

Centre for Ageing Research & Development in Ireland

An Overview
2007-2015



C|A|R|D|I

Centre for Ageing Research
and Development in Ireland

Contents

TIMELINE	4
FOREWORD	6
INTRODUCTION	9
CARDI OVERVIEW	11
2007–2015 AT A GLANCE	12
CARDI OUTPUTS	14
CARDI'S VISION & VALUES	15
CARDI'S WORK	16
SECTION 1: BUILDING CAPACITY	
• Leadership Programme	17
• International networks and connections	18
• Training events	20
SECTION 2: SUPPORTING COLLABORATION AND COOPERATION	
• CARDI Grants Programme	21
• Northern Ireland Cohort for the Longitudinal Study of Ageing	22
• Events and Seminars	22
SECTION 3: COMMUNICATING AGEING RESEARCH	
• Key publications	30
• CARDI websites	34
• Media coverage	35
CARDI STEERING GROUP 2007-2015	36
CARDI STAFF 2007-2015	38
APPENDICES	40
1. CARDI funded research	41
2. Leadership Programme	48
3. CARDI publications 2008-2015	53
4. Selection of CARDI workshops, training events, launches and seminars 2008-2015	57

Timeline



2003

The idea of an all-Ireland Institute of Ageing Research is proposed

First meeting of Steering Group to discuss all-Ireland Institute of Ageing Research

This group continued to meet and refine its concept over the next 2 years

2005

The Institute of Public Health in Ireland (IPH) joins Steering Group

Business case for CARDI and scoping study produced, IPH agrees to host CARDI

2006

€2.4m secured from The Atlantic Philanthropies and augmented by grants from the Department of Health and Children (DOHC) Republic of Ireland (ROI) and the Health and Social Care Research and Development Office Northern Ireland (NI) which totalled €2.97m

2007

Director of CARDI appointed and staff team come on board

All-Ireland and cross-sector Steering Group established to oversee the work of CARDI

2008

Web resource for researchers in ageing with online database launched - www.cardi.ie

CARDI strategy launched in Belfast and Dublin by Ministers Kelly, Donaldson and Hooctor

First event held in partnership with Strategic Promotion of Ageing Research Capacity (SPARC) - Developments in Housing, Health and Technology for Older People: Showcasing Research & Practice

CARDI facilitates discussion on a Northern Ireland Cohort for the Longitudinal Study of Ageing (NICOLA)

2009

First all-Ireland Ageing Research Grants Programme launched - 6 all-Ireland projects supported

Second call of CARDI Grants Programme - 8 all-Ireland projects supported

2010

2011

2012

2013

2014

2015

2010

Third call of CARDI Grants Programme - 5 all-Ireland projects supported

Seminar series on 'Inequalities in Old Age' takes place in Belfast, Dublin & Galway

Launch of A Picture of Ageing Research in Ireland, North and South

Data Mining Grants Programme established and launched - 6 all-Ireland projects supported

2011

International conference in association with the International Association of Official Statistics, Northern Ireland Statistics Research Agency (NISRA), Queen's University Belfast (QUB)

Ageing Globally - Ageing Locally International Conference

International exchange programme established with Canada

2012

€1.69m secured from The Atlantic Philanthropies

Group of postdoctoral researchers from Ireland attend Summer Program in Aging, Vancouver, Canada

Future Leaders in Ageing Research in Europe Event held in Galway in association with the European Research Area in Ageing (ERA-AGE) and the Irish Centre for Social Gerontology (ICSG)

2013

CARDI Strategic Plan for 2013-2015 launched

International Training Programme established (hosted visit by Canadian delegates)

Data Mining Grants Programme - 7 all-Ireland projects supported

New web resource launched – Agestats.ie

CARDI Leadership Programme in Ageing Research launched supported by The Atlantic Philanthropies and HSC R&D PHA NI - 2 CARDI Fellows supported

2014

Portfolio Publication - A Picture of Ageing Research in Ireland, North and South, updated

CARDI Leadership Programme in Ageing Research - 3 CARDI Fellows supported

Inaugural meeting - CARDI Leadership Programme

2015

CARDI Leadership Programme in Ageing Research 2014-15 Call in association with the American Federation for Aging Research's (AFAR) Paul Beeson Career Development Awards in Aging Research Program for the island of Ireland - 4 CARDI Fellows supported

Launch of final research brief from Grants programme

International Leadership Programme - Scientific Meeting

Division of Ageing Research and Development established within The IPH

Foreword

The background of the page is a solid teal color. It features several large, overlapping circles in various shades of teal, creating a layered, abstract design. The circles are positioned in the upper and lower portions of the page, framing the central text.

Foreword

Since its establishment in 2007, the Centre for Ageing Research and Development in Ireland (CARDI) has been committed to building a strong and lasting community of researchers in ageing in Ireland, North and South.

Through its funding activities it has supported innovative research into issues affecting the ageing population of the island of Ireland. However, funding researchers is not the end of the story for CARDI's work. CARDI's team has focused on communication and translation of ageing research to help evidence influence policies and practices.

Working closely with researchers, the voluntary and community sector and policy-makers to forge relationships has been central to CARDI's work to date.

A considerable amount of discussion preceded the development of CARDI. Its foundations were initiated by a Steering Group composed of representatives from academic, government, non-government, voluntary and community sectors, with support from The Atlantic Philanthropies.

In 2003 Dr Ken Logue of The Atlantic Philanthropies approached Professor Bob Stout QUB for suggestions on how Atlantic could increase its funding of ageing research in Ireland. Professor Stout contacted Professor Davis Coakley TCD and in association with Dr Logue they met a number of leaders from the academic and voluntary sectors across Ireland, North and South. From this group a Steering Group was formed with representation from academic, government, voluntary and community sectors with Dr Logue continuing in a supportive role.

The initial steering group members included: Bob Carroll from The National Council on Ageing and Older People in Dublin; Deryck Patterson from Age Concern; Grace Henry from Help the Aged; Dr Denis O'Mahony and Professor Cillian Twomey from Cork University Hospital; Professor Eamon O'Shea from the National University of Ireland Galway (NUIG); Robin Webster from Age Action Ireland; Professor Stout and Professor Coakley, Co-Chairs of CARDI.

Professor Stout presented a paper on the concept of an all-Ireland institute of ageing and other papers were developed and presented by Professor O'Shea, Robin Webster, Professor Twomey and Dr O'Mahony. The Steering Group continued to meet over the following years, working with The Atlantic Philanthropies to advance its proposal.

The proposal was the establishment of the Centre for Ageing Research and Development in Ireland (CARDI) centred on encouraging, supporting and enhancing ageing research across the island of Ireland. In 2005, to help advance the idea and in order to avoid the setup of a new legal entity, the Steering Group approached the Institute of Public Health in Ireland (IPH) to consider hosting CARDI. Dr Jane Wilde CEO and Owen Metcalfe Director from IPH played a key role in the further development of the new Centre and two reports were commissioned to support an application for funding.

The Atlantic Philanthropies agreed to fund the establishment of CARDI. This was augmented with grants from the DOHC (ROI) and from the HSC R&D Office NI. The IPH agreed to host CARDI and provide its legal and financial status.

A new steering group was established in 2007 to oversee the work of CARDI, which continued to be chaired by Professors Coakley and Stout, and included Gabrielle Jacob National Council on Ageing and Older People; Owen Metcalfe IPH; Dr O'Mahony Cork University Hospital; Anne O'Reilly Age Concern; Professor O'Shea NUIG; Robin Webster Age Action Ireland and Dr Roger O'Sullivan CARDI.

Following an extensive period of consultation our first strategy 2008-2011 was launched in both Belfast and Dublin in 2008 by Ministers responsible for older people's services and policy – Ministers Kelly and Donaldson from the Office of the First Minister and Deputy First Minister (OFMDFM), and Minister Hocht from the DOHC (ROI).

CARDI's first strategy focused on four themes:

- Identifying and establishing ageing research priorities relevant to policy and practice in Ireland, North and South;
- Promoting greater collaboration and cooperation on ageing research in order to build an ageing research community in Ireland, North and South;
- Stimulating research in priority areas that can inform policy and practice relating to ageing and older people in Ireland, North and South;
- Communicating strategic research issues on ageing to raise the profile of ageing research in Ireland, North and South, and its role in informing policy and practice.

In 2013 building on the success of our first strategy, we published a strategy focused on supporting the development of next-generation leadership and research translation.

CARDI's strategy (2013-2015) centred on three areas of work:

- Stimulating, supporting and developing strategic age research in Ireland, North and South;
- Developing skilled leaders on ageing research across the island of Ireland;
- Translating and communicating relevant research to help ensure it has the maximum impact on age policy and practice.

CARDI has, from day one, focused on encouraging collaboration among age researchers, disseminating research information relevant to an ageing population and advocating on the role of ageing research in Ireland, North and South.

Our underlying purpose has remained to improve the lives of the ever-increasing number of older people in Ireland, North and South, by supporting policy-relevant research.

This report provides a flavour of the work that has been undertaken since CARDI's establishment. It has been an exciting journey watching our thoughts move into action. We are delighted that ageing research in Ireland, North and South, is flourishing and the spirit of co-operation across the island of Ireland is now stronger than ever before.

The next phase will see the integration of CARDI into The IPH in Ireland in 2015 whereby a Division of Ageing Research and Development will be established within the Institute. This provides a great opportunity to build on the achievements of CARDI and help develop the ageing agenda further across the island of Ireland.

Finally, we would like to take this opportunity to thank the Steering Group of CARDI and its team for their time and dedication. We are grateful for the support of The Atlantic Philanthropies, the Health and Social Care Research and Development Office and the Research and Development Division of the Public Health Agency (NI), the Department of Health and Children (ROI), Office of the First Minister and Deputy First Minister, and the Institute of Public Health in Ireland for making this work possible.



Professor Davis Coakley
Co-Chair CARDI



Professor Bob Stout
Co-Chair CARDI

Introduction

The background of the slide is a solid dark blue color. It features several large, overlapping circles in various shades of blue, ranging from a very dark, almost blackish-blue to a lighter, medium blue. The circles are arranged in a way that they overlap each other, creating a layered, abstract effect. The largest circle is at the top left, and other circles of varying sizes are scattered across the lower half of the slide.

Introduction

Today 1.1 million people aged 60 and over live on the island of Ireland; by 2041 there will be 2.44 million aged 60 and over – nearly one-third of the population. We are living longer than ever before and many of us are living healthier lives into old age, though this is not universal. Considerable health, social and economic inequalities have yet to be overcome to help us achieve a healthy, active and fulfilling old age for all.

Why Ageing Research Matters

An ageing population brings implications for policy, service delivery and long-term planning in diverse areas such as transport, health, housing, education and employment. Research can play a vital role in helping to inform better policy-making and planning for this ageing population which will help improve the lives of older people across the island of Ireland.

Ageing Research in Ireland, North and South

Aside from branches of science and medicine ageing as a topic of research is quite a new phenomenon in Ireland, North and South. While research activity existed within academia, governmental and non-governmental sectors it traditionally tended to be quite fragmented and dispersed. Individual researchers and centres had well-established reputations but there was little coordination and integration between researchers themselves and between those in the policy-making and practice sectors relating to ageing. Furthermore there existed a considerable amount of research that might have been relevant to ageing but was not being fed into policy-making.

Development of CARDI

Against this background CARDI's foundations were initiated by a Steering Group established in 2003. Comprising leaders from the research community, government, non-government, and voluntary and community sectors, this group set in motion the establishment of an all-island organisation to foster and develop ageing research in Ireland, North and South.

Chaired by Professor Bob Stout QUB and Professor Davis Coakley Trinity College Dublin (TCD), the group recognised the need for an all-island organisation to support ageing research to help it have an impact on policy-making and planning for the ageing. In 2005, The IPH joined the Steering Group and agreed to host CARDI. A business case and application gained support from The Atlantic Philanthropies, augmented by grants from the Health and Social Care Research & Development Office (NI) and the DOHC (ROI).

It was agreed that CARDI operate at a strategic level and focus on building capacity among the research community, and facilitating connections between academia and policy sectors.

CARDI was established in 2007 with the underlying purpose of improving the lives of the growing number of older people in Ireland, North and South, by supporting high quality policy-relevant research. Recognising the value of cooperation and pooling of resources and expertise it sought to encourage and stimulate research that worked across borders, disciplines and sectors into ageing issues. In 2015, CARDI will be incorporated into The IPH as a Division of Ageing Research and Development, focused on utilising the evidence base to help improve policies and services for older people in Ireland, North and South.



CARDI Overview

2007-2015 at a Glance

Since 2007 CARDI has delivered a highly successful programme of work which has advanced ageing research, raised the profile of the research community and helped draw attention to the central role research can play in improving later life for all citizens of Ireland, North and South.

Highlights include:

Research Grants Programme

CARDI delivered a highly successful all-Ireland interdisciplinary grants programme. Thirty two research projects were funded by CARDI including 13 projects which focused on data mining. Awards ranged from between €2,000 and €85,000. The programme funded research in areas including health and illness (inappropriate prescribing, multimorbidity, heart disease and disability); physical activity (falls, brain function, mental health); income and poverty (fuel poverty, impact of the recession, pensions); dementia (end-of-life care, medication); social exclusion (rural ageing, transport); care systems (a predictive model for long-term care).

Leadership Programme

In 2013 CARDI established a specific programme focused on supporting the next generation leaders in ageing research. It invested €2million to fund nine CARDI Fellows who will investigate key issues in ageing research including diet and cognitive health, frailty, the impact of stress on cognitive and cardiovascular health in older people, and the links between social isolation and cognitive outcomes in later life.

Communication and translation

CARDI established an ageing research website with an online database of researchers; an e-library of over 4,000 publications as well as the latest news, events and funding opportunities. CARDI produced over 140 publications, including grants programme briefings, monthly e-bulletins, substantial papers e.g. A Picture of Ageing Research in Ireland (2010) (2014); Illustrating Ageing in Ireland, North and South (2010); occasional papers e.g. Stocktake of Ageing Public Policy Initiatives in Ireland, North and South (2010), Government Structures in Ireland, North and South (2010), Global Ageing (2011) and Keeping Active for Better Ageing (2015); and resource documents e.g. 10 Guidelines for Writing Policy Recommendations (2012) and A Guide to User Involvement in Ageing Research (2014). The journal Quality in Ageing and Older Adults published a special edition of CARDI's work.

Commissioned research

Research projects were commissioned by CARDI in specific gap areas including how theories of ageing impact on policy-making; increasing healthy life expectancy; approaches in dementia care; loneliness and ageing in Ireland, North and South. In addition, CARDI was funded by the OFMDFM to conduct policy-focused research on key areas relating to ageing including rural transport, older people's use of online government information and services, involving older people in ageing research, and wealth and inequalities in the older population.

Strategic partnerships

A range of strategic partners was established in this period: for example, in conjunction with the Canadian Institutes of Health Research Institute of Aging (CIHR IA) we established an international exchange partnership for emerging leaders in ageing research. CARDI worked with AFAR's Paul Beeson Career Development Awards in Aging Research Program to help build capacity and support the development of future leaders in ageing research including the sponsorship of 2 CARDI Fellows.

CARDI supported QUB to establish NICOLA, a significant piece of research infrastructure. Launched in 2014, this longitudinal study on ageing involves 8,500 people aged 50 and over randomly selected from across NI. This study will provide valuable information for policy-makers and service providers in planning for an ageing population. It will complement TILDA and the family of national and international longitudinal studies on ageing.

CARDI in this period became a member of the International Association of Gerontology and Geriatrics' Global Ageing Research Network and also an associate member of ERA-AGE.

Networking

CARDI held 60+ events with over 3,500 attendees. These included an international conference on ageing research which attracted 400 national and international delegates from academic, governmental and non-governmental organisations from 20 different countries.

Event partners across sectors and geographies included SPARC, Centre for Excellence in Universal Design, Changing Ageing Partnership, Reminiscence Network Northern Ireland (RNNI), The IPH, NUIG, Irish Rural Link, Rural Community Network, The Age and Employment Network, International Longevity Centre UK, KT-Equal, NISRA, QUB, OFMDFM, TCD, University of Limerick (UL), Ulster University (UU), Linking Generations, ERA-AGE, PHA (NI), British Geriatrics Society, The Irish Longitudinal Study on Ageing (TILDA), Centre for Public Health, Irish Network for Research in Dementia and Neurodegeneration (INRDND), Alzheimer Society of Ireland and Alzheimer's Society (UK).

CARDI OUTPUTS

GRANTS PROGRAMME



32 grants projects & networks funded



9 LEADERSHIP AWARDS

PUBLICATIONS



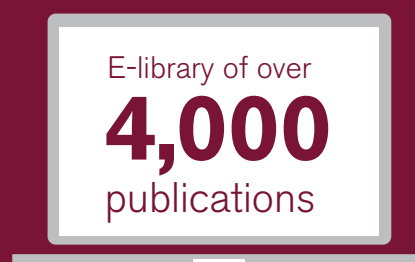
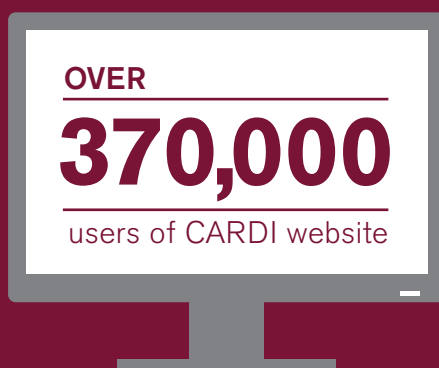
including research briefs, commissioned research papers, policy briefs and monthly e-bulletins and Focus On... articles

EVENTS



60+ events (seminars, workshops, conferences)
WITH OVER 3,500 ATTENDEES

WEBSITE



CARDI's Vision & Values

Vision

“The island of Ireland as a place of excellence in ageing research contributing to the highest possible standard of life for our ageing population.”

Values

- **Relevance**
Promotion of research to advance older people's needs and rights in Ireland, North and South, and internationally.
- **Fairness**
Promotion of research that strengthens the rights, justice and social equality of older people across the island of Ireland.
- **Reliability**
Encouraging highly authentic, robust, high-quality and trustworthy research, in performance, interpretation and application.
- **Independence**
CARDI is committed to independence, objectivity, quality and integrity in the research process and in the delivery of its work.
- **Inclusivity**
User engagement and stakeholder involvement inform the design, implementation and application of research.
- **Ethical**
Research commissioning meets the highest ethical standards and procedures.



CARDI's Work

Section 1 Building capacity

From its foundation a crucial part of CARDI's remit was to help build capacity within the ageing research community in Ireland, North and South. It achieved this through a variety of activities which included providing funding and training opportunities for early career researchers and providing opportunities for researchers to network and learn from national and international colleagues engaged in research on ageing. This section looks at some of the core activities focused on building expertise among researchers across the island of Ireland.

Leadership Programme



Pictured CARDI Fellows with CARDI Co-Chairs (l-r): Joanne Feeney, Charlotte Neville, Professor Bob Stout, Mark O'Doherty, Professor Davis Coakley, Joanna McHugh, Aisling O'Halloran.

In 2013 CARDI launched a pioneering Leadership Programme in Ageing Research. Its purpose was to support a new generation of ageing researchers. It has supported nine postdoctoral fellows to carry out high-quality research into aspects of ageing and undertake training to develop their skills and knowledge. The Fellows are conducting research on a range of issues including frailty and ageing; diet and dementia; social isolation and cognitive decline; functional decline; falls and diabetes; and communication.

The programme is overseen by an International Scientific Advisory Panel consisting of:

- Professor Anne Martin-Matthews (Chair) - University of British Columbia, Canada
- Professor William R Hazzard - J Paul Sticht Center on Aging, USA
- Professor Carol Jagger - Institute for Ageing and Health, Newcastle University, UK
- Dr Giovanni Lamura - National Institute of Health & Science on Ageing, Italy

The CARDI Leadership Programme in Ageing Research is supported by the HSC R&D PHA NI, The Atlantic Philanthropies and AFAR's Paul Beeson Career Development Awards in Aging Research Program for the island of Ireland.

International networks and connections

Since 2007 CARDI has been forging international networks and connections with the aim of raising the profile of ageing research being carried out in Ireland, North and South, and providing opportunities for researchers to learn from international colleagues.

In 2011 CARDI and CIHR IA established an exchange programme focused on building capacity among ageing researchers. CARDI has hosted a number of international training exchanges in which researchers from Ireland, North and South, and international researchers have participated. These exchanges have offered significant capacity-building and networking opportunities for the early career researchers.

Canadian Summer Program in Aging 2012

In May 2012 CARDI in association with CIHR IA supported five researchers to attend the Canadian Summer Program in Aging at Simon Fraser University. The programme focused on the theme of technology and ageing.



Pictured: Delegates from Ireland who attended the Canadian Summer Program in Aging 2012 along with Professor Yves Joanette and Joanne Goldberg CIHR IA

Future Leaders in Ageing Research Meeting

In 2012 CARDI in association with ERA-AGE and ICSG hosted a 3 day summer school at NUIG. The Summer Schools brought together FLARE Fellows (past and present) and other postdoctoral researchers from ERA-AGE partner countries in three days of lectures, discussion groups, networking and social events.

CARDI International Training Programme on Ageing



Pictured (l-r): Professor Davis Coakley CARDI, Dr Stacy Tessler Lindau University of Chicago, His Excellency Loyola Hearn Canadian Ambassador Ireland and Professor Rose Anne Kenny TCD.

In September 2013 CARDI hosted an international training programme on ageing at TCD. The three-day course, organised in conjunction with CIHR IA and TILDA, was attended by participants from Ireland, North and South, Canada, Australia and the UK. The attendees were addressed by leaders in the ageing research field including Professor Rose Anne Kenny TCD, Professor Susan Kirkland Dalhousie University, Professor Paddy Hillyard QUB and Professor Virpi Timonen TCD.

Beeson Annual Training Meeting

In 2014 and 2015, CARDI working in partnership with AFAR supported CARDI Fellows to attend the annual Beeson 4 day training meeting in the USA. This meeting provided the Fellows with an opportunity to learn from international colleagues engaged in ageing research in a variety of disciplines.

Canadian Summer Program in Aging 2015

In 2015 CARDI and CIHR IA continued their partnership by offering an opportunity for PhD and postdoctoral researchers to attend the Canadian Summer Program in Aging in Toronto which focused on the theme of the older worker.

Support capacity building in dementia research

In September 2015 CARDI, in association with INRDND, Alzheimer Society of Ireland, Alzheimer's Society (UK), Alzheimer Society of Canada and CIHR IA hosted a three day International Training Programme on Ageing at TCD. It focused on the theme of Dementia and Memory Impairment and was aimed at PhD, postdoctoral students and early career researchers.

Training events

Training and building capacity in the ageing sector has been a central part of CARDI's work. CARDI has hosted a number of training events for researchers and the voluntary and community sector. The following is a selection of the events held:

Reminiscence workshop and showcase event - 2010

CARDI and the RNNI held an all-Ireland workshop in February 2010 entitled: Your Memories Matter - Showcasing Reminiscence Research. Researchers interested in reminiscence had an opportunity to learn about each other's work, further develop their research ideas and identify possible partners for future collaboration.

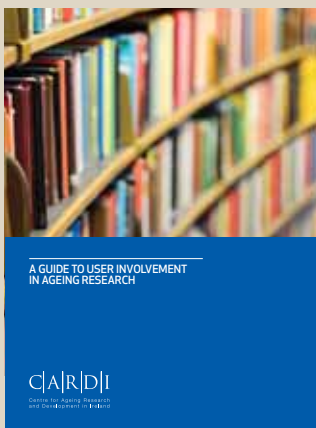


Pictured (l-r): Professor Maurice Mulvenna UU, Audrey Lockhart RNNI, Professor Davis Coakley CARDI, Professor Faith Gibson RNNI and Professor Bob Woods Bangor University.

Ethics Training

In 2012 CARDI held a training event on the theme of ethics. The training, aimed at researchers and delivered by Dr Ron Iphofen, explored the ethical issues involved in carrying out ageing research including the processes involved in attaining academic ethical approval for projects directly involving older people themselves in research.

User Engagement



In March and May 2014 CARDI hosted two workshops (Belfast and Dublin) on the theme: 'Why and how to get involved in ageing research'. The events aimed at the voluntary and community sector focused on opportunities to engage older people and charities in ageing research and issues surrounding user engagement in research.

Understanding ageing and attitudes towards older people

CARDI designed and hosted special training days on understanding and accessing ageing research. For example in 2014 it delivered training to the staff of the Commissioner for Older People in NI.

Section 2 Supporting collaboration and cooperation

When CARDI was established it was apparent that although ageing research was being carried out in a variety of disciplines in academic institutions there was little collaboration between researchers. Through its grants programme and events CARDI sought to bridge the gaps between researchers and institutions. Part of this work included funding collaborative research projects and networks that brought together researchers from different institutions and disciplines. CARDI's events and seminars have also offered important opportunities for researchers to network and become aware of ageing research work being carried out across the island of Ireland. This section gives an overview of CARDI's grants-making activities as well as offering a brief selection of the many events and seminars it has hosted.

CARDI Grants Programme

In 2009 CARDI launched the first all-Ireland ageing research grants programme. The grants programme offered funding to researchers to carry out cross-border, interdisciplinary and cross-sector research into ageing issues. It ran three further funding calls under this programme until October 2010. The grants calls attracted applications from researchers across a range of disciplines from biomedical to social science all of whom were committed to projects which examined issues relating to ageing.

CARDI awarded funding to 32 research projects and networks through its grants and data mining programmes.

The funded projects and networks fell under six main themes:

- Health and Illness
- Dementia
- Physical Activity
- Income and Inequalities
- Care Systems
- Social Inclusion

Subjects researched under health and illness included inappropriate prescribing in long-term care facilities, prescribing at the end of life, age variables in access to treatment for prostate cancer, heart disease and disability, multimorbidity, cognitive health and disadvantage, frailty and disability, and inequalities in health behaviours.

Under the theme of dementia projects included end of life care standards for people with dementia, the role of diet and cognitive health.

Physical activity-themed research included falls and use of video games; pain, physical activity and depression; and physical activity, ageing and health.

Under the theme of income and inequalities researchers undertook projects such as inequalities in income among older people, impact of the recession on older people, fuel poverty and women's access to pensions.

Care-themed research projects focused on telecare, a predictive model of long-term care and older people's attitudes towards elder abuse.

Under the social inclusion theme research was completed on rural ageing, social exclusion, rural transport and universal design.

In addition to funding, CARDI facilitated the communication and dissemination of research findings so the evidence gathered could be targeted at relevant policy-makers and service providers. Research briefs were produced and events and seminars arranged to communicate research findings and increase their impact.

Northern Ireland Cohort for the Longitudinal Study of Ageing

CARDI was instrumental in supporting the development of the QUB-led NICOLA project. Launched in February 2014 it involves 8,500 people aged 50 and over who will be randomly selected from across NI to take part in this study.

NICOLA will collect information on health and social care utilisation, health behaviours, medication, mental, physical and cognitive health, employment, finances, retirement, social connectedness, social participation, driving and travel, housing, consumption and expectations. It has a special focus on intergenerational poverty, transition points in ageing and the effects of diet on the aging process. The study will also include questions of specific relevance to NI.

NICOLA will provide valuable information for policy-makers and service providers in planning for an ageing population. It will complement TILDA and the family of national and international longitudinal studies on ageing.

Events and Seminars

Since 2007 CARDI has hosted over 60 events attracting 3,500+ attendees. These included research launches, themed seminars and an international conference on ageing which attracted 400 national and international delegates. This section provides an overview of a selection of CARDI's events 2008-2015.

2008

CARDI Launches

At two launch events in Dublin and Belfast, leaders from the ageing sector, academia and policy-makers joined to hear CARDI's vision where ageing research could play a central role in informing evidence-based policy to help improve the lives of older people across the island of Ireland.

Launch at Stormont



Pictured (l-r): Máire Hctor Minister of State for Older People DOHC (ROI), Dr Roger O'Sullivan CARDI and Dr Jane Wilde IPH.

Launch at Farmleigh



Pictured (l-r): Dr Ken Logue The Atlantic Philanthropies, Anne O'Reilly Age Concern NI and Professor Bob Stout CARDI.

Showcasing Ageing Research

In June 2008 CARDI and SPARC joined forces to host an event in Belfast. The event attracted over 90 delegates who heard presentations from leading researchers from QUB, UU, TCD, University College London, Dundalk Institute of Technology (DKIT), Loughborough University and the University of Sterling. In December 2008 a further event was held in Croke Park with SPARC and the Centre for Excellence in Universal Design which included presentations by researchers from NUIG, DKIT, QUB, UU, TCD and Middlesex University.



Professor Peter Lansley University of Reading

A Statistical Profile on Ageing in Ireland

This seminar, held in Newry, brought together statisticians from Ireland, North and South, to share the findings from a forthcoming quantitative comparative publication by CARDI on ageing using official data. Discussion focused on methodological challenges in bringing forward comparative research.

2009

Building Relationships and Making Linkages between Research and Policy

CARDI hosted the first cross-border meeting of policy-makers working on older people's issues and ageing in 2009. This involved an opportunity for policy-makers and researchers to exchange policy learning. Attendees included ROI representatives from the Departments of the Taoiseach, Justice and Equality, Education, Arts, Enterprise and Rural Affairs as well as staff from the Office of Older People in the DOHC (ROI) and NI representatives from OFMDFM, PHA and NISRA. Leading researchers from QUB, TCD, UL, UU, University College Dublin (UCD), NUIG and the Royal College of Surgeons in Ireland (RCSI) were also in attendance.

The impact of the recession on older people

Professor Paddy Hillyard presented findings from CARDI-funded research on how the recession had impacted on older people at an event at Croke Park Dublin. The seminar explored the differences in incomes among the older population and how the recession had impacted on different sections of the population. The event highlighted the importance of protecting the most vulnerable older people in society amidst budgetary constraints at national levels.



Professor Paddy Hillyard

An age old problem - where now for rural services?



Pictured (l-r): Dr Roger O'Sullivan CARDI, Professor Noah Keating University of Alberta, Mr Michael Hughes Rural Community Network and Seamus Boland Irish Rural Link.

In December 2010 CARDI hosted a 2 day event on rural ageing and the recession in conjunction with the ICSG, Irish Rural Link and the Rural Community Network NI at NUIG. The seminar featured contributions from international and national experts in the fields of ageing research and rural policy. It also showcased findings from two CARDI funded research projects relating to ageing in a rural context: rural ageing and social isolation led by Dr Kieran Walsh NUIG and rural transport led by Dr Aoife Ahern UCD.



Pictured (l-r): James McEldowney OFMDFM, Professor Gail Mountain KT-Equal and University of Sheffield, Dr Roger O'Sullivan CARDI and Professor Trevor Cox University of Salford.

Lost in Translation - How to communicate most effectively with non-academics

KT-Equal and CARDI jointly hosted a training day for researchers focused on communication in June 2011. The programme included training on communicating research to policy-makers and media, engaging with older people and how to avoid key messages getting lost in translation when discussing ageing issues.

International Conference: Ageing Globally - Ageing Locally

Sir Michael Marmot was the keynote speaker at CARDI's International Conference on Ageing held in Dublin in November 2011. The theme of the 2-day conference was Ageing Globally - Ageing Locally and it was opened by President of Ireland Mary McAleese. Featuring a host of international experts as well as leading researchers and professionals from the ageing sector in the island of Ireland it was attended by 400 national and international delegates from 20 different countries and 50 different universities.



Pictured (l-r): Professor Rose Anne Kenny TCD, President of Ireland Mary McAleese, Professor Anne Martin-Matthews University of British Columbia and Dr Roger O'Sullivan CARDI.



Mary McAleese opens CARDI's international conference

End of life prescribing



Pictured (l-r): Ms Grainne McGettrick The Alzheimer Society of Ireland, Dr Shaun O'Keefe University Hospital Galway and Professor Carmel Hughes Queen's University Belfast.

In July 2012 CARDI launched all-Ireland research which found considerable uncertainty and variation in the medicines doctors would prescribe for patients with dementia at the end of life when presented with clinical scenarios. The research found evidence that GPs and hospital physicians indicated they would continue with dementia medications and statins, and prescribe antibiotics when there is limited evidence of benefits to patients with dementia at end of life.

A Wii bit of fun can help prevent falls



In October 2012 CARDI launched research findings which showed how specially designed computer games could help prevent falls in older people. Professor Cathy Craig QUB demonstrated how using video games can help improve the balance of older people and help to prevent falls which are a leading cause of death and serious injury for the over 60s.

Professor Cathy Craig QUB demonstrates use of Wii games to improve balance

2013

Online government 2013



Pictured (l-r): Dr Roger O'Sullivan Professor Bob Stout CARDI, Professor Irene Hardill University of Northumbria, Bill McCluggage Department of Public Expenditure and Reform (ROI) and Healy King of the Workers' Educational Association (NI).

In October 2013 CARDI launched a report entitled "E-government and older people in Ireland, North and South". The report authored by Professor Irene Hardill and commissioned by OFMDFM found that while the numbers of older people with access to and using the internet are increasing these numbers remain low in comparison to other age groups.

2014

Housing for an ageing population



Pictured (l-r): Owen Metcalfe IPH, Claire Keatinge Commissioner for Older People for NI, Professor Anthea Tinker King's College London and David Silke Housing Agency (ROI).

Choice, fairness and tenure were three key themes related to housing that emerged from a CARDI seminar, "Housing for an ageing population" that took place in Belfast in February 2014. Professor Anthea Tinker of King's College London gave the keynote address.

Wealth and inequalities



Pictured (l-r): Duane Farrell Age NI, Robin Webster Age Action, Evelyn Collins CBE Equality Commission (NI), Paul McGill CARDI and Professor Paddy Hillyard.

In June 2014, CARDI launched the findings from two research projects on the themes of wealth and inequalities among older people in Ireland, North and South. The projects examined differences in wealth between generations as well as considering the socio-economic inequalities within the older population across the island of Ireland. Speakers at the event included CARDI's Paul McGill, Professor Paddy Hillyard, Evelyn Collins CBE Equality Commission (NI) and Robin Webster Age Action Ireland.

Physical Activity 2014



Pictured (l-r): Dr Roger O'Sullivan CARDI, Dr Cate Hartigan Health Service Executive, Professor Ken Fox University of Bristol and Dr Mark Tully QUB.

In September 2014 CARDI hosted 'Keeping active for better ageing', a seminar that discussed the benefits for older people and the reasons why older people as a group do not have higher levels of physical activity. The health experts gathered heard the benefits of physical activity for older people and speakers explored policies and practices that can help promote it in older people.



Pictured (l-r): Dr Kate Irving DCU and Professor Brian Lawlor TCD

Future Directions and Collective Strengths in Dementia Research

CARDI in association with INRDND, the Alzheimer Society of Ireland and Alzheimer's Society NI hosted a networking and information sharing event on dementia research across the island of Ireland in December 2014 in Dublin. This event brought together leading researchers, voluntary groups, policy-makers and funders of dementia research to discuss the current state of dementia research and future directions for researchers and funders.

2015



Pictured (l-r): Professor Frank Kee and Dr Sharon Cruise QUB

In March 2015 CARDI launched research findings on the rates and impacts of heart disease among older people in Ireland, North and South. The study was led by Professor Frank Kee, Director of the Centre of Excellence for Public Health (NI) QUB. Using data from the NI Health Survey and TILDA it was found that older people in Northern Ireland were more likely to suffer from coronary heart disease than those in the Republic of Ireland.

Section 3

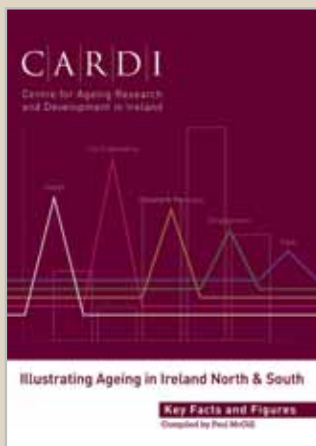
Communicating ageing research

Communicating research has been a central element of CARDI's work since its establishment. Effective communication means that research can have a greater impact by bringing it to new audiences and to the attention of those engaged in policy and planning for the ageing population. CARDI's communication work includes using a variety of media including reaching out to traditional media and paving new pathways for research communication online. This work involved the careful translation of research reports to make them user-friendly and distill key messages, as well as using offline and online media tools to disseminate research findings, start and inform public debate and reach new audiences. This section provides a brief overview of CARDI's communications activities including publications, website and media work.

Key publications

CARDI has produced 140 publications of different formats including research briefs, monthly e-bulletins and two editions of an all-island directory of ageing research. Other publications include a statistical overview of ageing *Illustrating Ageing in Ireland, North and South* (2010); occasional papers e.g. *Stocktake of Ageing Public Policy Initiatives in Ireland, North and South* (2010), *Government Structures in Ireland, North and South* (2010), *Global Ageing* (2011), *Innovation in Policy: Insights for Ageing* (2013), *Understanding Socio-Economic Inequalities Affecting Older People* (2014) and *Keeping Active for Better Ageing* (2015); and resource documents e.g. *10 Guidelines for Writing Policy Recommendations* (2012). In 2012 the journal *Quality in Ageing and Older Adults* published a special edition featuring CARDI's work. This section provides a selection of these publications.

Illustrating ageing in Ireland, North and South: key facts and figures



The report *Illustrating ageing in Ireland, North and South* was launched in January 2010. It drew together key facts and figures from data sources in Northern Ireland and the ROI to present a picture of the scope and scale of the ageing population across the island.

Theories of Ageing November 2010

CARDI commissioned Professor Virpi Timonen and Dr Maria Pierce TCD to undertake research exploring the various theories about ageing and how they impact on policy-making. The report was published in November 2010.



Pictured (l-r): Dr Roger O'Sullivan CARDI, Dr Maria Pierce TCD and Professor Davis Coakley CARDI.

A Picture of Ageing November 2010



Josie Sheehan poses for a launch picture

In November 2010 CARDI published *A Picture of Ageing Research in Ireland, North and South*. This portfolio provided an overview of the wide range of ageing research being carried out by academics across the island of Ireland. It illustrated the growing community of researchers across a wide range of disciplines engaged in ageing issues. It was launched by CARDI's Co-Chairs Professors Bob Stout and Davis Coakley at a reception in TCD.

Global Ageing: An overview November 2011



This occasional research paper was prepared for CARDI's international conference on ageing in 2011. It examines global trends in ageing including demographics, health and social care spending trends, and policy-making relating to ageing in several different countries.

10 Guidelines for Writing Policy Recommendations April 2012



Getting a recommendation accepted by policy-makers depends on many factors but a recommendation which is based on strong evidence, is cost effective to implement and takes account of international best practice has a better chance of being accepted and influencing policy debates. With this in mind CARDI prepared a set of guidelines for academics and other researchers for writing policy recommendations based on research.

Extra healthy years or just extra years? March 2013



As life expectancy continues to rise, the prevalence of chronic conditions is increasing in our society. However, we do not know if the extra years of life gained are being spent with disability and illness or in good health. This report commissioned by CARDI and carried out by researchers at The IPH and HRB studied patterns of health expectancies across the island of Ireland, examining any North-South and socio-economic differences as well as looking at differences in data sources.

A Picture of Ageing December 2014 (Updated)



Dr Suzanne Cahill TCD and Dementia Services Information and Development Centre

The 2014 edition of *A Picture of Ageing Research in Ireland, North and South* was launched in December 2014. This edition updated the 2010 publication illustrating the growing strength and breadth of ageing research being carried out across the island of Ireland.

Keeping active for better ageing



In April 2015 CARDI launched a report *Keeping Active for Better Ageing* which examined the factors that encourage more physical activity in older adults with a particular focus on potential policy and practice interventions.

CARDI websites



CARDI's website was established to provide a vast array of research and policy resources on ageing. It was an up-to-date portal for all the latest news, events and funding news with a mixture of national and international content. CARDI regularly published its own content on the site including monthly E-Bulletins, Focus On articles, blogs, resource guides and opinion pieces. The site houses an e-library of over 4,000 publications. Researchers were able to register on the site to update their research profiles and search for other researchers in relevant fields. Since the site was established it has had over 1.2m visitors. The site was complemented by CARDI's active social media networks including LinkedIn, Facebook and Twitter.

Agestats.ie

CARDI created AgeStats.ie to support anyone undertaking research on ageing and older people in Ireland, North and South. The website provides an overview of selected datasets on ageing in NI and ROI.

While aimed primarily at researchers and statisticians, www.agestats.ie is an easy to use tool that policy-makers, people in the voluntary and community sector, journalists and others can use quickly to find datasets and individual statistics on ageing topics. It does not require any background or training in research and can provide easy comparisons between NI and ROI on issues related to ageing and older people.



CARDI updated the site in 2014 bringing the total number of searchable surveys to 50.

Agestats.ie now includes 50 surveys covering:

- 9 themes
- 190 sub-themes (compared with 187 in Nov 2012)
- 1,659 measures in total
- 7,427 individual data points identified across 50 surveys

MEDIA COVERAGE

Irish raise a glass to rich old age

Gabrielle Monaghan

IRELAND'S wealthiest baby boomers are more likely to drink seven days a week than less affluent older people, according to a report on health inequalities among over-fifties on the island of Ireland.

While those who have reached middle age and command the highest incomes are less likely to smoke and more inclined to exercise than the poorest over-fifties, the better off consume alcohol much more frequently than their less privileged counterparts.

The researchers, from Trinity College and University College Dublin, compared the behaviour of the 8,504 people aged 50 and over who are tracked by the Irish Longitudinal Study on Ageing against 2,007 people in the same age group whose lifestyles are analysed by the Northern Ireland Health Survey.

The authors concluded that those who are more affluent and have higher incomes are more likely to drink regularly, smoke, and exercise.

The authors concluded that those who are more affluent and have higher incomes are more likely to drink regularly, smoke, and exercise.

Chronic conditions 'more likely' in NI



Over-50s in Northern Ireland are more than twice as likely to be disabled as their counterparts in the Republic, according to a new study.

Digital divide prevents elderly from accessing public services

As governments move more and more services online there is a danger of a digital divide with many elderly people being unable to access public services, government in the Republic of Ireland has warned.



A digital divide prevents elderly from accessing public services, government in the Republic of Ireland has warned.

Drinking 'a pattern for the well-off'

Alcohol critics say the introduction of minimum prices would disproportionately affect the less well-off.

Colin O'Driscoll, a psychiatrist who specialises in treating alcoholism, attributed the trend to people wanting themselves for a tough day at work with regular helpings of wine and other drinks in public houses and bars.

Alcohol critics say the introduction of minimum prices would disproportionately affect the less well-off.

Over-60s will outnumber kids by 2050

The UK are set to outnumber children for the first time in the world's history, a Dublin doctor said Tuesday August 15 2011.

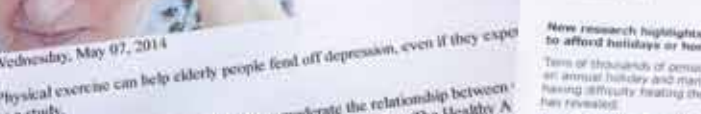
The problem is not unique to Ireland, an international conference on global ageing in Dublin Park on November 17-18 saw over 60 years old is forecast to reach two billion and to exceed 2.5 billion by 2050.

Video games could help prevent older people from falling

Research from Trinity and Queen's finds that older people's balance can be improved by games using the Wii console.

NEW CROSS-BORDER RESEARCH has found that the number of painful and potentially serious falls suffered by older people can be minimised through video games.

Research funded by the Centre for Ageing Research and Development in Ireland (CARDI), and carried out in Queen's University and Trinity College, found that games developed for pay using the balance board from the Nintendo Wii made older people significantly less likely to fall.



Playing basic balance games using the board of the Nintendo Wii can reduce the risk of falls in older people.

Rising costs lead to jump in older people suffering

New research highlights pensioners' growing inability to afford holidays or home heating.

Thousands of pensioners can no longer afford to take an annual holiday and many, especially elderly singles, are having difficulty heating their homes, according to new research has revealed.

The study which charts the impact of the recession on the old north and south of the border, is an indictment of the Labour Government's pledge that the vulnerable would not pay for the sins of those who have driven the country to near bankruptcy and comes in the wake of the pensioner tax fiasco.

Baby boomers hitting the booze

Researcher at the Centre for Ageing Research and Development in Ireland, which funded the latest study, said the statistics did not reflect how much alcohol frequent drinkers were consuming or whether those who drank less often were binge drinking at weekends.

Irish Examiner

Physical exercise can help elderly people fend off depression, even if they expect to a study.

The report, entitled 'Does pain mediate or moderate the relationship between symptoms in older people?' analysed data from three sources: The Healthy A Longitudinal Study of Ageing, and the Northern Ireland Health Survey 2010.

Independent.ie

Physical exercise can help elderly people fend off depression, even if they expect to a study.

The report, entitled 'Does pain mediate or moderate the relationship between symptoms in older people?' analysed data from three sources: The Healthy A Longitudinal Study of Ageing, and the Northern Ireland Health Survey 2010.

Herald.ie

Physical exercise can help elderly people fend off depression, even if they expect to a study.

The report, entitled 'Does pain mediate or moderate the relationship between symptoms in older people?' analysed data from three sources: The Healthy A Longitudinal Study of Ageing, and the Northern Ireland Health Survey 2010.



CARDI
Steering Group
2007-2015

CARDI Steering Group 2007-2015

Professor Davis Coakley

Co-Chair of CARDI

Professor Bob Stout

Co-Chair of CARDI

Gabrielle Jacob (2007-2009)

National Council on Ageing and Older People

Owen Metcalfe

Institute of Public Health

Dr Denis O'Mahony (2007-2012)

Cork University Hospital

Anne O'Reilly (2007-2013)

Age NI

Professor Eamon O'Shea

Irish Centre for Social Gerontology

Robin Webster

Age Action Ireland



CARDI Staff
2007-2015

CARDI Staff 2007-2015

Dr Roger O'Sullivan

Director

Conor Breen

Policy Officer – Research Translation

Nicola Donnelly

Communications Officer

Janet Elliott

Administration Officer

Paul McGill

Strategic Research Officer

Elaine Cartmill

Administration & Finance Officer (2008–2012)

Judith Cross

Policy Officer (2008–2009)

Kate Morris

Communications Officer (2008–2009)

Appendices

1. CARDI funded research

Inequalities in Old Age: The Impact of the Recession on Older People in Ireland, North and South

Research Institution(s): QUB, UCD

Inequalities in old age 2011, North and South

Research Institution: QUB

These research projects, both led by Emeritus Professor Paddy Hillyard QUB, examined the living standards and impact of economic decline on older people. In the first study the research team identified some of the specific factors that put pensioners at risk of poverty and some of the inequalities between groups within the older population including significant differences in pension income and provision. It stressed the risks faced by older women who traditionally had received much smaller pensions and by those existing solely on the state-provided pension. Through focus groups the study also highlighted the worries and anxieties about the future experienced by older people in the light of budgetary constraints.

The follow up study, conducted by Professor Hillyard and Dr Demi Patsios University of Bristol used data from before and during the recession to show that pensioners are being affected by cuts, particularly in the ability to keep their houses warm and to discretionary spending on items such as annual holidays. It found that while single pensioners in NI remain worst off, living standards for couples in NI and ROI have worsened due to the recession.

Transport and Rural Ageing

Research Institution(s): UCD, UU, Age Action Ireland

This qualitative study led by Dr Aoife Ahern UCD explored older people's travel experiences in rural areas in ROI and NI. It found that rural transport services at present do not provide for an adequate alternative to the car for older people. This can lead to rural isolation and an inability to engage in an active social life as well as making health appointments difficult to attend.

The researchers stressed the need for innovative and cost-effective ways of providing accessible transport to older people in sparsely populated rural areas as a means of reducing the risks of isolation and improving the quality of rural ageing.

End-of-life care standards for people with dementia

Research Institution(s): Dementia Service Information and Development Centre, TCD, UU

This research project led by Dr Suzanne Cahill TCD sought to identify key issues in end-of-life care for people with dementia and to produce a set of guidelines for end-of-life care for residents with dementia in care homes in Ireland, North and South. The authors argued that a set of guidelines to assist nursing homes in developing policies and practices in end-of-life care for residents with dementia may provide a useful basis for comparison with international best practice.

Universal design for older people

Research Institution(s): TCD, QUB, Centre for Excellence in Universal Design

This research network led by Professor Mark Dyer TCD was established to promote the concepts of universal design for older people to key stakeholders such as city and county councils. The network organised a series of workshops and seminars to discuss universal design as it applies to older people and how environments, particularly living spaces, can be made more accessible to them. The network found that workshops on universal design can promote collaboration in the design process, ensuring that the principles are understood and incorporated by architects, designers, planners and other stakeholders.

Inappropriate prescribing of medicines – Implications for older people and health budgets

Research Institution(s): UCC, UU, QUB.

This research project led by Dr Stephen Byrne UCC investigated inappropriate prescribing in long-stay elderly facilities in Greater Cork and NI. The research found that in nursing homes in ROI, 73% of residents were receiving at least one potentially inappropriate medicine. In NI 67% of those in the sample were receiving a potentially inappropriate medicine. Overall, nearly one fifth (19%) of the sample were receiving three or more potentially inappropriate medicines.

Ageing and Intellectual Disability

Research Institution(s): UU, TCD

There are over 3,100 older people with intellectual disabilities in ROI and nearly 2,000 in NI. A major breakthrough in research on this group has come about in recent years with the intellectual disability supplement TILDA. This feasibility study led by Professor Roy McConkey UU examined the possible extension of this supplement to NI. It concluded that extending the intellectual disability study to NI would be of great value although adaptations from the TILDA sampling strategy would be required to increase recruitment rates in NI.

Insights into elder abuse

Research Institution(s): Age Action Ireland, TCD, UU

This study led by Dr Emer Begley Age Action Ireland examined how elder abuse is defined and obtained the views of older people on elder abuse, and the services and support available to victims. The project revealed a link between older people's status and value to society, personhood and abuse in examining older people's perceptions of elder abuse. It also found that services and supports for elder abuse should be empowering in their approach and seek the views and opinions of older people.

The role of telecare in supporting carers of older people

Research Institution(s): Caring for Carers Ireland, UU

This research network led by Brigid Barron of Caring for Carers Ireland assessed the impact of telecare on carers of older people in terms of reducing stress and increasing quality of life. It found that while research shows some benefits for older people and their carers more evidence is needed to help build better strategies around the use of telecare for older people in the home.

Multimorbidity in the older population

Research Institution: TCD

This research led by Dr George Savva TCD found that older people suffering from two or more chronic conditions were 20 times more likely to report disability than those with none. The study urged more research in the area of multiple chronic conditions and argued that tackling them effectively across the life course may be vital in ensuring that longer lives are also healthier.

Physical activity and core depressive symptoms in the older Irish adult population

Research Institution: RCSI

This research led by Dr Karen Morgan RCSI examined the link between an active lifestyle and depressive moods in order to examine how the physical and mental health of older people can be improved through changes in public health and other services. The study found that people over 50 years of age who are engaged in moderate to high levels of physical activity have a 50% reduction in the odds of having depressive symptoms.

Using aerobic exercise to promote brain plasticity

Research Institution(s): QUB, UCD, TCD

Promoting ways to increase brain plasticity in older people has the potential to increase healthy life expectancy and improve the quality of life of older people. This small-scale study led by Professor Richard Carson QUB found that older people exhibit changes in plasticity in response to brain stimulation similar in character to those shown by young adults. The study stressed the need for more research in this area to investigate the potential benefits to older people.

Dance for older people

Research Institution(s): UL, QUB

This network led by Dr Sylvia O'Sullivan UL included a series of seminars involving older people in Limerick and Belfast in promoting both the work of the network and the benefits of dance for older people. These benefits included physical exercise but also social benefits in terms of participating in community activities. The network highlighted the benefits of dance in terms of falls prevention and also the benefits of pattern recognition in dance for helping dementia sufferers.

Understanding fuel poverty in the older population, North and South

Research Institution(s): DIT, Institute of Public Health, UU

This research project led by Professor Patrick Goodman DIT featured a review of national fuel poverty statistics relating to older people as well as an analysis of excess winter deaths among older people in both NI and ROI. It found that the risk of fuel poverty is concentrated among older people living alone across the island of Ireland. It also found that older people tended to live in houses which were not energy efficient and lacked either adequate insulation or central heating. The researchers argued that in order to tackle this issue standards of housing and insulation must be improved in addition to providing sufficient fuel subsidies for older people.

Mortality Modelling

Research Institution: QUB

Dr Declan French QUB examined the factors driving the future of mortality in Ireland, North and South. The study aimed to contribute to providing realistic predictions for the future. In this way it could promote understanding of the factors that contribute directly to longer and healthier lives.

Age, Income & Food in Ireland

Research Institution: UCC

Research led by Eleanor Bantry-White UCC examined the demographic and socio-economic influences on food expenditure in the older populations in NI and ROI. It found that diet in older people was linked to socio-economic factors and that improving nutrition levels required a multi-faceted policy approach including poverty alleviation and education.

Encouraging behaviour change in mild cognitive impairment patients

Research Institution(s): QUB, TCD

This project led by Dr Jayne Woodside QUB used focus groups with mild cognitive impairment patients and their care-givers as well as structured interviews with professionals to design and test educational materials that can encourage changes in diet and physical activity.

Healthy ageing in rural communities

Research Institution(s): NUIG, QUB

In a bid to understand if ageing in rural communities increases or decreases the potential for exclusion in later life CARDI first funded a research network Healthy Ageing in Rural Communities led by Dr Kieran Walsh NUIG.

This network included researchers and representatives from rural community organisations in ROI and NI. The network conducted community focus groups which revealed the views and concerns of older people about growing old in rural communities. It highlighted issues with social and health service provisions and the sense of community enjoyed by many older rural dwellers.

Social exclusion and ageing in rural communities

Research Institution(s): NUIG, QUB

The network's work laid the groundwork for a further research project led by Professor Eamon O'Shea NUIG which explored how age and rural living combine over the course of people's lives to have an impact on the likelihood of social exclusion. The researchers developed a new framework based on the indicators of social exclusion identified through the stakeholder engagement, as well as the mediating factors such as individual capacity and macro-economic forces. The research concluded that while rural ageing has many positive aspects such as community relationships, attention must be paid to the particular risk factors faced by older people in rural areas, and areas such as rural care services and transport should not be neglected even in times of economic constraint.

Measuring age-related social exclusion in a cross-border context

Research Institution: NUIG

This study led by Dr Kieran Walsh NUIG examined the issue of social exclusion among older people and contributing factors to isolation. It found that many older people enjoy good social connections. However, a substantial number are at risk of social exclusion. It also highlighted that a lack of information about social exclusion hinders the effectiveness of policies and programmes aimed to help those older people most in need.

Older women and pension inequalities

Research Institution(s): NUIG, QUB

This research led by Dr Nata Duvvury NUIG highlighted the issue of gender inequality in pension provision in Ireland, North and South. The researchers found that one of the main sources of women's economic vulnerability at pension age was their interrupted work trajectories due to the traditional gendered caring norm and argued that resolving this problem required comprehensive action across employment, welfare and taxation policies.

Is age a determining factor in the treatment of men with prostate cancer?

Research Institution(s): NI Cancer Registry, QUB, National Cancer Registry Ireland

Prostate cancer is the most common cancer among men in Ireland. The research led by Dr Anna Gavin at the NI Cancer Registry found that access to urologists and curative treatment had increased for all men since the mid-1990s. However, older men were less likely to see a urologist or have radical treatment than younger men. The researchers concluded that decision-making relating to medical treatment for older patients was a complex process but argued that age should be just one factor taken into consideration alongside other health and well-being factors.

A comparison of people seeking help at memory clinics in Belfast and Dublin

Research Institution(s): QUB, TCD, NUIG

This project led by Dr Suzanne Barrett QUB examined and compared some of the characteristics of people seeking help at memory clinics. The researchers looked at two memory clinics: the Belfast City Hospital Clinic NI and the Mercer's Memory Clinic at St James's Hospital Dublin ROI. The researchers stressed the importance of identifying and understanding risk factors for dementia and the role of early diagnosis in effective management and treatment of dementia.

Medication use in patients with dementia at the end of life

Research Institution(s): QUB, UCC

Despite the increase in the prevalence and incidence of dementia, research into palliative care for patients with advanced dementia is limited. This study led by Professor Carmel Hughes QUB found significant uncertainty and variation in the medicines doctors say they would prescribe for patients with dementia at the end of life when presented with clinical scenarios. The all-Ireland research found evidence that GPs and hospital physicians indicated they would continue with dementia medication and statins, and actively prescribe antibiotics when there is limited evidence of benefits to patients with dementia at the end of life.

Building balance with video games

Research Institution(s): QUB, TCD

This research project led by Professor Cathy Craig QUB explored whether older people could play specifically designed games on a Wii board to improve their balance and gait. The team developed age and ability appropriate games and tested it on groups of older people in Belfast and Dublin. The study found significant improvements in gait and balance for those playing the games. It also found that the fun element in the games helped to motivate and encourage older people's participation.

Future demand for long-term care in Ireland

Research Institution(s): TCD, QUB

This project aimed to construct a predictive model for long-term care needs was led by Professor Charles Normand TCD. It found that the number of older people needing long-term care was set to increase significantly in the years to 2021 in Ireland, North and South. It also highlighted the issue of unmet care needs and the urgency of developing policy planning to meet future demands for care.

Pain, Physical Activity and Depressive Symptoms in Older People

Research Institution(s): RCSI

This all-Ireland study led by Dr Frank Doyle RCSI examined the links between physical activity, pain and depressive symptoms across three datasets. The study found that pain is associated with increased depression and physical activity is associated with lower depression levels. It also found that having pain does not stop people benefitting from physical activity.

Physical activity, ageing and health

Research Institution(s): Mary Immaculate College UL, UU, WIT, DCU

The study led by Dr Elaine Murtagh Mary Immaculate College UL examined the relationship between health and physical activity among older people using official datasets. The resulting report underlined the importance of remaining active as we age. It also highlighted the need to develop innovative programmes to encourage those who are most inactive, including older women, to take up some physical activity.

Deprivation and Cognitive Dysfunction

Research Institution(s): UU, NUIM

This study led by Professor Helene McNulty and colleagues at UU found that living in a disadvantaged area significantly predicted cognitive dysfunction in ageing. This meant that older people living in deprived areas of Ireland were more likely to suffer mental illnesses ranging from mild cognitive impairment to dementia.

Frailty and Disability in Ireland

Research Institution(s): TCD, QUB

This study led by Dr Matthew O'Connell TCD sought to develop a measure of frailty from the indicators used in the 2010/11 Health Survey NI and the first wave of TILDA. The final report used this measure to explore frailty in NI and ROI, and to assess the relationship between frailty and disability.

Examining inequalities in health and health behaviours

Research Institution(s): UCD, TCD

Health behaviours are significant barriers to healthy ageing but little is known about how they differ by socio-economic status. This study led by Dr Eibhlin Hudson examined inequalities in Ireland, North and South, in health behaviours and outputs such as smoking, alcohol consumption, body mass index and physical activity. It also examined changes over time with the aim of developing a technique known as a concentration index – a single measure of inequality which can be decomposed to analyse factors underlying inequality.

Disability in older heart disease patients

Research Institution(s): QUB, TCD, NISRA

This research led by Professor Frank Kee QUB sought to assess the extent to which disability associated with coronary heart disease (CHD) varied by age, gender and socio-economic status. It reported on life expectancy free of CHD-related disability and related inequalities, and examined risk factors such as smoking, diabetes, obesity, physical activity and psycho-social factors. It also evaluated how differences in healthcare and welfare systems in NI and ROI impacted on disability following CHD.

2. Leadership Programme

CARDI Fellows and projects

Dr Céline De Looze, TCD

Céline De Looze is a phonetician by training, with expertise in speech prosody, discourse and dialogue. She completed her PhD in 2010 at the Laboratoire Parole et Langage, Aix-Marseille University in France on the thesis Analysis and interpretation of the temporal span of prosodic variations in French and in English. Afterwards she worked as a research fellow carrying out prosodic analyses on Parkinson speech, a project funded by the French National Research Agency. Céline has just completed postdoctoral research on the Science Foundation Ireland-funded FASTNET project (Focus on Actions in Social Talk: Network-Enabling Technology) at the Phonetics and Speech Laboratory, TCD, where she specialised in signal social processing. She has worked at the interface between academia and entrepreneurship e.g. at CrewFactors Ltd which has a patent pending for communications training to airline staff. Céline has presented her research findings at international conferences in ten different countries, as well as contributing to journal articles.

During her CARDI Fellowship Céline will study mild cognitive impairment and psychosocial outcomes by characterising interpersonal communications between older people and carers. The research will evaluate verbal and non-verbal communication between people with mild cognitive impairment and carers. This will seek to provide a detailed characterisation of communication strategies; determine whether the ability of the person with MCI can be used as a marker of MCI; and evaluate the impact of carers' communication strategies on the quality of interaction and on the mental state of older people and carers.

The research is based on the premise that the older person may have difficulties in communicating due, for example, to aphasia or apathy and that the carer's communication strategy may affect the patient's self-esteem and result in social withdrawal or depression. The project will contribute to more objective, non-invasive evaluations of MCI which are both time and cost effective. It also has the potential to offer evidence-based care practices to support older people with MCI and their carers.

Dr Joanne Feeney, QUB

Joanne Feeney graduated with a PhD from TCD in 2010. Her thesis examined neurocognitive changes in associative and working memory with age, and in relation to the stress hormone cortisol. She also holds a postgraduate diploma in statistics from TCD and a first class honours BSc in pharmacology from UCD (2005). She joined TILDA at TCD in July 2011 where her research interests included the impact of psychological and physiological stress on healthy ageing with a particular focus on neurocognitive and cardiovascular health. Joanne was the lead researcher on the Neurocognitive Working Group within TILDA overseeing the cognitive and mental health domains of the study. She also chaired the Vision Working Group and contributed to research linking retinal health and brain function.

For the CARDI Leadership Programme she will explore the impact of stress on the neurocognitive and cardiovascular health of older adults in the North and South of Ireland, using data from NICOLA and TILDA. The experience of severe or persistent psychological stress can alter immune mediators, trigger inflammatory processes and increase oxidative stress, damaging brain and cardiovascular health. Determining the impact of stress on neurocognitive and cardiovascular health is important in order to help uncover potential pathways to, and early indicators of, disease and disability.

A better understanding of the role of stress and the varying cultural and historical experiences of people in Ireland, North and South, can help to predict and manage age-related disease. Identifying early pathways and risk factors linking stress exposure to disease and disability can help inform the design of interventions and educate the public about protective measures.

Dr Claire McEvoy, QUB

Claire McEvoy worked as a clinical dietitian before moving to a research post in the Centre for Public Health, Queen's University Belfast. She holds an MPhil and gained her PhD at Queen's University Belfast in 2012 for a thesis on fruit, vegetable and dietary patterns in relation to vascular and eye health. Claire has an interest in the application of mixed methodology to novel approaches to encourage and sustain dietary behaviour change for disease prevention and has managed two clinical trials to date: the Fruit, Vegetable and Insulin Resistance Study (FIRST) and the Trial to Encourage Adoption and Maintenance of a Mediterranean Diet (TEAM-MED). She has published nine (first-author) peer reviewed journal articles and five book chapters, and has presented her work at national and international conferences.

As a Beeson-sponsored CARDI Fellow, Claire will investigate the Mediterranean diet (MD) and cognitive decline – strengthening the evidence base and encouraging behaviour change. Her research will seek to determine the association between MD at baseline and cognitive decline and dementia risk over time in several prospective cohort studies; this will include techniques such as neuro-imaging. She will also further develop educational materials designed for participants with mild cognitive impairment to encourage dietary change towards an MD. Her Fellowship will include a year-long study visit to the prestigious Kristine Yaffe Lab at the University of California, San Francisco, where she will undertake training in nutritional epidemiology and cognitive assessment, as well as contributing to the work of the lab.

It has been estimated that up to a half of dementia cases may result from potentially modifiable risk factors. Targeting these factors, including diet, could lead to a significant reduction in dementia cases. This research aims to increase our knowledge on how diet may contribute to cognitive health and to inform effective future strategies to prevent and treat cognitive disorders in older adults.

Dr Joanna McHugh, QUB

Joanna McHugh completed her PhD research at Trinity College's Institute of Neuroscience (2007-2010) where her thesis concerned social and emotional perception. She also holds a first class honours BA in Psychology (2006) from University College Dublin. Joanna worked for the Neuro-Enhancement for Independent Lives (NEIL) Research Program as a postdoctoral research fellow before becoming a CARDI Fellow. Her research interests include health behaviours and social functioning in later life, particularly with reference to cognitive outcomes. Within NEIL she coordinated a randomised controlled trial evaluating a novel nutritional and social intervention for socially isolated older adults. Joanna has published 13 peer-reviewed articles in which she was first named author and presented her research at 19 national and international conferences. Prior to joining NEIL, Joanna was senior postdoctoral research fellow on the "Dem@Care" project, an FP7-funded collaborative project investigating the application of sensor technology to supporting health and social behaviours among individuals with dementia (2012-2013).

The focus of her research as part of the CARDI Leadership Programme is the social determinants of cognitive decline among older adults in Ireland, North and South. It will examine the causal links between loneliness, social isolation and cognitive decline, and aims to reveal the mechanisms behind these links studying and comparing longitudinal Irish population studies, TILDA and NICOLA. The project will investigate several factors such as social support, stress, neuro-inflammation and white matter structural integrity to clarify their contributions to the relationship between social isolation and cognitive outcomes in later life.

Identifying the special social and other factors that relate to cognitive decline will be valuable for policy-makers and practitioners alike, and can help inform strategies relating to the promotion of

social support for older adults in Ireland, North and South. The knowledge generated from this work can also help inform future evidence-based prevention, diagnostic, therapeutic and other strategies for the prevention of dementia.

Dr Sheena McHugh, UCC

Sheena McHugh completed a four year structured PhD Scholars programme in Health Services Research at UCC funded by the Health Research Board in 2012. Her thesis was The Quality of Diabetes Care in the Community: Practice, Policy and Culture. Sheena was principal research analyst with the Diabetes in General Practice Initiative and lead researcher on a Department of Health commissioned review of the national breast screening programme. She spent two years as a Health Research Board Post-doctoral Research Fellow, leading a work package examining health service use by older people. In January 2015 she led a mixed-method evaluation of the National Clinical Care Programme for Diabetes. She is a supervisor on this qualitative study of the attitudes to diet and physical activity of women at risk of gestational diabetes and their care providers. As well as presenting her findings at international conferences, Sheena has published nine journal articles and a book chapter as first author.

Sheena's Fellowship will be devoted to the topic Preventing falls in older people with diabetes: development and feasibility of a multifactorial intervention in primary care. She will establish the rate and risk of falls and fear of falling among older people with diabetes in Ireland and compare with the USA. Using this evidence, Sheena will develop the multifactorial falls prevention programme, including the implementation context in order to tailor strategies to local circumstances. The objective is to pilot and evaluate the implementation, acceptability and sustainability of the intervention in order to secure funding for a larger-scale trial.

Population ageing is a major driver for conditions such as diabetes, which increases the risk of falls. Multifactorial falls prevention interventions have been shown to benefit older people but few studies have studied the needs of those with chronic conditions such as diabetes. The research has the potential to deliver the first primary care-based falls prevention programme for older people with diabetes in Ireland.

Dr Charlotte Neville, QUB

Charlotte Neville obtained her PhD in nutritional epidemiology in the Centre for Public Health, Queen's University Belfast in 2010. She also holds a BSc Honours Degree in Human Nutrition and an MPhil from the University of Ulster. Her research has centred around the role of diet and lifestyle on health and disease outcomes including obesity, cardiovascular disease, musculoskeletal health and cognitive health, ranging from adolescent populations through to older adults. In recent years, Charlotte's research has expanded into lifestyle and ageing. She was trial manager of the Ageing and Dietary Intervention Trial (ADIT) examining the effect of increased fruit and vegetable consumption on measures of immune function and musculoskeletal health in older adults.

In her research as a CARDI Fellow Charlotte will explore the association between fruit and vegetable intake, retinal microvascular health, and cognitive decline and dementia risk. Accurate assessment of dietary intake in older populations is vital to unravel the potential role of diet in healthy ageing. The research will examine the efficacy of assessment methods currently used in NICOLA and test other potential dietary assessment methods that may be particularly suited to older people. Her research will also draw on TILDA to examine the topic of dietary intake and its link to dementia in older people.

In 2012 it was estimated that there were 35.6 million people worldwide with dementia and that the number will approximately double every 20 years because of growing life expectancy. The ability to identify those at high risk of dementia at an early stage and set in place strategies to reduce age-related morbidity and chronic disease prevalence can help encourage healthy ageing, and have financial and societal benefits.

Dr Matthew O'Connell, TCD

Matthew O'Connell completed a PhD at the University of Manchester in November 2011 on Frailty and anabolic hormones in ageing men, which involved work on the observational European Male Ageing Study (EMAS) and a clinical trial of testosterone therapy in frail men. Matthew held a postdoctoral position in Manchester looking at longitudinal changes in sex hormone levels in the EMAS. He joined The Irish Longitudinal Study on Ageing (TILDA) as a Research Fellow in January 2012 and became Chair of the frailty research group and theme lead on physiological ageing, frailty and functional decline, designing and piloting studies of new health assessments for Wave 3. Matthew also had lead responsibility for all Computer Aided Personal Interview (CAPI) design. He has held grants from the Health Research Board (2010-15) and CARDI (2013-14) and was first author of six journal articles.

Matthew's Beeson-sponsored CARDI Fellowship will allow him to explore novel physiological determinants of functional decline across Ireland, drawing on survey findings and health assessments from both TILDA and its equivalent, NICOLA (Northern Ireland Cohort Longitudinal Study of Ageing). He will use these data to quantify four-year change in key functional measures, particularly muscle strength and mobility and identify and validate physiological markers related to falls, disability and mortality. Mark will then assess the relationship between the markers and functional performance; explore potential mechanisms linking neuro-cardiovascular behaviour and functional decline at the level of the brain; and compare health of older people, North and South.

Insights from the study will directly inform clinical practice in falls and blackout clinics. Data on patterns of decline and cross-national variations in health will assist government efforts, North and South, to promote healthy ageing. Matthew will specifically work with clinical colleagues to translate findings into opportunities for screening and intervention, and with colleagues on bio-engineering to explore opportunities for innovation and technology development.

Dr Mark O'Doherty, QUB

Mark O'Doherty PhD is a postdoctoral research fellow from the UK Clinical Research Collaboration Centre of Excellence for Public Health, Queen's University Belfast, where he obtained his PhD in nutritional and cardiovascular epidemiology in 2009. Mark's postdoctoral training to date has been in cancer epidemiology and healthy ageing, and he has extensive experience in the utilisation and management of large datasets, both in an all-Ireland setting and during his time at the National Cancer Institute, Washington DC, United States. He was core to the strategic organisation of the cardiovascular disease and diabetes Work Package within the EU 7th framework CHANCES Project: Consortium on Health and Ageing: Network of Cohorts in Europe and the United States.

Mark's research as a CARDI Fellow will explore differences in trends in work-related disability and in the way people report disability between nations and across different national health and welfare service contexts. The aim of this research is to develop expertise in the evaluation and assessment of work-related disability among older adults through the use of disability vignettes which will supplement self-reported disability. This approach provides the capacity to compare variations in reporting thresholds with representative data for differing ageing populations from The Irish Longitudinal Study of Ageing (TILDA) and the Northern Ireland Cohort for the Longitudinal Study of Ageing (NICOLA). Only by comparing self-reported disability and health with those confirmed by objective health assessment can we form a better understanding of the degree to which perceptions of work disability are guided by objective health status, by socio-economic environment and by personal characteristics and circumstances.

As the state pension age increases and larger numbers of older people remain in work the issue of work disability will grow in importance. This research will help us explore implications for policy especially as disability rates among older people are higher in NI than elsewhere in the UK or in the ROI.

Dr Aisling O'Halloran, TCD

Aisling O'Halloran holds a PhD in cardiovascular disease and genetics from the Royal College of Surgeons in Ireland (RCSI) and a BA (Mod) in Natural Science, specialising in genetics, from Trinity College Dublin. She joined TILDA as a postdoctoral fellow in health research in January 2012 where her research interests included all aspects of frailty, resilience and falls, with an interest in characterising the physiological, cognitive and behavioural factors which predispose or protect older people to these outcomes. She was the research lead on both the Frailty Working Group and the Biomarker Working Group within TILDA. Previously Aisling was the Senior Researcher on the Falls Prevention Strand at the Technology Research for Independent Living (TRIL) Centre at St James's Hospital in Dublin (2010-2011). She has published in high impact journals and presented at scientific and medical conferences both nationally and internationally.

Aisling's research as a CARDI Fellow is on the theme of frailty and older people in Ireland, North and South. Frailty is a driver of functional and cognitive decline, predicting multimorbidity, disability, increased health care utilisation and mortality in older people. However, frailty can be ameliorated through early detection and intervention. This study will use data from TILDA and NICOLA to track transitions along the frailty spectrum from one wave of the surveys to another. This will help to identify risk factors for frailty in older people with the aim of developing new evidence-based targets for the early detection of frailty and suitable interventions. It will also seek to develop estimates of future healthcare needs related to frailty.

Frailty rates rise with age and 36% of people aged 80+ in NI and 15% in ROI are frail. This research will raise awareness and deepen understanding of both the levels of frailty and frailty prevention in Ireland, North and South. The findings will be of interest to researchers, healthcare professionals, policy-makers and older people's groups.

3. CARDI Publications 2008-2015

2008

CARDI Strategic Plan 2008-2011

2009

Mapping research in Ireland against the UN Research Agenda on ageing for the 21st Century

Care and Caring in Ireland, North and South: Older People as Both Recipients and Givers of Care

Stocktake of Ageing Public Policy Initiatives in Ireland, North and South

Government Structures in Ireland, North and South

Goods, Facilities and Services: Equality for Older People

What is interdisciplinary? Considerations for researchers (including applicants to the CARDI Research Grants Programme)

Public Transport and Older People in Ireland, North and South

2010

Illustrating Ageing in Ireland North & South - Key Facts and Figures

Health Structures in Ireland, North and South

Pensions Policy in Ireland, North and South

Approaches to health policy in Ireland, North and South

Focus on... Dementia

Stocktake of Ageing Public Policy Initiatives in Ireland, North and South (updated)

Government Structures in Ireland, North and South (updated)

Focus on... Nutrition

CARDI Grants Programme – Overview 2010

Inequalities in Old Age: the Impact of the recession on Older People in Ireland, North and South

Theories of Ageing and Approaches to Welfare in Ireland, North and South

Summary: How Theories of Ageing can Influence Policy

Focus on... Fear of Crime

A Picture of Ageing Research in Ireland, North and South 2010
Healthy ageing in rural communities
Transport and Rural Ageing
Focus on... Older People's Skills

2011
End-of-life care standards for people with dementia
Focus on... Home Care
Focus on... Older Voters
Universal design for older people
Inappropriate prescribing of medicines
Focus on... Ageing Strategies
Focus on... Older Voters: NI Update
Ageing and Intellectual Disability
Insights into elder abuse
Focus on... Volunteering
Focus on... Models of Care
Physical activity and mental health in ageing
The role of telecare in supporting carers of older people
Focus on... Ageing and Access to Health Services
Global Ageing: An Overview
Multimorbidity in the older population
Focus on... Insurance: Risk Indemnity or Age Discrimination
Understanding fuel poverty in the older population

2012

Inequalities in old age 2011

Age, Income and Food in Ireland

Quality in Ageing and Older Adults

Focus on... Intergenerational Solidarity

Social exclusion and ageing in rural communities

Older women and pension inequalities

Is age a determining factor in the treatment of men with prostate cancer?

10 Guidelines for Writing Policy Recommendations

Focus on... Loneliness and Physical Health

A comparison of people seeking help at memory clinics in Belfast and Dublin

Focus on... Age-Friendly Cities

Medication use in patients with dementia at the end of life

Focus on... Internet Use and Older People

Building balance with video games

Future demand for long-term care in Ireland

CARDI Grants Programme – Overview 2012

2013

Extra healthy years or just extra years? What can we know from the data we have on the island of Ireland?

Focus on... Public Health Campaigns for Older People

Focus on... Pension Knowledge and Older People

Innovation in Policy: Insights for Ageing

Focus on... Housing and the Health of Older People

Focus on... Alcohol Misuse Among Older People

E-Government and Older People in Ireland, North and South

Summary: Online Government - Offline Older People?

Focus on... Technology and Home Care

CARDI Strategic Plan 2013-2015

2014

Public and Community Transport for Older People in Rural Ireland - North and South

Summary: Public and Community Transport for Older People in Rural Ireland - North and South

Focus on... Innovative Community Projects for Older Workers

Building Stronger User Engagement in Age Research

Summary: A Guide to User Involvement in Ageing Research

Social Exclusion among Older People in Ireland, North and South

Pain, Physical Activity and Depressive Symptoms in Older People

Focus on... Older Voters 2014

Physical Activity, Ageing and Health

An Exploratory Study of the Wealth of Older People in Ireland, North and South

Summary: Wealth of Older People in Ireland, North and South

Understanding Socio-Economic Inequalities Affecting Older People

Summary: Understanding Socio-Economic Inequalities Affecting Older People

Focus on... Sleep and Older People

CARDI Fellow Leadership Programme in Ageing Research – Overview

Focus on... Dying at Home

Deprivation and Cognitive Dysfunction

Focus on... Influenza

Frailty and Disability

A Picture of Ageing Research in Ireland, North and South 2014

2015

Inequalities in Health Behaviours

Focus on... Social inclusion and ageing with an intellectual disability

Disability in Older Heart Disease Patients

Keeping Active for Better Ageing

Getting Involved in Ageing Research: A guide for the community and voluntary sector

CARDI Fellow Leadership Programme in Ageing Research - Overview Update

Focus on... Health of older women in employment

4. Selection of CARDI workshops, training events, launches and seminars 2008-2015

2008

Launch: CARDI – Belfast

Launch: CARDI – Dublin

Seminar: Developments in Housing, Health and Technology for Older People - Showcasing Research & Practice

Seminar: Showcasing Ageing & Disability Research - Lessons for Policy and Practice

2009

Workshops: Series of CARDI Grants Programme briefings

Seminar: Building Relationships and Making Linkages between Research and Policy

2010

Launch: Illustrating Ageing in Ireland

Training Event: 'Your Memories Matter' - Showcasing Reminiscence Research

Seminar: Old Age - old news or new debate?

Seminar: Living Longer - Working Longer

Seminar: An Age Old Problem – where now for rural services?

Launch: A Picture of Ageing Research

2011

Training: Research Ethics in Interdisciplinary Ageing Research

Launch: An evaluation of inappropriate prescribing in long-stay elderly facilities in Greater Cork and NI

Seminar: Is increasing life expectancy also improving ageing?

Training: Lost in translation - how to communicate most effectively with non-academics

Conference: The Demography of Ageing and Official Statistics

International Conference: Ageing Globally - Ageing Locally

2012

Workshop: Reframing Dementia

Launch: Decision-making regarding medication use in patients with dementia at the end of life

Training: Future Leaders of Ageing Research in Europe Summer School

Launch: Use of video games to improve balance and prevent falls in older people

2013

Workshop: European Year for Active Ageing and Solidarity between Generations - Where to Next?

Seminar: What we can learn from the data on the island of Ireland about life expectancies

Workshop: Policy/Research Exchange - Rural Ageing

Training: International Training Programme on Ageing

Launch: E-government & Older People in Ireland, North and South

2014

Seminar: Housing for an ageing population

Workshop: Why and how to get involved in ageing research, Dublin

Workshop: Why and how to get involved in ageing research, Belfast

Inaugural Meeting: Leadership Programme

Seminar: Keeping active for better ageing

Workshop: Future directions and collective strengths in dementia research

2015

Launch: Disability in older heart disease patients in Ireland

Leadership Programme – Scientific Meeting

International Training Programme in Ageing: Dementia and Memory Impairment

C|A|R|D|I

Centre for Ageing Research
and Development in Ireland

**Centre for Ageing Research
and Development in Ireland**

Forestview
Purdy's Lane
Belfast BT8 7AR
Tel: +44 (0) 28 9069 0066
5th Floor Bishop's Square
Redmond's Hill
Dublin 2
Tel: +353 (0) 1 478 6308

Email: info@cardi.ie
Web: www.cardi.ie

September 2015