an important part in their sense of who they are (sense of self). A healthy sense of self is thought to be important to well-being, quality of life and mental health. A common fear of people is that the loss of memory that accompanies older age and dementia will lead to a loss of identity. This study is an attempt to examine which aspects of sense of self are vulnerable to loss of memory, and how sense of self is affected by deterioration in memory that occurs with the passage of time in dementia. The findings may assist with developing support services for older adults that maintain their autonomy and well-being.



Ankita Umapathy is enrolled in a PhD programme in the Department of Optometry and Vision Science at the University of Auckland. She is investigating the role of antioxidants in the prevention of eye disease.

Common age-related causes of blindness such as macular degeneration, glaucoma and cataract are thought to be due to oxidative stress caused by exposure to irradiation and high metabolic activity. The levels of protective antioxidants such as glutathione (GSH) decline with age, leaving avascular tissues such as the cornea in the front of the eye vul-

nerable. There is evidence that the lens acts as a reservoir, supplying GSH to other tissues in the front of the eye. If that is the case, lens removal in cataract surgery could increase the susceptibility of the eye tissues to degenerative disease. This research will examine the extent to which the lens contributes GSH to the rest of the eye, and what the effect of removing the lens is on GSH levels. If GSH levels are lowered, it may well be that a new treatment regime will be needed after cataract surgery to enhance protective antioxidant levels in the front of the eye.



Isabelle Miclette is a PhD candidate in the College of Humanities and Social Sciences at Massey University. She is investigating ways of reducing loneliness and improving the well-being of older adults.

Loneliness is a common complaint amongst the older population. It leads to low quality of life, poor subjective health and increased use of health and social services. This research explores ways in which older adults can develop self-help skills that will enable them to cope better with loneliness. In particular, the usefulness of the Self Enrichment Course in reducing loneliness will be examined. This involves a group process of re framing loneliness as a challenge and the use of past experiences of successful coping with challenges earlier in life to devise strategies to overcome loneliness; then allowing participants to contribute some of their wisdom and coping skills to others.



Rachael Sim is a doctoral candidate in Massey University's School of Psychology. She is investigating the prevalence and

role of false memories as people age.

Having completed her Master's in 2010 (which was funded by HOPE) Rachael has now enrolled in this PhD programme. In her Master's programme she investigated the prevalence of false memories in older as compared to younger subjects, finding no difference. (A false memory is an erroneous memory in which a person recalls events that had not in fact been experienced.) She suspects this was due to an inadequately sensitive test. In her doctoral research, she plans to expand the testing regimen to include a battery of other tests, to use two different methods of inducing false memories and to investigate a wider spectrum of types of

memory that may be affected as people age.



Michael Annear is in the second year of his doctoral studies of environmental influences on active ageing. He has completed the first stages of design and development of his project, carried out an extensive literature review and begun to survey the group of older people in the Christchurch area who are the subjects of his enquiry. Michael is studying in the Christchurch School of Medicine and Health Sciences' Department of Medicine. This will be the second year the Foundation has assisted Michael with funding for his research.

SPECIAL HOPE FOUNDATION RESEARCH AWARD REPORT



Report on Sarah Hood's Evaluation of D.H.B.'s Implementation of the Health of Older People Strategy.

The Foundation arranged that Sarah Hood would focus her research for the degree of Master of Public Health on an evaluation of the extent to which the D.H.B's had implemented the government's Health of Older People Strategy. (HOPS) at the conclusion of the eight years the government had allowed to have the policy fully implemented. Previous research by Lisa Stewart at about the half way mark had shown that the response was well behind time and that some D.H.B.'s didn't even have it in their sights.

Sarah discovered that although of the Strategy had been implemented in part by most of the DHBs, there were significant gaps on the part of all DHBs. A number of problems were identified. Several DHBs had gotten started on the policy late because it was presented to them for implementation along with a host of other

start-up strategies and there were issues of priority, others had failed to be reassured that funding for the Strategy would be forthcoming from the government. Some were waiting for the introduction of an assessment tool that required training to implement. Others discovered that attempting to get the various health professionals from the community and in the hospital to work together to integrate services was difficult. Some did not have a sufficiently sophisticated IT system to handle communications.

The DHB managers were by and large well aware of the short-fall in implementation. Most were of the opinion that progress had been made and that the future would see much improved compliance than was currently visible. Whether this optimism is justified, only time will tell. In the meantime, older people around the country stand to be disadvantaged by the gaps in implementation of the Strategy.

For more information see our website: www.hopefoundation.org.nz