

HOPE-Selwyn Knowledge Exchange

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Home, Connectedness and Residential Mobility in Advanced Age: a Study of the Lilacs NZ Cohort

Dr Janine Wiles, Professor Ngaire Kerse

In advanced age, attachment to place (particularly home) is positively connected to health, but in different ways for different social groups. Residential mobility may be associated with better health outcomes, and it seems that the degree of control one has over such mobility is also positively related to health.



How do we 'do' post-discharge in older people?

Minsoo Kim

Older people discharged after acute hospitalisation are not receiving appropriate PDSC as they are not booked follow-up appointments despite discharge recommendations.

Inappropriate PDSC planning and booking are strongly associated with undesirable outcomes, although not necessarily causal.



Travel patterns and transportational challenges perceived by older people and people living with disabilities in Sri Lanka

Dr Varuni Tennakoon

Based on experiences reported by older people in this middle-income country, opportunities to enhance their social participation and foster their

resilience would require greater attention to improving road conditions, providing accessible modes of transportation, strategies reducing risky driving by motorists, and nurturing positive societal attitudes towards more vulnerable communities.



Adapting digital story-telling to record Maori whanau experiences of end of life care, tangihanga and bereavement

Dr Tess Moeke-Maxwell

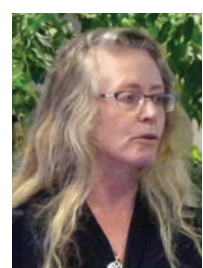
A Kaupapa Maori adapted digital story-telling method proved an innovative way to capture information about Maori end of life care, tangihanga and bereavement to inform public health awareness and understanding.



Age and Disability Friendly Streetscapes promoting inclusive mobility and participation

Professor Shanthy Ameratunga

Although pedestrians account for less than 20% of road deaths and road-injury related hospitalisations in New Zealand, age-specific rates of pedestrian deaths and hospitalisations are highest among older people.



Personal Emergency Response Alarms

Gayl Humphrey

PERS is a key element in the continuum of helping enable security to support aging in place. We are looking at the impact on wellbeing of new alarm users and their family from installation and again at three months.



What is the relationship between visual impairment and cognitive function in advanced age?

Dr Ruth Teh

Vision loss was not directly associated with cognitive function in advanced age. Education level, functional status and depressive symptoms, were associated with cognitive function.



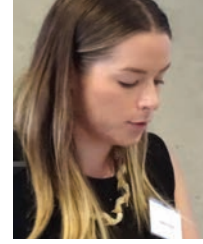
How do people who have dementia remain connected in their communities in Aotearoa NZ?

Kay Shannon

The concept of dementia-friendly communities has developed from the notion of age-friendly cities. According to Crampton & Eley (2013), dementia-friendly communities enable people

who live with dementia to remain safe and physically and socially engaged in their communities.

Evaluation of nutrition risk in older independent living adults within the Waitemata and North Shore community



Emily Fraser

This study found a low prevalence of nutrition risk in a sample of healthy community-dwelling older adults. This contributes to the body of evidence that nutrition screening is important to identify those who are vulnerable.



Older drivers, families and GP's: Navigating the path between mobility and safety

Dr Rebecca Brookland

The older driver interview will form the baseline for a proposed prospective cohort study of older drivers. This longitudinal study will allow drivers to be followed through the transition from driver to non-driver and will determine

the predictors and ongoing consequences of driving reduction, self-regulation and cessation on economic, social, psychological, and health outcomes.



Femoral Fracture rates following the 2010-2011 Canterbury Earthquakes

Catherine Choi, Joanna Broad

The impact of strong earthquakes on rates of femoral fracture is high and continues over 10 weeks after the last major earthquake (December 2011 earthquake). This shows how physical changes to the landscape, such as

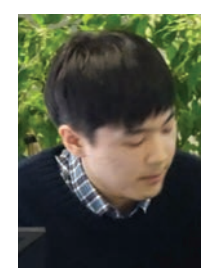
uneven ground and sloping floors and unfamiliar travel or locations after a disaster may have detrimental effect on residents well after the initial shock.

Qualitative evaluation of a Primary Health Care Gerontology Nurse Specialist



Dr Michal Boyd

The PHC GNS information, support and education for those newly discharged from hospital was found to be useful particularly concerning: medications, chronic illness self-care, dementia caregiver support and education.

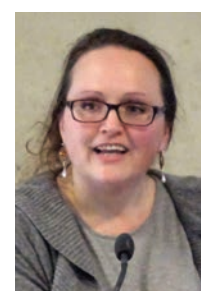


Hospital Admissions of Residential Aged Care Residents and Community-Dwelling Elders in NZ

Brian Ok

Hospital admission rates among RAC residents were lower than community dwellers in Auckland. This contra-indicates international studies showing RAC residents having higher hospitalisation rates than community

dwellers, presumably because of greater co-morbidity and higher levels of dependence.



Who will take care for the next aging generation?

Claudia Ammann

Intergenerational solidarity and elder care provision through the lens of the adult child generation. Central premise: 'What we remember about our earlier family lives does influence our later behavior in these families' versus moral dilemmas.



Response of glial cells in an in vitro model of stroke.

Rashika Karunasinghe

Our in vitro model of ischemia suggests that glial cells in the SN are particularly sensitive to ischemia-reperfusion.

This unexpected high sensitivity should be investigated further, as the withdrawal of glial support may impair the activity of Substantia Nigra neurons following even

a short period of brainstem ischemia, and lead to 'vascular forms' of parkinsonism



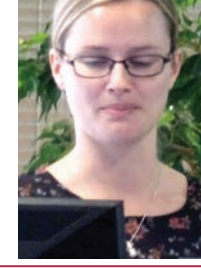
Evaluation of a Primary Health Care Gerontology Nurse Specialist

Dr Anna King

The primary health care GNS model delivered a proactive case finding and specialist gerontology intervention for older people at high risk of functional or health decline. This type of innovation is crucial to meet the changing needs of

the primary health care population.

Life and living in Advanced Age: A cohort study in NZ (LILACS NZ) – Protein Intake in Maori of Advanced Age



Briar Bennett

Initiatives are needed to increase both the daily intake of protein and distribution of protein across meals. Improved access to kai Maori and other Maori foods may enhance overall protein food consumption.



The HOPE Foundation for Research on Ageing

Preparing New Zealand for an Ageing Future

NOVEMBER 2015



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

In September I was proud to launch the second HOPE-Selwyn Knowledge Exchange. Once again this was a very successful event

with over 60 attendees from throughout New Zealand.

Sessions were chaired by myself, Professor Ngaire Kerse, Professor David Richmond and Associate Professor Valerie Wright-St Clair. Professor Valerie Wright-St Clair is the newest member of the HOPE Foundation for Research on Ageing Board being the nominee of the New Zealand Association of Gerontology.

Once again we saw enthusiastic collaboration between researchers and the strengthening of

Friends Committee of the Hope Foundation seeks to raise funds for scholarships for research into aging

We are a group of over 60s, all retired and very busy with many other commitments in the community but 100% committed to the cause of the HOPE Foundation.

This year we have held two successful functions. The first was the Twilight Soiree held at Rannoch, where we were entertained by Pianist Mikhail Tablis and Dr John Thomson, violinist. In October, a play at the Dolphin Theatre was a fundraising event. The events were very different and both worthwhile.

We thank those of you that attended these functions. In this way, you give towards the research funded by the HOPE Foundation. We also want thank those that made generous contributions in lieu of attending the functions

Next year, there will be another Twilight Soiree, at Rannoch in Epsom, with different performers on

Professor Ngaire Kerse's Consortium of Researchers on Ageing. First time researchers mingled comfortably with some of the most experienced researchers in New Zealand.

A highlight was the number of presentations from members of the LiLACS New Zealand team. LiLACS NZ is an abbreviation of - Life and Living in Advanced Old Age: A Cohort Study in New Zealand. This collaboration is lead by Professor Ngaire Kerse and consists of more than 32 researchers 10 of whom presented at this year's HOPE-Selwyn Knowledge Exchange.

Next year we will be supporting the New Zealand Association of Gerontology Conference and our next Knowledge Exchange will be in 2017.

If you are not already a Friend of the HOPE Foundation for Research on Ageing please consider joining. Membership is by donation of \$25 for an individual or \$40 for a couple.



The Friends Committee: from left, Elizabeth Rackley, Carolyn Ward, Linda Snell, Karen Andersen Yates, Joan Mary Longcroft and Leonie Lawson. Marie Quinn is also on the committee but not in the photo

Sunday the 1st of May. Do put that date in your diary.

We would encourage you to share these events and your support of the HOPE Foundation with your own friends. We look forward to seeing you next year. It is for a very good cause.

Karen Andersen Yates, Chairperson,
Friends Committee of the HOPE Foundation

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RESEARCHERS MEET TO SHARE THEIR EXPERIENCES AND RESULTS

Successful inaugural event will be repeated every two years alternating with the New Zealand Association of Gerontology Conferences

Two days in late August 2014 saw the very successful launch of our first HOPE-Selwyn Knowledge Exchange. An equally successful one day Knowledge Exchange was held in September this year. It is our intention to host one HOPE-Selwyn Knowledge Exchange every two years, alternating with the New Zealand Association of Gerontology Conference, so this year was an 'extra' to bring us in line with their timetable. We are in discussions with NZAG on the possibility of adding a day to their 2016 Conference at which researchers will present their work to the general public. The Government Office for Senior Citizens has also expressed an interest in such an event.

The HOPE-Selwyn Knowledge Exchange creates a venue for researchers with a common interest in ageing to get together and share their research journeys with emerging researchers. It builds on work by **Professor Ngaire Kerse** to develop a 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. This approach is very consistent with the international movement for cooperation between researchers rather than competition.

The Knowledge Exchange was held at the Tamaki Innovation Campus of the University of Auckland. The University generously provided their excellent Function Room 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 and for the backing of the New Zealand Association of Gerontology.

The event was launched by **Dr Maree Todd** current Chair of the HOPE Foundation for Research on Ageing. Individual sessions were chaired by Dr Maree Todd, **Professor David Richmond**, **Professor Ngaire Kerse** and **Associate Professor Valerie Wright-St Clair**. Each of these very senior researchers provided insights into their own research journeys including advice for intending researchers.

Professor Martin Connolly gave a progress report on the Ageing Well section of the National Science Challenge.

Professor David Richmond



Among those attending and presenting were representatives of the University of Auckland, AUT University, University of Otago, Massey University, University of Canterbury, Northland Technical College, Nelson Marlborough Institute of Technology, Counties Manukau DHB, Waitemata DHB, Auckland DHB, Nelson DHB, Selwyn Foundation & Auckland City Council.

The value of the HOPE-Selwyn



Dr Maree Todd

Scholarships was clearly demonstrated by the excellent presentations made by three of our past scholars. Other past HOPE-Selwyn Scholars also attended the seminar.

There were a number of themes to the presentations

- Experienced researchers representing research groups giving a summary of their

research journey, highlights and a glimpse of future work proposed

- Older Migrants, Nutrition & Driving
- Home, Mobility & Community
- Clinical, End of Life & Security
- Falls, Frailty & Barriers
- The Brain & Vision
- Collaborative Research
- Research Ideas & Questions

Space only allows for a brief extract from each of the presenters abstracts. Full abstracts of any of the presentations are available by email on request and can also be found of the New Zealand Association of Gerontology website.

FROM THE ANNUAL GENERAL MEETING

At the July Board meeting the following appointments were confirmed

Members of the Board:

Dr Maree Todd (Chair)

Professor Andrew Shelling (Vice Chair)

Professor David Richmond

Associate Professor Valerie Wright-St Clair

John Biggs, Marie Hull-Brown, Richard Ray

Richard Hawkes was confirmed as Treasurer and Rex Paddy as Hon Secretary and Executive Officer. Karen Andersen Yates was confirmed as Chair of the Friends



Auckland University of Technology (AUT) and Ageing Research

Associate Professor Valerie Wright St-Clair

AUT historically has not been known for its strengths in gerontology research but this is changing with the formation of the Active Ageing Research Group

(AARG) of which Associate Professor Valerie Wright St-Clair and Associate Professor Stephen Neville are Co-Directors. AARG's purpose is optimizing older people's individual and collective ageing well through inclusion and participation within communities regardless of personal capacities.

AARG embraces the World Health Organisation definition of Active Ageing as the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age. The definition applies to both individuals and population groups.

The AARG is multidisciplinary including researchers in exercise science, occupational therapy, physiotherapy, psychology, physiology and nutrition, women's health, social gerontology, anatomy and massage therapy. Recent and current projects include:

- Older Asian immigrant's participation in civic society
- Participation at end of life
- Older adults' community integration post-traumatic brain injury
- Benefits of dance for older adults
- Benefits of the Never2old exercise and resistance training programme
- Benefits of the Green Prescription
- Tai Chi and preventing falls
- Preventing falls in older adults in residential care
- Quality of life of retirement village residents
- Lifestyle intervention with older Indians
- Green prescription face to face vs telephone model for Maori and European
- Barriers and enablers to community age-friendliness.



Ageing Well - A National Science Challenge

Professor Martin Connolly

'Ageing Well' is one of 10 'National Science Challenges'. The research will be mission led, collaborative and interdisciplinary with stakeholder engagement from the start. It is being funded by and overseen by the Ministry

of Business Innovation and Employment and is proving to be a long and involved process. The University of Otago is the "Host" with Professor Dave Baxter as Director and Professor Martin Connolly as Co-Director. \$14.6 million in funding was allocated in August 2015 with \$3 million allocated to the first phase. The emphasis will be on

collaborative projects with stakeholder engagement at the planning stage.

The Vision is 'to add life to years' of all older New Zealanders. This is to be achieved by harnessing science to sustain health and well being into the later years of life by:

- Enabling wellness, independence and autonomy
- Promoting social integration and engagement
- Valuing older people in all settings
- Reducing disability and the impact of disability
- Enhancing age-friendly communities.

Respecialising in ageing research: A retirement journey.

Dr Hilary Lapsley

The first of three papers, along with colleagues from the Centre for Cognitive Ageing and Cognitive Epidemiology at the University of Edinburgh, has been submitted to BMC Geriatrics. It presents

qualitative research findings on the 'start in life' of 126 90-year-olds from the Lothian Birth Cohort 1921 (LBC1921) in order to contextualise the cohort and to contribute to understanding the relationship between childhood risk and resilience and healthy ageing.

As an ageing baby-boomer, I would hope that my contributions to research on ageing will make a difference to the lives of my contemporaries as we grow older. I see superannuation as an ongoing research grant, giving me the opportunity of involvement in the exciting field of ageing research.

Cognitive Stimulation Therapy - the New Zealand Experience

Dr Kathy Peri

This presentation will report on the results of a small pilot study involving community dwelling older people and residents in an aged care facility with mild to moderate dementia who

participated in a CST program conducted in 2014. It will also outline the learnings and challenges of setting up and delivering a CST program and our current work regarding training CST facilitators to promote wider dissemination of CST in New Zealand.

Falls, frailty and mortality of Maori and non-Maori in advanced age; LiLACS NZ

Professor Ngaire Kerse

Maori may be less frail than non-Maori. Falls maintained prediction of mortality independent of Rockwoods scale for both Maori and non-Maori but not Fried's. The two frailty concepts measure different things.



Treatment of Beta Amyloid-Induced Basel Forebrain Cholinergic Damage by a Non-Classical Estrogen Signaling Activator

Dr Andrea Kwakowsky

In summary, these findings indicate that estren might hold potential as a molecular target for AD prevention and treatment. Further research will

be required to determine the best treatment protocol, concentration, formulation, or to find even more effective non-classical estrogen signaling activators then estren for AD prevention and treatment.



What does the literature say about interventions aiming to reduce or delay entry to residential aged care, and how does this compare with older people's perceptions?

Bernard Kim

That older people highly value home-based support services suggests that recent decisions to reduce provision of

such services require review. In particular, the provision of low-level care in preventing/delaying entry into RAC facilities should be reviewed.



Older Asian migrants contributions to health through civic engagement

Professor Valerie Wright-St Clair

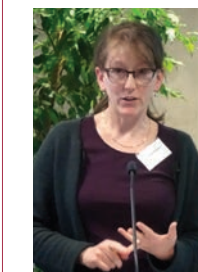
The informal strategies used by older Asian immigrants to strengthen community are seemingly poorly understood or represented at a policy level. Public policies aimed at enabling older immigrants' civic engagement could have benefits for individual health and the health of wider society.



Evaluation of a palliative care educational programme

Dr Marcus Henning

Educational initiatives within the clinical setting need to be encouraged. National agencies are useful in driving such programmes but unique clinical contexts engender the need for fine tuning to enable optimal learning.



The Impact of Vision Improvement on Montreal Cognitive Assessment Scores.

Dr Nina Molteno

Improvement in near acuity had a significant effect on performance of the visual component of the MoCA but the total MoCA score was not affected by change in either distance or near

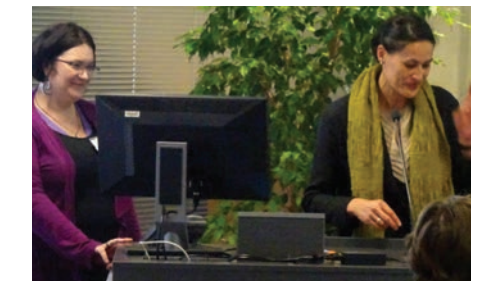
acuity. Improved distance acuity was associated with lower depression scores.

Barriers to health for Kaumatua-Kuia (Elders) in Te Tai Tokerau (Northland)

Dr Anneka Anderson, Dr Marama Muru-Lanning

We will use a strengths-based approach to explore the lived health experiences of kaumatua-kuia, and their whanau within Te Tai Tokerau.

Our aim is to understand what facilitates access to and use of healthcare as well as the barriers encountered.



Thanks to Our Sponsors . . .



The Selwyn Foundation is our cornerstone sponsor and currently funds 80% of our activities.

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