



**Dr Sally Rimkeit & Jacqueline McIntosh – Victoria University**  
**‘Experiencing Place: People with Younger Onset Dementia in Aged Care Facilities’**

Currently there are limited specialized services for Younger Onset Dementia in New Zealand and people with more advanced Younger Onset Dementia who require care outside their home are placed in aged care facilities.



**Dr Michal Boyd – Auckland University**  
**‘Acute hospitalization of older people before and after entry into residential aged care in Auckland’**

In older people entering residential aged care (RAC) greatest demand for acute hospitalisation is seen a few months before RAC admission suggesting

that functional and medical instability precipitates RAC admission. New RAC residents utilize hospital beds less frequently than when at home before that unstable period.

**Dr Tess Moeke-Maxwell – Auckland University**

**‘Drowning in Debt – The financial cost of care for Maori Kaumatua at end of life’**



Whanau struggle to cope with meeting the financial demands of caring for Kaumatua at end of life.

This places a huge burden on them to fulfill their familial and cultural obligations to provide care/aroha to Kaumatua who are ill and dying.

**Dr Ruth Teh – Auckland University**



**‘Untangling multi morbidity in advanced age: patterns of conditions predicts outcomes (Lolacs NZ)’**

Multimorbidity (2 or more chronic conditions) is associated with poor outcomes and increased health care utilization. In octogenarians personalized care based on a profile of conditions rather than the presence or absence

of specific conditions may optimize efforts to improve outcomes.

**Joanna Broad – Auckland University**

**‘Residential Aged Care in New Zealand’**



What is known and unknown about service use and how can available data be used to address the unknowns.

Re-use of existing data allows better or new estimates of Residential Aged Care (RAC) in NZ. Official New Zealand reports (eg MOH, WHO, OECD) may understate use of RAC. Growth in demand from population ageing is expected. Improving

chronic care management may help avoid or delay entry into RAC.

**Lily Chang – Auckland University**



**‘The Octodon degus debut – what their eyes tell us about neurodegeneration’**

The results of this research show that there is age-related accumulation of Alzheimer’s Disease proteins in the retina and an associated increase in the level of cellular stress.

It is of particular interest that certain visual functions may be specific in Alzheimer’s patients and may serve as a novel diagnostic clue.



**Carolyn Ward, Chair, Friends of the Foundation**

**2014 FRIENDS FUND-RAISING EVENT – Sunday, 11 May**

We booked Howick Little Theatre for a performance of **‘The Importance of Being Earnest’**, a favourite Oscar Wilde play. This proved to be a popular

choice and was enjoyed by those attending. Karen and I are attending the “Preeves Night” on Saturday, 18 October and hopefully there will be a suitable play for next year. You’ll be kept advised – watch this space!

**RECEPTION FOR PROFESSOR DAVID RICHMOND – Thursday, 2 October**

Earlier this year a meeting was convened to consider, amongst other things, a celebration to honour Professor David Richmond’s 20 years of service to be presented in a public forum. He had indicated he was stepping down as Chairman of The HOPE Foundation at the August Board meeting. After much discussion, Joan-Mary Longcroft suggested a Reception at The Northern Club, of which she is a member. As I left to travel overseas in June arrangements were under way and the date of 2 October was chosen and a flyer prepared that was approved by the Board.

The event was attended by around 50 friends and colleagues of Professor Richmond and was a great success. Joan-Mary Longcroft spoke as the Inaugural Chair of the Friends Committee and said how very proud we were to be honouring Professor Richmond for his long years of hard work and inspiration.

She then invited Rod Perkins, who has had a long association in the medical field and has known Professor Richmond for many years, to make

**FROM THE ANNUAL GENERAL MEETING**

As advised last year Professor David Richmond stood down as Founding Chair after 20 years in that role. Dr Maree Todd was elected Chair and Assoc Professor Andrew Shelling as Vice Chair.

**Members of the Board:** Dr Maree Todd (Chair)

- Professor David Richmond
- Associate Professor Andrew Shelling
- Professor Martin Connolly
- Marie Hull-Brown
- Robin Northey
- Richard Ray
- John Biggs

Richard Hawkes was confirmed as Hon Treasurer and Rex Paddy as Hon Secretary and Executive Officer



**Rod Perkins and Maree Todd**

**FRIENDS DONATION 2015**

First of all I would like to thank you for the past interest you have shown in The HOPE Foundation. Friends pay \$25.00 annual gift for an individual or a concession rate of \$40.00 per couple. I now invite you to renew your annual donation for 2015.

Cheques should be made payable to The HOPE Foundation and mailed to the Devonport box number. You will receive a receipt for tax deduction purposes, and for any additional gift you choose to make.

If you are not a Friend already, why not join? Contact Rex Paddy for further information.

**Carolyn Ward Chair, Friends Committee**

**Friends of the Foundation at the farewell for retiring Chair, Professor David Richmond**



# The HOPE Foundation for Research on Ageing

*Preparing New Zealand for an Ageing Future*



**Dr Maree Todd, Clinical Director, Older People’s Health, Auckland District Health Board. Chair of the Foundation**

*‘It always seems impossible until it’s done . . .’ – Nelson Mandela*

Establishing the Hope Foundation, setting the aims, sourcing funding

and keeping going has often seemed an impossible task. The vision, leadership and perseverance shown by Professor David Richmond have led to the Foundation being in an optimistic and sound state to grow and further our aims. Thank you David for all your work and leadership. It is my pleasure to be taking over the Chair of the Hope Foundation and hope to build on this work with the support of the Board and Friends.

We are certainly not “done”, but David’s recent retirement from the Chair was an opportunity to reflect on what we have achieved over the last 20 years. His retirement was held at the Northern Club and was graciously hosted by Joan Mary Longcroft and the Friends Committee led by Carolyn Ward.

Over the last 20 years the HOPE Foundation has funded over 30 scholarships at Masters and PhD level and a similar number of undergraduate summer studentships. We have held a variety of public meetings and seminars on varied topics from helping businesses get ready for an ageing workforce and market, to practical caregiving.

We have commissioned independent research on how well District Health Boards were applying ageing policies as well as identifying different groups of older people from a marketing perspective to guide businesses. If they are not aware of the differing needs, lifestyles and preferences of people within the aging population, there is a risk that services and products will be poorly conceived, designed and developed. They will fail to meet the needs of an ageing population. It is a surprise to some people that not all old people are the same!

I was encouraged to see this research quoted in the

Ministry of Social Development’s report “the Business of Ageing – Realising the economic potential of older people in New Zealand: 2011–2051. This outlines the positive opportunities the aging population will bring. This is a small example of our aim to prepare New Zealand for an aging future.

My sense of optimism was really reinforced by the HOPE-Selwyn Knowledge Exchange for Research on Ageing held recently at the University of Auckland. Over 80 researchers from a wide variety of disciplines presented their work, networked and had the opportunity to share and cross pollinate their ideas.

I have rarely been at such an enthusiastic and successful meeting. It was particularly encouraging to see the mix of young and experienced researchers, including several recipients of HOPE awards.

We will certainly be holding similar meetings in the future and there is interest in developing a wider consortium of researchers that we will be fostering. It is encouraging to see a critical mass of researchers developing.

There is still a huge need for more factual information to guide our policy makers in New Zealand so all New Zealanders can enjoy a meaningful and worthwhile old age. There is still more for the HOPE Foundation to do.

You can help by

- Spreading the word about what we do / share this newsletter
- Donating your time to the Friends Supporters to help with fundraising and committee work
- Encouraging your children and grandchildren to invest in their futures by donating time and money (a baby girl born today has a 1 in 3 chance of living to 100, a boy 1 in 4 and is likely to be fitter and healthier—think about the implications of that)
- Consider a bequest

*Optimism is the faith that leads to achievement; nothing can be done without hope.*

*Helen Keller – Optimism*

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## RESEARCHERS MEET TO SHARE THEIR EXPERIENCES AND RESULTS

The inaugural Hope-Selwyn Knowledge Exchange was held at the Tamaki Innovation Campus of the University of Auckland in late August. Eighty-seven researchers registered for the event and 32 made presentations. It was a unique opportunity for researchers with a common interest in ageing to get together and share their research journeys with emerging researchers. Here is a review of the event

### Successful inaugural event will be repeated every two years

Two days in late August saw the very successful launch of our first HOPE-Selwyn Knowledge Exchange.

It was fitting that opening this very successful event was Professor David Richmond's last official duty before handing over the Chair of the HOPE Foundation for Research on Ageing to Dr Maree Todd. Holding such an event had long been a 'must do' objective of David's.

The HOPE-Selwyn Knowledge Exchange created a venue for researchers with a common interest in ageing



to get together and share their research journeys with emerging researchers. It also provided a first opportunity for Professor Ngaire Kerse to outline her objectives for her emerging Consortium of Researchers on Ageing.

At the end of the Knowledge Exchange all participants agreed to share their email addresses to facilitate communications between members of the Consortium.



The Knowledge Exchange was held at the Tamaki Innovation Campus of the University of Auckland. The University generously provided their



Top left: Prof Ngaire Kerse  
Above left: Prof Martin Connolly  
Left: Prof Mathew Parsons  
Right: Dr Tess Moeke-Maxwell



excellent Function Hall free of charge for the event. Other costs were covered by the Selwyn Foundation. We are grateful to both organizations for their support of this important occasion.

After launching the two days with some humorous anecdotes on the vicissitudes of conducting academic research David then chaired the first session.

This included presentations by Professor Ngaire Kerse, Professor Martin Connolly, Associate Professor Valerie Wright St, Clair, Professor Mathew Parsons and Dr Tess Moeke-Maxwell. Each of these very senior researchers provided insights into their research journeys including advice for intending researchers.

The value of the HOPE-Selwyn Scholarships was clearly demonstrated by the excellent presentations made by three of our current scholars. They were Rashika Karunasinghe, Ankita Umapathy and Lily Chang. Other past HOPE-Selwyn Scholars also attended the seminar. In all 87 researchers registered for the event and 32 made presentations.

There were four themes to the presentations:

- Experienced researchers representing research groups giving a summary of their research journey, highlights and a glimpse of future work proposed

- Biomedical Research
- Collaborative Research
- Research Ideas and Questions

It is proposed that a similar Knowledge Exchange will be held every second year alternating with the New Zealand Association of Gerontologists conferences. Discussions are being held on the possibility of holding a 2015 conference with NZAG which might focus on one element of ageing research such as accommodation and/or daily living. Such an event could be made attractive to the general public.

Space only allows for a sample of photos of the presenters and a very brief extract from their research. We have selected some of our current scholars plus those presenters who focused on wellbeing and daily living of the elderly. Full abstracts of any of the presentations are available by email on request.



**Dr Carol Wham – Massey University**  
**'Adequacy of Nutrient intake: Life and living in advanced age in New Zealand' (LiLacs)**

Older people are vulnerable to poor nutritional status and have an increased risk of developing health problems as a result of inadequate food intake.

**Dr Janine Wiles – Auckland University**

**'Understanding co-morbidity from both sides of the fence: A plan for qualitative research with older people and their primary care providers'**



Many people living in advanced old age are living with multiple illnesses. We have an unique opportunity to develop a new research programme in this area through building on findings from the longitudinal cohort study. (Lilacs NZ)

**Dr Andrew Towers - Massey University**



**'An international collaboration exploring older New Zealanders alcohol use'**

Initial analysis using standard screening tools shows higher rates of hazardous drinking in older New Zealanders than older US counterparts and no overall benefits of alcohol use for health.

The substantial rate of alcohol use in the presence of chronic conditions and medications can seriously increase the risk of harm. (Dr Towers offered researchers access to the database of the Massey University longitudinal study on ageing.)

**Karen Hayman – Auckland University**



**'Resilience and the Psychosocial make-up of people in advanced age'**

The importance of faith and having multiple social connections emerged as key cluster identifiers.

Significantly more Maori were classified into the 'religious and connected' cluster.

**Robyn Johnston – Canterbury University**



**'Entering the twilight zone: Exploring the experience of older people as they transition their living accommodation'**

Older people have a greater array of choices for retirement living than any other generation before them.

Deciding on where to live is a major dilemma for them.

**Ankita Umapathy - Auckland University**



**'Characterisation of glutathione efflux pathways in the rat lens'**

This research provided evidence for the lens supplying glutathione to the anterior tissues of the eye. Glutathione supplements post-cataract surgery may be a strategy for preserving long term ocular health.

**Dr Gary Cheung – Auckland University**



**'Suicide in older New Zealanders within one month of contact with their general practitioner'**

Globally older people have one of the highest suicide rates and New Zealand is no exception. Depression is less often being diagnosed in old-old males and females. Mental health is usually not the primary concern addressed in the last

general practitioner consultation prior to suicide.

**Dr Hong-Jae Park – Auckland University**



**'Ageing in Filial Piety: The realities not spoken'**

Filial piety (respect and care for older people) is the core value that deeply influences most aspects of intergenerational relationships in many Asian families. The future of filial piety remains a double-edged sword, promoting closeness and solidarity within family relationships, but often creating an invisible source of isolation and 'anomic' elder abuse.

**Lennex Yu**

**'Could blocking Receptors for Advanced Glycation End-products slow the progression of Osteoarthritis'**



Given that the 'control' induced an inflammatory response above the levels of the 'pro-inflammatory' AGEs it was concluded that the cell line is not suitable for further study and the focus will be shifted to the human chondrocytes.

**Guyon Lang**



**Barriers to ocular drug delivery in the aged eye: Composition of the human retina inner limiting membrane.**

Immunocytochemical analysis of the ILMs obtained during vitrectomy revealed that they are composed of a protein matrix together with microglia, ganglion cells and other cells.

**Tracey-Lee Dalton – Auckland University**

**'Caring for informal caregivers'**

Developing critical success factors that are associated with positive outcomes for caregivers of people with disability or chronic illness'



Caregivers play a vital role in our health system and the wider society. The irony is that although caregivers are invaluable in their worth they are undervalued in our current health system indicating there is a need to develop best practices associated with positive outcomes and thereby attract and retain informal care givers.

**Rashika Karunasinghe – Auckland University**

**'Resistance of dopaminergic Sustantia Nigra neurons to acute ischemic damage and hypoxic spreading depression'**



In this in vitro study of ischemia dopaminergic neurons were more resistant to hypoxic spreading depression. These results suggest that ischemia does not cause acute injury of nigral dopaminergic neurons in vascular parkinsonism.

**Andrew Lynch**

**Improving primary healthcare experiences of older adults and families through collaborative practice - from rhetoric to action**



Older adults in our communities often struggle to have their primary healthcare need met in a timely and coordinated fashion.

The causes are complex but an important component remains the multiple professionals that older adults have to interface with.



Leonie Lawson & Karen Andersen Yates of the Friends of the HOPE Foundation, ready to receive attendees



**Dr Annabelle Claridge**  
**Evaluation of the Primary Healthcare Waitemata DHB Cognitive Impairment Pathway Pilot**

The Cognitive Impairment Pathway provides an integrated process to enhance GP team support for people with cognitive impairment

**Professor Suzanne Purdy**



**Greater input to the brain through better sensory function may improve cognition**

Cognitive processes such as memory, spatial navigation and bodily self-consciousness are linked with the vestibular system and vestibular function loss may contribute to topographical memory impairment in the elderly.

## Thanks to Our Sponsors . . .



The Selwyn Foundation is our cornerstone sponsor and currently funds 80% of our activities. Other sponsors include:

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