

Annual Report 2016

NARI NATIONAL
AGEING
RESEARCH
INSTITUTE LTD
Bringing research to life for 40 years



Our Vision

To be recognised and sought after as the national leader in translational ageing research in Australia.

Our Mission

To improve the health and wellbeing of older people through research and research translation into policy and practice.

Our Work

NARI conducts research into the major health issues that affect older people, and uses this research to shape health promotion, service provision and policy development concerning older people, recognising that Australia's older population is very diverse.

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From the President

2016 marks 40 years since NARI was founded due to the prescient lobbying of the then Vice President of Mount Royal Hospital, Mr Lionel Adams. Mr Adams succeeded in persuading the University of Melbourne to partner with Mount Royal Hospital (now RMH) and the then Commonwealth and Victorian governments to fund the first Australian Chair in Geriatrics and Gerontology for three years. Professor Derek Prinsley was recruited from the University of Durham, in England, to head up the Institute and lead new scholarship in the field of ageing in Australia.

Today NARI can proudly claim to be the cradle for what is now a world-renowned field of scholarship and clinical practice in aged care in Australia.

In the last 12 months under the new directorship of Associate Professor Briony Dow, NARI has revitalised the strategic plan and vision. As a result, NARI's vision has broadened to address the new challenges emerging for older people including caring and mental health. New streams of research include investigation of elder abuse, health services reform, and cultural diversity and ageing complementing ongoing research in our current field of expertise; falls prevention, cognitive decline and pain to name just a few.

As the population ages and many of us live longer, new complex and multifactorial issues become apparent. The landscape of research is also changing in Australia, as research becomes more highly specialised and competitive. Holding on to the expertise and knowledge of a generalist, holistic institute, such as NARI becomes more difficult in this funding climate. The loss of 40 years of knowledge and expertise would be impossible to recapture in the ageing research world. To prevent this, NARI will seek build its intellectual property and knowledge reserves to forge a new business model and innovative research entity.

I would like to thank my Board colleagues and our Ambassadors for their support and commitment to NARI



and commend Professor Elizabeth Ozanne for her many years as board member before her retirement last year. Although Dr David Alcorn was with us for a short time I valued his contribution and generous advice and support for NARI.

NARI is honoured that in this 40th year the Governor of Victoria, Dr Linda Dessau and her husband Judge Anthony Howard agreed to become patrons of NARI.

In conclusion I would like to pass on my respects to the family of David Simmons. David was a long term friend and served on the NARI board as one of the many activities in the Not for Profit Sector. He was a passionate advocate for improving services and policies for older people and he is greatly missed in the sector.

A stylized, handwritten signature in black ink, likely belonging to Associate Professor Michael Murray.

Associate Professor Michael Murray

Board of Directors

President

- > Associate Professor Michael Murray

Vice President

- > Derek McMillan

Treasurer

- > Richard Gallina

Executive Director

- > Associate Professor Briony Dow

Members

- > Dr David Alcorn (resigned 29/02/2016)
- > Christine Kotur (resigned 16/11/2015)
- > Maree McCabe
- > Professor Terence O'Brien
- > Elizabeth Ozanne (resigned 29/02/2016)

Board Meeting Attendances

> Dr David Alcorn	2 out of 2
> Associate Professor Michael Murray	4 out of 4
> Derek McMillan	3 out of 4
> Richard Gallina	4 out of 4
> Associate Professor Briony Dow	4 out of 4
> Maree McCabe	4 out of 4
> Professor Terence O'Brien	1 out of 4
> Professor Elizabeth Ozanne	3 out of 3
> Christine Kotur	2 out of 2

Total Meetings 4

Finance, Audit & Risk Management

> Dr David Alcorn	0 out of 1
> Associate Professor Briony Dow	3 out of 4
> Richard Gallina	4 out of 4
> Derek McMillan	4 out of 4
> Associate Professor Michael Murray	4 out of 4

Total Meetings 4

Business Development and Strategy

> Associate Professor Briony Dow	4 out of 4
> Christine Kotur	1 out of 2
> Maree McCabe	3 out of 4
> Associate Professor Michael Murray	4 out of 4
> Professor Terence O'Brien	2 out of 4
> Professor Elizabeth Ozanne	2 out of 3

Total Meetings 4

Senior Executive Staff

- > Professor Stephen Gibson - Deputy Director, Director Clinical
- > Debra O'Connor - Executive Manager
- > Dr Frances Batchelor - Director Health Promotion
- > David Rischbieth - Chief Financial Officer

From the Director

The last 12 months have seen NARI continue its 40-year tradition of research leadership in the less visible or 'sexy' aspects of ageing.

NARI led a roundtable with the Federation of Ethnic Communities' Councils of Australia (FECCA) on research gaps relating to older people from culturally and linguistically diverse (CALD) backgrounds, and a second roundtable with Seniors Rights Victoria on elder abuse research gaps, both of which produced research action plans, which will in turn shape policy and practice.

We worked with Lifeview, an innovative aged care provider, to better understand what older lesbian, gay and transgender people expect from aged care services, and with the Council on the Ageing (COTA) on what people regard as important for their memorialisation after death. We also contributed to a range of government inquiries, including the Victorian Government's Royal Commission into Family Violence and Gender Equality Strategy.

NARI's new strategic plan (2016-2019) makes explicit this focus on translational and collaborative research. A key avenue for this is

the Melbourne Ageing Research Collaboration (MARC) led by NARI. MARC has gone from strength to strength in the past year, leveraging funding from a range of sources to build a strong program of translational research in dementia, end of life care, falls prevention and healthy ageing.

Sadly we had resignations from two long-standing staff members in 2016. Professor Stephen Gibson and Freda Vrantsidis both resigned in June and we were sad to see them go but grateful for the substantial contribution they both made during their time at NARI. Professor Gibson put pain on the map as an important issue, particularly for people living with dementia, and Ms Vrantsidis contributed in a range of areas, from falls prevention to elder abuse.

In an increasingly challenging funding landscape, NARI continues to be fortunate in having a committed and hard-working staff team and the ongoing support of the Victorian Government.



I would like to thank all of our dedicated volunteers, including our Board members, the Advisory Group for the Australian Ageing Research Foundation, our inspirational Ambassadors Drs Patricia and Don Edgar, and our research volunteers. Thanks too to our loyal band of donors, including the many philanthropic trusts that support us.

Finally I would like to pay special tribute to the Senior Executive Staff, Stephen Gibson, David Rischbieth, Frances Batchelor and Debra O'Connor, who work tirelessly to improve the lives of older people through NARI's work.



Associate Professor Briony Dow

History of NARI

Although NARI was founded in 1976, there are letters regarding its foundation dating back to 1975 including one from Dr Doug Everingham, Federal Minister for Health, offering a one-off \$30,000 grant.

I became aware of what was then called the National Research Institute for Gerontology and Geriatric Medicine when I worked as a junior resident medical officer on the Professorial Unit at the then Mount Royal Hospital from February to May 1980.

Derek Prinsley occupied the same office as the current director, but was blessed with two part-time secretaries, both called Mavis. There was some intermittent discussion about what the correct plural of Mavis might be. Anna Howe was busy with the research that would lead to the creation of what we now call aged care assessment teams, but the Institute occupied only what is now building 8 and was far smaller than it was to become.

In 1986 on a visit to Australia to look into the possibility of returning home from London once I had finished the research for my doctorate, I met Ron Cope, who was doing a stint as director between Derek Prinsley and Rob Helme (who took over in 1987) and found him encouraging about opportunities for both clinical and research careers in the field.

My next interaction was in late 1987 when I met Rob Helme to discuss the foundation of a memory clinic. He introduced me to a bright senior registrar called Leon Flicker and by early 1988 the memory clinic in which I still work every Tuesday was up and running as a joint initiative with the hospital and the University Department of Psychiatry.



Emeritus Professor David Ames
Immediate Past Director of NARI

A HISTORIC SNAPSHOT

> NARI was founded on 16 April 1975 when an agreement was signed between the University of Melbourne and Mount Royal Hospital to establish a National Research Institute for the purpose of gerontological research and geriatric medicine.

NARI's direction was to:

- > conduct gerontological research covering social, physiological, biological and psychological aspects of ageing, the objective being improved medical and social care of the aged
- > teach geriatric medicine to undergraduate medical students and to train geriatricians in the specialty
- > develop a clinical geriatric service.
- > On 9 December 1977 His Excellency the Governor of Victoria, Sir Henry Winneke, formally opened the Mount Royal National Research Institute of Gerontology and Geriatric Medicine.
- > In 1993 the Institute became an incorporated body.
- > The National Ageing Research Institute was established and officially launched on 7 June 1994, by the Minister for Aged Care in Victoria, The Hon Robert Knowles MLC.

Significant Achievements



PUBLICATIONS

- › Over the past year NARI researchers have had over 90 publications in peer-reviewed journals.



MEDIA

- › In 2016 NARI's media profile increased significantly with over 50 print articles placed in many different outlets from the Australian Women's Weekly, The Age, Herald Sun, and the Sydney Morning Herald through to seniors trade publications. Our researchers were involved in over 30 radio interviews including Nightlife, AM, The World Today, 774 Victoria and ABC in Canberra, South Australia and Sydney. Facebook friends and Twitter followers continue to build with no sponsored advertising. Twitter, in particular, has seen increased engagement with journalists and other researchers and services working in the ageing sector.



EDUCATION

- › NARI restructured its education program after a comprehensive review which included input from the research and aged care sectors. Last year NARI delivered three specialised workshops and 35 seminars, reaching over 2,000 people. Our researchers continued to play a critical role in the Masters of Ageing and the Massive Open Online Course at The University of Melbourne.



INTERNATIONAL COLLABORATION

- › NARI increased its international profile through research partnerships and presentations at international conferences, and trade missions. The past year NARI staff presented in conferences in Thailand, the UK, Spain and a consultation at the WHO Kobe Japan Centre.



RESEARCH COLLABORATION

- › NARI continues to drive the Melbourne Ageing Research Collaboration (MARC), which over the past year has included forums on End of Life Care, and Ageing and Technology. Three collaborative projects have started - the MARC Falls Program, the Strategies for Relatives (START) on-line project, and Preventing Avoidable Hospital Admissions for People with Dementia.



ADVOCACY

- › The past year has seen NARI actively promote the need for specific research into ageing to drive evidence-based policy and services across Australia. Its roundtable with FECCA attracted Federal bipartisan political support while in Victoria, NARI met with the Hon Martin Foley, Minister for Mental Health, Ageing and Housing to discuss its work. The past year also included making submissions to the Victorian gender equity strategy and the Medical Research Future Fund.

Bringing Elder Abuse into the Spotlight



One of NARI's flagship programs over the past year has been to advocate for further research and a range of policy and practice changes to tackle the growing incidence of elder abuse in Australia.

Last April, in conjunction with Seniors Rights Victoria, NARI hosted a roundtable bringing together leading researchers and policy advocates to examine the gaps in research. The roundtable followed swiftly from the findings announced by the Victorian Royal Commission into Family Violence, which picked up on many of the issues raised in NARI's submission. These included a need for training for all aged care workers in identifying and responding to violence against older people.

The roundtable unanimously called for a prevalence study to determine the full extent and types of elder abuse in Australia. Currently there is only patchy national data on the incidence of elder abuse, but researchers believe that,

every year, up to six per cent of older Australians are abused by someone they trust.

Elder abuse is defined as any act which causes harm to an older person and is carried out by someone they know and trust, such as family and friends. Like other forms of family violence, elder abuse may be psychological, financial, physical, social or sexual, and can also involve neglect.

According to the roundtable participants, many reasons that prevent victims from reporting family violence also apply to elder abuse. These include concern about who will provide care, shame about the private nature of the family conflict, and an unwillingness to cause further conflict.

Roundtable participants also highlighted the need for a robust evaluation of current practice, including education and family mediation programs, more research into learning about the motivations of perpetrators and conflict within intergenerational family homes, and the lack of understanding of carers and family members about frailty, and chronic or age-related conditions such as dementia.

Organisations represented at the roundtable included University of Melbourne, Brotherhood of St Laurence, Benetas, St Vincent's Health, Office of the Public Advocate, Australian Institute of Family Studies, Elder Solutions Pty Ltd, and the Australia Association of Gerontology.

RECENT RESEARCH BY NARI REVEALED THAT IN VICTORIA:

- About **67 per cent** of elder abuse is **perpetrated by a son or daughter** of the older person.
- About **92 per cent** of alleged perpetrators are **related to the older person**, including those in a de facto relationship.
- Elder abuse is **largely a gendered issue** -with the **victim** more likely to be **female** (72.5 per cent) and the **perpetrator** more likely to be **male** (60 per cent).

Improving the Healthy Ageing Experience of Older CALD Australians



Older culturally and linguistically diverse (CALD) Australians are often excluded from research due to language barriers. Over recent years, NARI has undertaken research into service access and gaps for older Australians from diverse backgrounds and the issues faced by community workers and health professionals in providing aged care services that are accessible, culturally appropriate and timely.

In March, NARI and the Federation of Ethnic Communities' Councils of Australia (FECCA) held a national roundtable at Parliament House in Canberra to develop a research agenda and plan of action to further advance understanding of the needs of older CALD Australians, in line with the Government's reform agenda.

Policy makers, government officials, academics and stakeholders interested in the health and ageing of older CALD Australians gathered to analyse the gaps and work towards a strategic agenda on advancing research around ageing in CALD communities.

Central to the roundtable discussion was the importance for policy and practice to be informed by a robust evidence-base gained through research and then translated into action.

Placing older CALD Australians at the centre of research in order to understand their experiences and how they differ from those of older Anglo-Australians was also crucial, as was the need to look at international comparisons and how this can influence Australian practice.

Participants also agreed that given the diversity of Australia's population, and in particular the diversity of people over the age of 65, issues affecting CALD older people need to be embraced as part of all research and service delivery.

Assistant Minister for Health and Aged Care, the Hon Ken Wyatt MP, the Assistant Minister for Multicultural Affairs, the Hon Craig Laundy MP, and the Shadow Minister for Ageing, the Hon Shayne Neumann joined the roundtable.



A SNAPSHOT OF OLDER CALD PEOPLE IN AUSTRALIA:

- **30 per cent** of Australia's older population were **born in other countries**.
- Approximately **20 per cent** come from a **non-English speaking country**.
- Older people from **CALD backgrounds** are **under represented** in research.

Image: Joe Caputo, CEO of FECCA, Briony Dow, Director of NARI and Minister Craig Laundy at the roundtable.

Clinical Division



The Clinical Division this year focused on developing best practice care models in residential aged care settings, improving the management of behavioural and psychological symptoms in people with dementia, the role of spirituality for older adults in aged care, and research in older twins.

Models of Care in Residential Aged Care

NARI is working with Royal Freemasons to develop a framework for a new model of care. This model recognises that each resident is on an individual journey and experiences a number of late life transitions whilst in aged care. Therefore the approach to care needs to acknowledge and support this.

A central component of the model is a multidisciplinary review of each resident's condition, and NARI and Royal Freemasons have together developed a new tool to assist this process.

Called Transition Maps, they provide for each resident an honest and individualised pathway for future care. These maps have been shown to be useful in facilitating a consensus approach to care amongst health professions, promote care consistency amongst staff, and open up meaningful conversations with the residents and families. Transition maps also help inform another core component of the program called goal attainment scales, which are used to better support the goals and aspirations of residents.

This enhanced model of care was piloted at one residential aged care facility in Melbourne, with a second facility as a control. The model was assessed on a number of measures and the results of the pilot showed improvements in quality of life, positive mood, and overall resident satisfaction. Progression towards resident goals was also higher for residents in the program. Finally the pilot also demonstrated the inter-rater reliability and construct validity of the Transition Maps scale in

a residential aged care setting. Overall the study showed there are benefits for resident outcomes when implementing this innovative framework.

Managing Behavioural and Psychological Symptoms of Dementia

NARI is conducting randomised controlled trials to study the relationship between pain and behavioural and psychological symptoms of dementia. Both pain and behaviours are very common in residential aged care and these studies are investigating the extent that agitation, aggression or depression may be driven by unrelieved pain.

With the support of a number of aged care providers, these studies are being conducted at over 35 residential aged care facilities across Melbourne.

Recruitment for these studies is nearing completion and the results are expected soon.

"NARI is conducting randomised controlled trials to study the relationship between pain and behavioural and psychological symptoms of dementia."

Older Australian Twins Study

NARI continues its collaboration in one of the largest and most comprehensive ageing studies involving older twins in Australia: the Older Australian Twins Study (OATS). OATS examines the contribution of genetic and environmental factors on the ageing process.

In the past year the Amyloid Imaging sub-study of OATS has recommenced. Amyloid plaques contain the amyloid protein. Its presence is thought to predict memory decline with age, but this theory is still unproven.

Currently we do not know what causes these plaques, or who is going to develop them. However, we can see evidence of these plaques using a special brain scan called a positron emission tomography (PET) scan. Performing these scans in twins will help us establish how these amyloid

plaques relate to performance in memory and thinking, whether there is a genetic component, and whether there are any potentially modifiable environmental factors that may be contributing to plaque development.

The Amyloid Imaging sub-study was piloted in 60 OATS volunteers in 2012-2013 and last year the OATS research team received further funding from the National Health and Medical Research Council to expand this sub-study. The target sample size is 100 twin pairs in Victoria and New South Wales combined, and so far we have scanned 40 individuals in Victoria.

Spirituality in Aged Care

NARI worked with Meaningful Ageing Australia (formerly PASCOP), Spiritual Health Victoria and Improvement Matters to develop the first Australian Guidelines for Spiritual care of Older Australians living in residential and home care. The project was funded by the Australian Government in 2015.



Image: Professor Colleen Doyle who worked on the Spiritual Care of Older Australians' guidelines.

Through a process of extensive literature review and consultation with a wide range of stakeholders, including those working in aged care, families and older people themselves, five domains of spiritual care were identified and will be included in the new guidelines. They are due to be launched in August 2016.

The guidelines support the World Health Organization's view that spirituality is inextricably linked to quality of life. Elements of spiritual care can include spiritual assessment, developing trusting relationships, fostering rituals that individuals prefer, facilitating compassion by waiting for an invitation to discuss spiritual matters, giving care that provides a spiritual connection with the person, being attentive, and allowing reciprocity in the relationship with the older person.



Image: Identical twins Sid (left) and Peter (right) are part of the Older Australian Twins Study.

Professor Stephen Gibson

After almost 30 years with NARI, Professor Stephen Gibson has left to pursue new directions.

Stephen first joined NARI as an early career research fellow in 1988 after returning from a post-doctoral position in the USA. He left as Deputy Director and Director of the Clinical Research division, where he led internationally recognised research into pain, especially in managing and recognising pain in people living with dementia.

Professor Gibson, a registered psychologist, has been a principal chief investigator on funding grants from the NHMRC since 1994 and has attracted competitive grants totalling more than \$15 million over his career.

His current research interests include age differences in pain and its impacts, fMRI responses to pain, and the implementation of pain management guidelines into the residential aged care sector.

According to Professor Gibson, persistent pain affects more than 50 per cent of the older population and can lead to major impacts on mood, function, sleep, cognition, social relationships and quality of life.

‘The questions which drive NARI’s research are how can we assess pain when verbal communication is impaired? Does dementia alter the ability to feel and process pain? What are the best treatments for this group?’ said Professor Gibson.

With these questions in mind, Professor Gibson has led seminal investigations including a 2006 study that used experimental pain and fMRI neuroimaging to determine whether pain processing is impaired in persons with Alzheimer’s disease. The research was able to demonstrate that pain sensitivity and pain processing is not compromised and, indeed, may be even more distressing in people with mild to moderate Alzheimer’s disease.

‘It remains as the only study of its type in the world and has contributed to a major shift in clinical practice, such that analgesics are now routinely given to all persons with dementia,’ he said.

His team has also contributed to better understanding of the clinical problems facing some older people, such as falls, impaired mobility and cognition, bothersome pain and frailty, which are caused by multiple interacting factors, rather than a single disease.

Throughout his career with NARI, Professor Gibson has supervised and mentored a generation of gerontology researchers, adding to the capacity of the sector. He also worked closely with research participants, valuing their insights into ageing and life.

He was awarded the 2006 Pfizer International Visiting Professorship in pain medicine and a distinguished member award at the Australian Pain Society in 2016. He has contributed to more than 200 peer-reviewed publications, is on the editorial board of several leading scientific journals, and is a sought after speaker at international meetings.

“His commitment to ageing has been driven by his view that small changes to lifestyle or health care services can and do make a major difference to the quality of life of older people.”



Image: Professor Stephen Gibson.



Image: The Hon Martin Foley, Victorian Minister for Ageing, has a go on the NARI balance machine.

Health Promotion



The Health Promotion Division has continued its groundbreaking work across a diverse range of projects in the streams of Healthy Ageing, Carers and Mental Health, Cultural Diversity, Falls and Balance, Health Reform, and Social Connections.

Researchers have been actively involved in representing NARI at conferences, roundtables and workshops, including at the Australian Association of Gerontology's conference in Alice Springs, the Stroke Society of Australia's conference in Melbourne and the International Association of Gerontology's Asia/Oceania conference in Chiang Mai, Thailand.

A major highlight of the year was the launch of the Victorian Government's Department of Health and Human Services' *Older People in Hospital* online resource. The team worked with the Department to transform the *Best Care for Older People Everywhere* toolkit into a fully online set of resources.

A further highlight was the visit of the Hon Martin Foley, Victorian Minister for Ageing, to NARI where he experienced the falls and balance machine, and learned more about the Institute's work.

New website to improve care for older people while in hospital

Older people in hospital is a new evidence-based online resource providing clinicians with information and simple strategies to minimise the risk of functional decline for older people in hospital. There are 16 different but inter-related clinical topics. All information has been closely aligned to the National Safety and Quality Health Service Standards to assist health services to meet these standards.

The resource includes a wealth of supporting information such as stories from health services about innovative ways they are improving care for older people. Consumer information is featured, including a series of audiovisual information clips on strategies patients and their families can use to improve their outcomes during a hospital stay.

"A major highlight of the year was the launch of the Victorian Government's Department of Health and Human Services' Older People in Hospital online resource."

The resource was developed in close collaboration between NARI, the Victorian Government Department of Health and Human Services, the Clinical Leadership Group on care of older people in hospital, Victorian Health Services and a number of experts. It is the third edition of *Best care for older people: The toolkit*.

www.health.vic.gov.au/older-people-in-hospital

www.betterhealth.vic.gov.au/get-well-soon

Retirement Village Residents' Experiences of Contracts and Outcomes: Pilot Project

NARI recently completed a project funded by Residents of Retirement Villages Victoria (RRVV) about retirement village residents' views of contracts and outcomes and their interactions with owners and managers. RRVV Inc acts as a representative body for its 6,500 Victorian members currently living in retirement villages

NARI was asked by RRVV to report on the experiences of retirement village residents and their families regarding their contractual interactions with village owners and managers. The results indicate that survey respondents were generally satisfied with retirement village life.

While the majority indicated there were no issues (contractual or otherwise) that needed resolving before entry, over one-fifth reported experienced an issue, and only 42 per cent of these were resolved before moving in. Almost 70 per cent of respondents indicated that they had, at some stage, reported a matter requiring the village manager's attention - 38 per cent of these were not resolved satisfactorily.

One-fifth of respondents reported they needed to contact regional managers or higher personnel regarding issues affecting them. Nearly half of all respondents reported their village had experienced a change of ownership or a change of contract.

A number of recommendations were made for owners/managers that include improved communication, improved dispute resolution processes and independent residents' committees.

Our report was used by RRVV as a supporting document in submission to Victorian politicians. The Victorian Government is currently undertaking an inquiry into the retirement housing sector.



Purpose-built LGBTI aged care facilities: What do older LGBTI consumers and potential staff want?

Lifeview is an aged care provider committed to building an innovative new aged care living and retirement home specifically marketed to lesbian, gay, bisexual, transgender and intersex (LGBTI) people and friends in Prahran. Lifeview has engaged NARI to determine the views of an older LGBTI demographic, those aged 60 and over, with a particular emphasis on people aged 80 or more, on the likelihood that older LGBTI people will use this facility, and to develop a more thorough appreciation of their needs.

The project will also canvas the views of aged care staff who might be interested in working at such a facility and their needs and requirements. The responses will help inform Lifeview's future recruitment and training processes and will help ensure the needs of this new workforce will be met.

To date, NARI has surveyed older LGBTI people as well as aged care professionals and conducted focus groups. Results from both the questionnaire and focus groups will provide valuable information that will contribute to the design and development of Lifeview's new facility.

Camping for a change

NARI together with COTA (Vic) and the Lord Somers Camp took older adults to Victoria's Mornington Peninsula to see whether being in nature and participating in activity-based learning could awaken their sense of possibility and foster wellbeing.

This project, funded by the City of Melbourne, offered the chance for older adults to flourish by maximising their positive emotions, engagement, relationships, meaning and accomplishment.

The participants' physical abilities were challenged through archery, kayaking, stand-up paddleboarding and the Have A Try exercise program. Participants were also stretched cognitively as they crafted two to three wellbeing goals to work on after the camp was over.

Over 90 per cent of participants achieved their goal for the camp. A few people realised that they need to push themselves a bit harder, particularly physically, in order to flourish.

Volunteering activities among older immigrants

NARI researchers are well underway with a study to learn more about the contribution that older immigrants are making to Australia.

Funded through the Scanlon Foundation and Australian Unity, the study turns on its head the myth that older people are a burden.

The researchers have worked with the Macedonian Community Welfare Association, Australian Multicultural Community Services, Australian Unity, Chinese Community Social Services Centre Inc and COTA Victoria, and with volunteers from China, Macedonia, Scotland and Italy.

Based on the research findings, NARI will develop a suite of materials, including case studies that illustrate the diverse roles older immigrant volunteers play in society, and help sheets for organisations.

Melbourne Ageing Research Collaboration



Melbourne
Ageing Research
Collaboration



Over the past year, the Melbourne Ageing Research Collaboration (MARC) has deepened its links with its 12 members through a series of forums and the start of several research projects.

MARC was established in 2014. Its four focus areas are dementia, falls prevention, end of life and palliative care, and healthy ageing. Last year MARC hosted two forums for collaborating partners. The purpose of these forums is to exchange knowledge and develop new ideas about translating research into practice.

End of Life Care Forum

The MARC End of Life Care Forum, hosted by Mercy Health, enabled aged care workers, healthcare workers, educators and policy makers to share ideas about end of life and palliative care. The forum included presentations from Professor Colleen Doyle from NARI, Claire Kemp from Mercy Palliative Care, and Jennifer Zerafa from Western Health.

Dementia Forum

Generously supported by Alzheimer's Australia Victoria, the dementia forum was attended by 30 clinicians, researchers and policy makers who aimed to design a project on dementia. The forum included presentations by Dr Mark Yates from Ballarat Health Services and Jo Tropea from the Melbourne Epicentre. Five potential project ideas were developed.

Falls Project

Falls in hospitals are associated with a longer length of stay and poorer functional outcomes for those affected so finding interventions that work is vital.

This project, now underway at Melbourne Health and Austin Health, tackles the challenge of preventing falls in hospitals, a key concern for health services, health professionals, older people and their carers.

The aims of the project are to develop and implement a customised falls prevention plan in hospital settings using local data, to improve staff knowledge and perceptions of falls prevention strategies, and to embed improved clinical practice.

Preventing Avoidable Hospital Admissions for People with Dementia Project

The hospital environment can be distressing for people with dementia and their carers and can lead to adverse outcomes and complications.

This project aims to identify the primary reasons that people with dementia present to hospital and will draw on the experiences and needs of carers and clinical staff to develop resources to provide carers with support in making decisions about healthcare needs.

A project team has been established to oversee the design and implementation at Melbourne Health, Austin Health and Northern Health.

Strategies for Relatives (START) On-line Project

START is an eight-week program of education, relaxation training and counselling for carers of people living with dementia. Developed in the UK, the program was shown to be effective in reducing the rates of depression and anxiety in carers. This project will adapt the existing program for the Australian context and be the first to test this approach via video-conferencing technology, enabling access to carers living in remote areas.

Working with Older Aboriginal Australians



Each year about one in three Australians over the age of 65 experience a fall and Aboriginal people living in remote communities within the Kimberley are at risk of experiencing a fall from the much younger age of 45.

Over the past year, NARI has been collaborating with a range of partners to improve the outcomes for older Aboriginal people. The first project involved partnering with Kimberley Aged and Community Services in Western Australia to develop and deliver falls prevention workshops to clinicians, home and community care workers, and Aboriginal health workers in the Kimberley.

While the evidence for reducing falls by applying prevention strategies is strong, its implementation can remain a challenge particularly where allied health and medical services are not routinely available.

With the support from a Rural Health Continuing Education Grant NARI provided three interactive, evidence-based workshops, with many home and community care workers travelling long distances from remote Aboriginal communities to Broome and Kununurra.

NARI's research team also celebrated the 'Best Poster Presentation' award at Australian Association of Gerontology Conference held in Alice Springs.

The poster highlighted the collaboration with colleagues from the Centre for Remote Health, a joint centre of Flinders University and Charles Darwin University, to complete a literature review exploring the role Aboriginal Art Centres based in remote communities play for older people living with dementia.

Findings indicate that art centres located in remote communities play a key role in maintaining traditions, culture, and practices unique to Aboriginal and Torres Strait Islanders and strengthening a sense of cultural identity, belonging and health. There is a gap in knowledge regarding how these centres cater for the needs of people living with dementia.

Addressing this gap will be particularly helpful in remote areas where prevalence of dementia is five times that of the non-Aboriginal population and there are limited health and other support services available. NARI is in the process of exploring funding opportunities to complete a scoping study.

"Art centres located in remote communities play a key role in maintaining traditions, culture, and practices unique to Aboriginal and Torres Strait Islanders."

The Australian Ageing Research Foundation



This year NARI established the Australian Ageing Research Foundation. The Foundation aims to raise funds for research that will contribute to the health and wellbeing of older people and reduce the impact of conditions such as frailty and chronic disease.

Guided by a committee, the Foundation has organised a number of events to raise awareness of NARI's work and the role that it is taking to raise funds for the primary research areas, including falls and balance, pain, dementia, memory decline, depression and anxiety, and elder abuse.

THE COMMITTEE MEMBERS ARE:

- › Debra O'Connor
- › Judy Hooper
- › Associate Prof Briony Dow
- › Associate Prof Michael Murray
- › Jane Harris
- › Penny Underwood
- › Susan Gin
- › Dr Eammon Kelly

Inaugural dinner

The inaugural Australian Ageing Research Foundation dinner at the Australia Club in September was a resounding success, raising over \$10,000 for the falls research program.

The Honourable Andrea Coote, a longstanding supporter of NARI's research and advocate for older people and carers, spoke passionately about the ongoing need for research into ageing, and the importance of government, private and community support. Operatic performances by Eddie Muliaumaseali'i and Elena Xanthoudakis and a lively auction kept the audience entertained throughout the night.

Opera in Melba's Garden at Coombe

The annual Opera in Melba's Garden at Coombe on International Women's Day in March was attended by over 90 people and featured soprano Olivia Cranwell from Opera Australia and Chilean tenor Giancarlo Monsalve.

The focus of the luncheon was to acknowledge carers, who play an important role in society but rarely or never gain public recognition. Most caring falls to women but at least 30 per cent of carers in Australia are men and, in older age, men are almost equally likely to be carers as women, as they often care for their wives.

"Most caring falls to women but at least 30 per cent of carers in Australia are men and, in older age, men are almost equally likely to be carers as women, as they often care for their wives."

Caring is an important and often rewarding role. However, it also takes a toll on carers' health and wellbeing. The stress of caring, the physical demands and its 24-hour nature takes its toll on carers' physical and mental health. They often don't have the time or freedom to exercise or catch up with friends.

NARI is researching a range of initiatives that aim to better support carers to improve their physical and mental health. These include the IMPACCT study which has involved taking an exercise program to carers at home, where they can exercise together with the person they are caring for, with the aim of reducing depression and improving the physical health of both the carer and the person they care for.

www.nari.net.au/australian-ageing-research-foundation/donate



Thank You



Thank you to our 2015-2016 funders and donors. Our work would not be possible without your generous support.

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- › Ron Benson
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- › Violet Peters
- › Lady Primrose Potter AC
- › Elaine Quin
- › A Rodregues
- › Yvonne Sartori
- › Jean Thomas
- › Penny Underwood
- › Barbara Watson
- › Barrie Winzar
- › Barbara Woodward

Volunteers



Every day the generous efforts of volunteers in our research programs and administration help us in our work to bring research to life. Our volunteers are all retirees wishing to remain engaged in the workforce and community. Our volunteering program is a true partnership. NARI could not do the work it does without volunteers.

Abby Ho began volunteering at NARI in April 2016. She is currently studying her Masters in Clinical Audiology at the University of Melbourne.

She is new to volunteering and for Abby the opportunity to work alongside early and mid-career researchers has been important as she is able to learn more about how a research institute works.

‘Although volunteering at NARI is of no direct benefit to my Masters, it is certainly helping me learn much more about the world of work, the importance of good communication skills, and how teamwork is essential to the smooth running of research and an organisation,’ she said.

She deliberately chose NARI as her introduction to volunteering because it has given her the chance to learn something new and in a different sector.

Abby comes to NARI every Thursday, where her main task is assisting on reception and with administration.

‘It is a busy area and no Thursday is the same. The phone is regularly ringing and the jobs vary from entering data through to packing up surveys, or getting ready for education seminars,’ said Abby.

For her, volunteering has given her a glimpse into the very necessary work that NARI does in researching ageing.

‘Australia has an ageing population, and today people are able to live longer than ever before thanks to advanced medical technology,’ she said.

‘The fact is that many people do not know how to prepare themselves to cope with ageing, or understand the links between healthy ageing and brain health, for instance,’ said Abby.

‘By involving older people in a range of research, NARI is able to provide first-hand insight into many of the issues that are on the horizon for us. The importance of its work should not be under-estimated by anyone.’



Image: Volunteer Abby Ho has been the chance to learn something new and in a different sector.

People



Director appointed

Associate Professor Briony Dow has been appointed NARI's Director for a further five years. Dr Dow is one of Australia's leading ageing researchers, with an ability to foreshadow trends and challenges in Australia's ageing population, which NARI is addressing through its research and strategic partnerships.

Farewell Professor Elizabeth Ozanne

After eight years on NARI's board, Professor Elizabeth Ozanne retired from the board during 2016.

NARI on new Centre of Research Excellence

NARI's Director Associate Professor Briony Dow and researcher Professor Nicola Lautenschlager are involved in the newly established Centre of Research Excellence on Cognitive Health in Canberra. Dr Dow is associate investigator focusing on physical activity, and Professor Lautenschlager is chief investigator in research that will focus on cognitive health promotion and prevention of cognitive decline.



Images: *Pauline Mackell (left), Fiona Richardson (middle) and Melanie Joosten (right).*

NARI Awards

Paulene Mackell and Fiona Richardson were recipients of NARI Achievement Awards, named after two former NARI directors.

Paulene received the Robert Helme Award for Research Excellence for her translational research efforts. Ms Mackell co-ordinates NARI's portfolio of work for the Continuing Care Team at the Department of Health and Human Services. Her most recent program of work has focused on leading a team of researchers to create a suite of resources that aim to improve care for older people in hospital. The material included the development of the comprehensive online resource for clinicians *Older People in Hospital* (www.health.vic.gov.au/older-people-in-hospital) and a range of resources for consumers that are hosted on the Better Health Channel (www.betterhealth.vic.gov.au/get-well-soon).

Fiona received the Derek Prinsley Staff Award for her seven-year commitment to NARI. She started as a Clinical Archive Advisor and today she manages NARI's HR, Archives and Research Governance, bringing the researchers in line with the range of different granting requirements, including those from the National Health and Medical Research Council.

International linkages

NARI has been furthering its international linkages over the past few months, with our researchers presenting in Chiang Mai, Thailand, involved in a Victorian Government trade tour of China, and planning an international conference on pain management in Madrid.

Thailand

NARI's Director Associate Professor Briony Dow and Stream Leader for Health Reform Paulene Mackell attended the 10th International Association of Gerontology and Geriatrics Asia Oceania Regional Congress in Chiang Mai, Thailand.

Paulene Mackell presented on the consumer education resources that NARI has developed in partnership with the Department of Health and Human Services Victoria to inform consumers of what they need to do to stay active, hydrated and well-nourished in hospital and Briony Dow presented on the differences in mental health outcomes for Cantonese and Mandarin speaking immigrants in Australia.

China

Debra O'Connor, NARI's executive manager, joined a Victorian Government aged care trade mission to China. The trade mission was followed by an Australian China International Aged Care Summit hosted by AusTrade.

NARI has a wealth of experience of working in China and with older Chinese immigrants. The Institute has

presented seminars in China and hosted various Chinese health, academic and government delegates interested in ageing research particularly in dementia, cognitive decline and falls prevention. NARI has also supervised international students from China in geriatrics, social work and physiotherapy.

Madrid

Professor Stephen Gibson, Director of NARI's Clinical Division, travelled to Madrid to plan the 2016 World Congress on Pain. The program brings together scientists, clinicians, health care providers, and policy makers to stimulate and support the study of pain and to translate the knowledge into improved pain relief. The Congress will be held in Yokohama, Japan from 26 to 30 September 2016.

Dr Roger Edwards joins MARC

Dr Roger Edwards has joined MARC as its Collaboration Development Manager. Roger has for the past 20 years led multidisciplinary research and development teams in both academic institutions and industry. More recently, he has been the CEO of a

Start-up Medical Technology Company commercialising a non-invasive, radiation-free electrophysiological technology where he has raised over \$7.5 Million in Grants and Investment.

NARI researcher turns author

NARI researcher and author Melanie Joosten has just had her second book published. *A Long Time Coming: Essays on Old Age* is a powerful collection of essays exploring what it means to grow old in our youth-obsessed world.

The book takes the reader on a timely and clear-sighted investigation into the housing crisis as it affects older people, the politics of nursing-home care, the difficulties of dementia, support services for Indigenous Australians, and how the burden of caring for others can fall disproportionately on women. *A Long Time Coming: Essays on Old Age* was published by Scribe in May 2016.

Education



Education

Last year NARI conducted a comprehensive audit of its education program. It found that the most popular areas people wanted education on were ageing well, cognitive impairment and dementia, falls and falls prevention, person-centred care and pain management, with education being presented using a range of medium (interactive, seminar/lecture style and electronically via video link or webinar).

Over the past year NARI delivered three on-site workshops to aged care professionals and presented at a range of external education programs as invited speakers, both for health and aged care professionals as well as older people.

The on-site workshops were Assessment and Care Planning, Suffering in Silence: Pain in Dementia and Advanced Topics in Falls Prevention. These were interactive with a focus on translating the research evidence into practice to allow participants to use the knowledge.

NARI seminars

NARI, in collaboration with the Royal Melbourne Hospital and the Academic Unit for Psychiatry of Old Age, hosts a weekly seminar program covering a range of topics related to ageing. Over the past year 35 seminars were held covering topics as diverse as falls prevention, sexuality and ageing, e-health and depression.

Annual seminar

Over 100 researchers, policy makers and health practitioners attended the NARI annual seminar in October to hear the latest research findings about technology and its many roles in ageing across Australia. Professor Len Gray, the Director of the Centre for Research in Geriatric Medicine and the Centre for Online Health, was keynote speaker.



David Simmons address

In partnership with the Australian Association of Gerontology (AAG), NARI presented the annual David Simmons Address. Around 100 attendees listened to Jane Halton OAM, Secretary of the Commonwealth Department of Finance, speak about 'Mental Health – from there to here, now where? A Policy Perspective'.

Social research internships

NARI hosted three students through the Swinburne University's Social Research Internship program, Sarina Cook, Rose Jost and Linda Kenyon. Sarina, supervised by Marcia Fearn, Paulene Mackell and Associate Professor Briony Dow undertook a scoping review about the experiences and efficacy of person-centred healthcare for older people in the hospital setting. Dr Sue Malta and Dr Jean Tinney supervised Rose in her project looking at older adults, sexuality and the media. Linda worked under the supervision of Professor Colleen Doyle and Dr Sue Malta on a project looking at cinematic representations of older characters in Australian film.

Emerging Researchers in Ageing conference

Over 70 attendees were fortunate enough to hear Professor Keith Hill, one of Australia's leading falls experts, speak at the Emerging Researchers in Ageing (ERA) conference in December, about the importance of translational research. The theme of the ERA conference, hosted by NARI, was 'Bringing Research to Life'. The ERA is the only national conference in Australia focusing exclusively on the work of higher degree research students undertaking research in ageing across a range of disciplines.

Encouraging social work students into ageing practice

A long-standing relationship with RMIT Social Work was cemented this year with a Memorandum of Understanding put in place to formalise student placements. The MOU focuses on placing social work students within NARI to introduce and encourage them to consider working in a range of settings with older people. These range from clinical services through to policy and research. The pilot program works with final year Bachelor and Masters students, enabling students to take part in research or policy placements.

Six students undertook their social work student placements at NARI and associated organisations over the last twelve months, including Kathryn Lyons, Erin Joyce, Thy Do, Yuyang Wang, Carolyn Ashton and Lynette Chua.



Image: Professor Keith Hill speaking at the ERA conference.

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Image: Steven Savvas.

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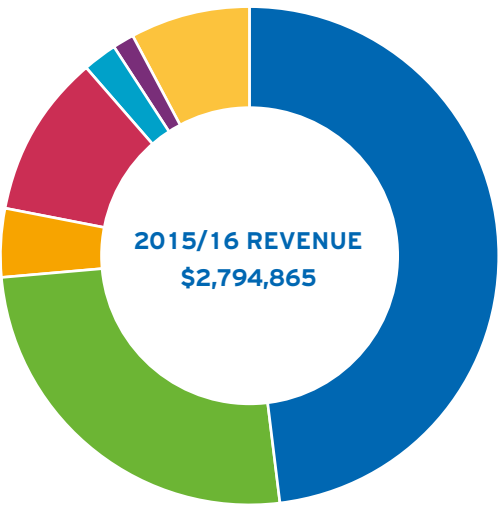
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Finances

Statement of Comprehensive Income for the year ended 30 June 2016

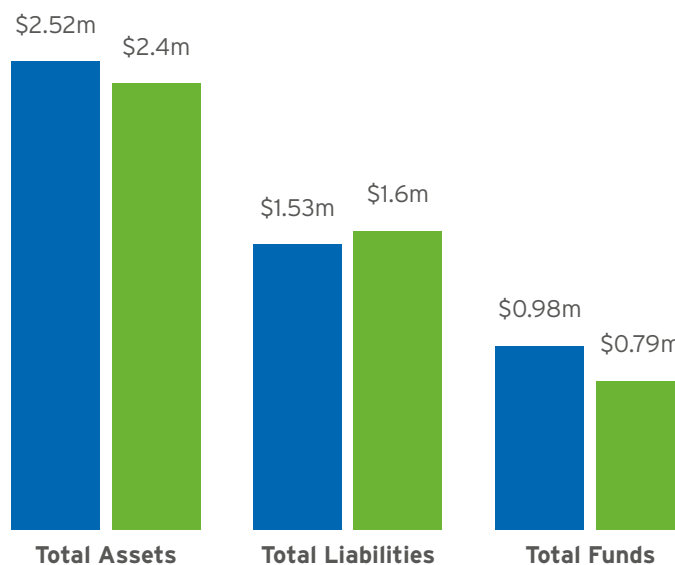
	2016	2015
REVENUE		
State government grants and contracts	\$1,344,921	\$1,544,148
Federal government grants and contracts	\$716,769	\$919,861
Other contract research	\$120,587	\$175,146
Philanthropic grants and contracts	\$300,127	\$275,020
Education and training	\$58,828	\$56,523
Interest	\$39,347	\$64,851
Donations and Miscellaneous	\$214,286	\$65,704
Total Revenue	\$2,794,865	\$3,101,253
EXPENDITURE		
Employee Benefits	\$1,918,666	\$2,602,382
Project costs	\$257,195	\$288,585
Research support	\$164,600	\$153,917
Other expenses	\$264,690	\$239,515
Total Expenditure	\$2,605,151	\$3,284,399
Surplus / Deficit	\$189,714	\$(183,146)



- REVENUE BREAKDOWN**
- State government grants and contracts
 - Federal government grants and contracts
 - Other contract research
 - Philanthropic grants and contracts
 - Education and training
 - Interest
 - Donations and miscellaneous

Balance Sheet as at 30 June 2016

	2016	2015
ASSETS		
Current assets	\$2,287,661	\$2,088,753
Non-current assets	\$233,177	\$313,772
Total Assets	\$2,520,838	\$2,402,525
LIABILITIES		
Total current liabilities	\$1,380,264	\$1,446,312
Total non-current liabilities	\$153,968	\$159,321
Total Liabilities	\$1,534,232	\$1,605,633
Net assets	\$986,606	\$796,892
Reserves	\$25,095	\$7,879
Retained earnings	\$961,511	\$789,013
Total Funds	\$986,606	\$796,892



Full audited financial statements are available at www.nari.net.au

How You Can Help

Australia will have six million people over the age of 65 by the year 2050 and they will comprise 25 per cent of the population.

Growing older is a positive experience for many people but it also brings worries about health and living with chronic disease.

With your compassion and generosity, NARI can continue its research to improve the health and wellbeing of older people. There are many ways you can get involved and make a difference.



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VOLUNTEER

NARI's research program relies on the support and interest of older people participating as volunteers. We are always recruiting people for our projects.

Alternatively, you can volunteer your skills to help out in the office. We are a self-funded, not-for-profit organisation, and we warmly welcome and greatly appreciate the wonderful work of our office volunteers who assist in a wide range of tasks from policy development to routine office support. The availability of positions will depend on our current business needs and your level of expertise.

If you are interested in becoming a NARI volunteer please go to: www.nari.net.au/about-us/volunteer-general



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Leaving a bequest to NARI is a special way of leaving a gift for generations to come. It also allows us to plan for the long-term future with a greater degree of certainty.
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Invite us to speak to your group and learn more about the vital work of NARI and how it brings research to life.



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NARI is a national leader in ageing research, producing work of international significance to apply to real lives, particularly in falls and balance, pain, dementia, physical activity, healthy ageing, psychosocial and mental health, and health systems evaluation.



Bringing research to life for 40 years

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