

Annual Report 2017



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.

Cover image: *Three past directors and the present NARI Director join the Hon Linda Dessau, Governor of Victoria and NARI Patron at a 40th Anniversary cocktail party at Government in 2016. L - R: Prof Rob Helme, Associate Professor Briony Dow; the Hon Linda Dessau AC; Prof Derek Prinsley (inaugural NARI Director) and Prof David Ames.*

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From the President

The last year for NARI has been one of celebration and achievement, from celebrating its 40th anniversary through to winning significant new grants, reshaping its education program, and expanding its research program.

The Institute marked its 40th anniversary at three special functions through the year. The first was at a reception at Government House hosted by NARI's patrons in chief the Honorable Linda Dessau, AC and Judge Anthony Howard. The evening's highlights were the speech by Governor Dessau and a wonderful performance by National Boys Choir of Australia. The second was at NARI's annual seminar that celebrated 40 years of research in gerontology and geriatrics in Australia with a strong line-up of NARI's distinguished alumni giving the latest evidence in their respective fields of research. The third was at a black-tie function in Melbourne where long-term and new supporters came to reflect on past achievements, and look forward to new successes.

NARI has gone from strength to strength in the past 12 months, consolidating its strategic direction and enabling substantial expansion of our research program. Emerging areas

for NARI are; working to understand the intergenerational nature of elder abuse, promote and explore the use of technology to assist older people from CALD backgrounds to better access health and aged care services and explore the role of arts centres in supporting older Aboriginal people living in remote communities.

NARI has used its formidable research base and knowledge of older people and their needs throughout the year: whether it is through hosting round tables or contributing to policy through evidence-based submissions. This is a role we look forward to expanding over the coming years.

The Melbourne Ageing Research Collaboration (MARC), an initiative of NARI, has expanded its program through the generous support of the JO and JR Wicking Foundation, which provided over \$3 million in funding for a 5-year program of work. Dr Batchelor and colleagues also completed the first MARC research project in partnership



with Austin and Melbourne Health, which showed that falls in hospital could be reduced using a comprehensive data collection and action research approach.

None of these achievements would have happened without NARI's staff, headed by Associate Professor Briony Dow, and the Board and I pay tribute to them. I would like to thank my Board colleagues and our Ambassadors Drs Don and Patricia Edgar for their continued support and commitment to NARI and congratulate Don and Patricia on their latest book *Peak: reinventing middle age*.

A black ink signature of Associate Professor Michael Murray, written in a cursive style.

Associate Professor Michael Murray

Board of Directors

President

- > Associate Professor Michael Murray

Vice President

- > Mr Derek McMillan

Treasurer

- > Mr Richard Gallina

Executive Director

- > Associate Professor Briony Dow

Members

- > Ms Maree McCabe
- > Professor Terence O'Brien
- > Mr John Waters
- > Professor Andrea Maier

Senior Executive Staff

- > Debra O'Connor - Deputy Director, Director MARC
- > Dr Frances Batchelor - Director, Clinical Gerontology
- > David Rischbieth - Chief Financial Officer
- > Dr Bianca Brijnath - Director, Social Gerontology

Board Meeting Attendances

> Associate Professor Michael Murray	4 out of 4
> Mr Derek McMillan	2 out of 4
> Mr Richard Gallina	4 out of 4
> Associate Professor Briony Dow	3 out of 4
> Ms Maree McCabe	2 out of 4
> Professor Terence O'Brien	2 out of 4
> Mr John Waters	3 out of 4
> Professor Andrea Maier	4 out of 4

Total Meetings 4

Finance, Audit and Risk Management

> Mr John Waters	4 out of 5
> Associate Professor Briony Dow	5 out of 5
> Mr Richard Gallina	5 out of 5
> Mr Derek McMillan	4 out of 5
> Associate Professor Michael Murray	4 out of 5

Total Meetings 5

Business Development and Strategy

> Associate Professor Briony Dow	2 out of 2
> Associate Professor Michael Murray	2 out of 2
> Ms Maree McCabe	2 out of 2
> Professor Terence O'Brien	1 out of 2
> Professor Andrea Maier	1 out of 2

Total Meetings 2

The Business Development and Strategy sub-committee was dissolved in May 2017 and strategy and business development matters form part of the Board Meeting agenda.

From the Director

During the past 12 months NARI has seen considerable change. In late 2016, we commissioned a review of our strategic direction and developed a business plan with strategies for sustainability and growth.

The review considered a range of options, and concluded that NARI should continue as an independent institute but establish a national distributed institute model with state based satellites supporting a national head office based in Victoria. The NARI Board endorsed the review recommendations in February and progress is now underway to implement them.

In December 2016, the Melbourne Ageing Research Collaboration (MARC) received significant funding from the JO and JR Wicking Trust, enabling substantial expansion of the membership, reach and program of work.

In May 2017, we learnt that we had been successful in securing over \$2 million in Dementia and Aged Care Services (DACS) grants to undertake three projects that aim to improve access to services for people from culturally and linguistically diverse backgrounds and Aboriginal older people. As a result of these developments, NARI will more

than double its turnover in the next twelve months, and this growth will be sustained for at least the next 3 years.

We have been fortunate to have Dr Bianca Brijnath join us as Director of the new Social Gerontology Division. Bianca brings considerable expertise in research with people living with dementia from a range of cultural groups, as well as primary care.

As well as our extensive research program, NARI has expanded our advocacy work, especially in the areas of elder abuse, LGBTI and retirement village living. We have provided evidence based submissions to a range of government reviews and inquiries, such as the Australian Law Reform Commission review of the laws and legal frameworks relating to elder abuse and the Victorian Parliamentary Inquiry into the retirement housing sector.

It is wonderful to be able to report such a positive outlook for NARI and I would like to thank Associate Professor



Michael Murray and the NARI Board members, all of whom have supported NARI through this time of uncertainty and transition.

I would also like to thank the Executive team who have all worked tirelessly to secure NARI's future and the entire NARI staff team who demonstrate their commitment to NARI's mission of improving the health and wellbeing of older people every day through their hard work and resilience.

Thank you to everyone who has supported our work over the past year including donors, funders, and sponsors. Our work would not be possible without your generous support.



Associate Professor Briony Dow

Significant Achievements



RESEARCH PROJECTS

NARI has had a highly productive year conducting research on health reform, physical activity, falls prevention, pain, models of care, healthy ageing and technology:

- > **60** projects underway.
- > **1** NHMRC project.
- > **4** major grants from the Commonwealth Department of Health under the Dementia and Aged Care Services Fund.
- > **2** ARC projects.
- > Portfolio of smaller but essential research projects, demonstrate NARI's standing in the field of ageing research.



PUBLICATIONS

Over the past year NARI researchers have published **113 publications**, including journals, book chapters, peer-reviewed publications and reports.



EDUCATION

NARI's revitalised education program has seen more people attend weekly seminars, specialised workshops, the David Simmons Address and the 40th Annual Seminar.

- > **180** aged care and health professionals attended onsite workshops.
- > **50+** researchers, academics and policy makers at the NARI annual seminar.
- > **40** speakers presented at NARI weekly seminar series.
- > **1400** aged care and health professionals attended weekly seminars.
- > NARI commissioned by the Victoria and Tasmania Dementia Training Study Centre to deliver education to aged care and health professionals on Dementia in Diverse Populations.



INTERNATIONAL COLLABORATION

- > NARI continued to be called on to present at international conferences and government hosted trade missions.
- > NARI has presented its work in **China, Thailand and Japan**.
- > Interest in NARI's engagement with CALD older people and use of **technology** has been sought after.

MEDIA

In 2017 NARI's media profile continued to grow:

- > Over **80** radio and print interviews given to a diverse range of media.
- > Topics ranged from growing old healthily, dementia, technology and ageing, and falls and balance.
- > Radio interviews including ***Radio National Life Matters, PM, ABC Victoria, ABC Canberra.***
- > Facebook and Twitter followers continue to grow with no sponsored advertising.

MARC

Melbourne Ageing Research Collaboration (MARC) continues to create impact:

- > A **\$3.18** million grant from the Wicking Trust to enable it to grow and consolidate the initiative over the next five years.
- > **First** project on falls prevention in hospitals completed.
- > **4** new projects on end of life care, preventing avoidable hospital admissions for people with dementia, strategies for relatives (START) on line, and technology.
- > **4** forums and colloquiums hosted during the year.

POLICY

NARI has contributed to different discussions about policy and other issues that affect older people using its evidence-based research findings as the basis for this work.

- > **3** submissions including elder abuse, older people from CALD backgrounds and National Ageing and Aged Care strategy.
- > Working alongside the Association of Australian Medical Research Institutes to shore up funding through the Medical Research Future Fund.
- > Met with Federal and Victorian politicians, including the Hon Ken Wyatt AM, Minister for Aged Care and Indigenous Health to brief them about ageing research.
- > Supported Ladder Safety Matters campaign aimed at preventing serious injury and deaths from domestic ladder falls.
- > Initiated a roundtable on elder abuse.

Social Gerontology Division



Recognising the critical link between the social and the clinical, at the start of 2017, NARI created a new Division of Social Gerontology.

Dr Bianca Brijnath is the inaugural director and she will be leading a programme of research focusing on cultural diversity, mental health, relationships and social connectedness, healthy ageing, elder abuse, and end of life care.

This programme of work builds on NARI's existing strengths and reflects the strong translational and interdisciplinary approach to research for which NARI is so renowned. The social gerontology team comprises anthropologists, social workers, sociologists, neuropsychologists, primary care and public health researchers.

Although a new division, Social Gerontology has already had significant success with two major projects funded by the Commonwealth Department of Health under the Dementia and Aged Care Services Fund. These projects, in conjunction with a host of other small project wins, will

see the division's capacity double from six to 12 people in 2017-2018. Additionally, there is a growing national cohort of students immersed within the Division ranging from undergraduate sociology students from Swinburne University and undergraduate social work students from RMIT to PhD candidates from Curtin University and psychiatry registrars from St Vincent's Hospital.

This is an exciting time and the division is on an upward trajectory. There are already significant developments in train and as the division continues to grow in the coming years, its repertoire of work will expand around the core themes but will also explore the interstices between these themes and key social issues such as the workforce and housing.

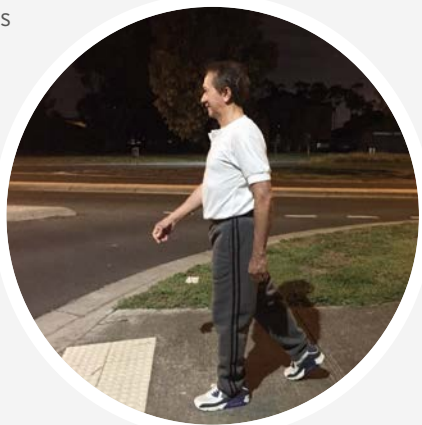
The creation of this division means enhanced opportunity to not only showcase the existing work NARI researchers are doing, but also to invite researchers, health services, policy makers, advocates, artists, students and many others to collaborate and think with us.



Some of the Division's key achievements from 2016-2017 include:

Using e-interpreting to improve dementia diagnosis for CALD communities

The first of its kind in Australia, and funded through the Alzheimer's Australia Dementia Research Foundation, this project investigates the use of videoconferencing technology for interpreters in cognitive assessments. Known as e-interpreting, this study will assist in increasing access to interpreters for people from CALD backgrounds, leading to more timely diagnosis of dementia. The study will also assess the reliability and cost-effectiveness of e-interpreting - to date, no study has explored these two issues. Led by NARI researcher Xiaoping Lin in collaboration with The Royal Melbourne Hospital Cognitive Dementia and Memory Service, recruitment for the study is underway and preliminary results are expected in 2018.



Acknowledging and promoting the contributions of older volunteers from CALD backgrounds

Funded by the Scanlon Foundation and Australian Unity Independent & Assisted Living (AUIAL), this project took the first step towards a better understanding of volunteering among older people from CALD backgrounds. Working predominantly with Chinese, Macedonian and Italian communities across Victoria, NARI researchers found that older people from CALD backgrounds undertake a range of activities as volunteers.

Importantly, CALD volunteers help mainstream organisations better understand the needs of their communities and build closer relationships with these communities. They also facilitate intercultural and intergenerational understandings of their cultures. Based on these findings, NARI researchers developed a suite of resources, including tip sheets and case studies, to assist organisations to provide culturally appropriate support to older volunteers from CALD backgrounds.

Since the development of these resources, NARI researcher Betty Haralambous has been involved in a collaboration with the Centre for Cultural Diversity and Ageing and Australian Multicultural Community Services, funded by the Office of Multicultural Affairs, to build capacity amongst multicultural communities to promote and support senior volunteers.

An Action Plan to tackle elder abuse in Victoria

Led by NARI Director Briony Dow in collaboration with Senior Rights Victoria (SRV) and the Elder Abuse Roundtable members, this project will develop an action plan for people and organisations who have a demonstrated commitment to preventing and combatting elder abuse and the capacity to implement the plan. Funded by Gandel Philanthropy, the project involved stakeholder engagement and input from advocacy, legal, research, State and local governments, aged and health care service providers, and the Office of the Public Advocate amongst others.

Finding the best elder abuse screening tool

State Trustees have funded NARI researchers to undertake an exploratory study with community health workers, carers and other health professionals to find which existing elder abuse screening tool is the most acceptable and effective, and to create guidelines for using this tool.

Researchers have completed an evidence synthesis of the best available tools and are currently evaluating the transferability and acceptability of these tools to the Australian context.

The study is scheduled for completion in early 2018 and it is anticipated that its long-term benefits will include an increase in the knowledge and awareness of elder abuse, ways of detecting and responding to it, and an increase in confidence and skills of community health workers, health professionals, and carers when working with older people at risk of elder abuse.



Older Australian Twins Study (OATS)

After ten years, the OATS study is closing in Victoria. One of the longest running studies of its kind, OATS investigated the underlying influences on both successful and unsuccessful ageing among twins. Specifically, it looked at particular genes that influence the development of specific changes in brain decline in cognitive function, as well past lifestyle factors, diet, and psychiatric and medical disorders.

NARI researcher, Christel Lemmon, was responsible for data collection for the Victorian arm as well as the Amyloid Imaging sub-study. For the latter study, she recruited 114 Victorian participants who have undergone PET scans in addition to extensive neuropsychological, MRI, and blood testing. Analysis of these test results is currently underway with results expected in late 2017.

Sex, Age & Me

Sex, Age & Me is a national study of sex, sexual health, and relationships among older Australians. This ARC funded study is run by La Trobe University, with NARI as a partner organisation. NARI researchers Briony Dow and Sue Malta are collaborators on the project, the first of its kind to comprehensively explore the sexual health of older Australians (aged 60+), with a focus on sexual behaviours, relationships and dating patterns; knowledge of STIs and STI prevention; use of safer-sex practices; gaps in knowledge; and sexual health help-seeking behaviours.

The mixed-methods study involved an online or paper survey, which received a total of 2,137 respondents, and 53 in-depth qualitative interviews. Data analysis has been completed and several papers have already been published, with more underway.

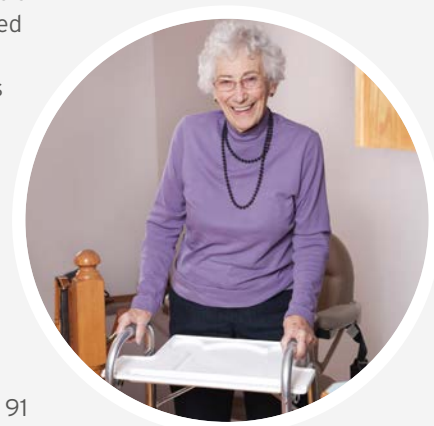
Improving Mood through Physical Activity for Carers and Care recipients Trial (IMPACCT)

Funded by the NHMRC, the aim of the IMPACCT randomised controlled trial was to evaluate the effectiveness of an individualised physical activity program aimed at improving mental health and minimising functional decline amongst older carers and their care recipients.

The trial recruited 212 participants, consisting of 91 dyads and 30 individual carers, who were randomised to one of three groups: physical activity, social control, or usual care.

The primary outcome from the trial is a reduction in depressive severity amongst carers. Secondary outcomes include improving the physical level and functioning of both participants, decreasing carer burden, and increasing carer satisfaction. It is anticipated that secondary outcomes will also include a reduction in falls and health service use, and that the trial is a cost-effective intervention.

NARI researcher Briony Dow is a Chief Investigator on the project, as is former NARI Director, David Ames. Other NARI researchers include Sue Malta, Sue Williams, and Ellen Gaffy. Final data analysis is underway with results expected in late 2017.



Clinical Gerontology Division

NARI's new structure, which commenced in 2017, has seen the introduction of the Clinical Gerontology division, encompassing a program of work around the themes of health reform, physical activity and falls prevention, pain, models of care, healthy ageing, and technology.

The division, led by Dr Frances Batchelor, has had a highly productive year, conducting research on issues ranging from the experiences of people living in retirement villages, to our comprehensive program of work undertaken in conjunction with Victorian Department of Health and Human Services including developing resources for front-line clinical staff. Clinical Gerontology researchers have also been active in helping to advance the knowledge and skills of the health workforce by delivering evidence-based, interdisciplinary training. Areas have included falls prevention, assessment and care planning, and pain and dementia.

Healthy Ageing Literature Review

NARI was commissioned by the Victorian Government's Division of Community Participation, Sport and Recreation, Health and Wellbeing to undertake a comprehensive overview of the research evidence for the various determinants of healthy ageing. This review substantially updated DHHS's 2012 Healthy Ageing Literature Review, also undertaken by NARI. The review identified effective programs and strategies that target healthy ageing across a range of domains and in a range of settings.

In addition to domains such as active living, healthier eating, and age friendly environments, the 2016 review covered new domains such as sexual health, family violence and elder abuse, and transport-related injury. The review also showed that multi-factorial and multi-disciplinary programs using a combination of strategies to target healthy ageing are more effective than singular approaches. However, gaps in the evidence were uncovered, with many programs lacking a theoretical base and evidence of effectiveness. The Review has been widely disseminated across Victoria. A large multidisciplinary NARI team contributed to this review, including Dr Frances Batchelor, Ms Betty Haralambous, Dr Xiaoping Lin, Ms Melanie Joosten, Ms Sue Williams, Dr Sue Malta, Dr Elizabeth Cyarto, Ms Alexandra Waddell, Ms Kathryn Squires and Ms Marcia Fearn.

Cremation and memorialisation: understanding the community's thoughts and plans

Memorialisation refers to honouring the memory of someone and may include ritual, ceremony and physical memorial forms. In recent times, there has been an increase in the variety of memorialisation options, for example “eco funerals”. However, until now there has been little information about community perceptions, attitudes and knowledge of different memorialisation options. NARI conducted a survey of community dwelling people on behalf of Southern Metropolitan Cemeteries Trust (SMCT). Ageing, a personal health scare or completing a will or advance care plan were cited as factors that would make someone want to pre-plan.

Two hundred and thirty-nine people completed the online survey. There was a positive response to completing this survey, with respondents willing to share their thoughts and understanding in relation to pre-planning their funeral, memorial and/or burial/cremation.

Most respondents indicated that they had not pre-planned their funeral/memorial/burial/cremation, however many indicated that they intend to pre-plan. People who reported that they intend to pre-plan were more likely to state that it is important to leave a permanent place for loved ones to visit.



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

The needs of older Australians who identify as Lesbian, Gay, Bi-sexual, Transgender and Intersex (LGBTI) have been highlighted as an area of importance by both research and government sectors. Lifeview, a residential aged care provider is planning to build an innovative aged-care living and retirement home specifically marketed to LGBTI people and friends.

This project, funded by Lifeview, aimed to determine the views of older LGBTI people about the likelihood they would use such a facility, and to develop a more thorough understanding of their specific needs. The needs and requirements of potential employees were also evaluated.

We found that older LGBTI consumers are concerned about the ongoing prevalence of the heterosexual model in aged care facilities and the continuing existence of discrimination and homophobia, particularly in aged care. Concerns were raised that differing groups under the overarching LGBTI umbrella may have different needs and these would need to be adequately addressed.

NARI researchers involved in this project were Dr Sue Malta and Associate Professor Briony Dow.

Department of Health and Human Services – Social Isolation and Loneliness

The Seniors Programs and Participation, Diversity, Community Participation and Sport and Recreation team at DHHS, in consultation with the Continuing Care Team, funded NARI to incorporate evidence on social isolation and loneliness throughout the *Older people in hospital* online resource.

Social isolation and loneliness affect the health and wellbeing of a significant number of older people. Clinicians have an important role to play in recognising when a patient is experiencing, or at risk of, social isolation or loneliness and providing information and assistance. This new material provides evidence based information and strategies to help clinicians working with older people who may be isolated or lonely.

NARI reviewed the literature, interviewed the Commissioner for Senior Victorians, and drafted the content which was reviewed by DHHS staff, as well as a range of experts including geriatricians and senior nursing and allied health clinicians. The content was adjusted to incorporate feedback and was published online in May 2017.



Treating Depression with analgesics in people with dementia



This project investigated the relationship between pain, depression and dementia as frequent comorbid conditions in residential aged care. In the general population with persistent pain, depressive symptoms are very common and cognitive psychology has identified various beliefs that are thought to mediate this relationship.

Diminished cognitive function might be expected to have a profound influence on this process. Unfortunately, there have been relatively few studies that examine the relationship between pain and depression in persons with dementia and evidence on the best way to treat comorbid pain and depression is currently lacking.

This double-blind placebo-controlled randomised controlled trial evaluated whether the provision of regular analgesic medications could provide pain relief and thereby reduce the number of depressive symptoms.

80 residents participated in a six-week clinical trial and were randomised to receive a drug mixture containing either no active analgesic ingredients (placebo), paracetamol, or paracetamol + codeine. Throughout the trial, measures of pain and depression were collected. Aged care staff assisted with these assessments.

Though residents' depression scores improved whilst receiving the drug mixture, the results showed that this improvement was irrespective of whether the groups received the drug mixture containing analgesics or placebo. This suggests that the analgesic properties in simple pain medications may be insufficient in improving depression in older adults with dementia and with persistent pain.



Suitability of observational pain scale to measure pain as dementia severity changes

Pain is common in residential aged care facilities but prevalence is difficult to estimate. Dementia is a major barrier as the ability to self-report pain becomes increasingly limited as dementia becomes more severe. Behavioural and observational pain assessment scales have been devised to measure pain in those with advanced dementia, but are they also appropriate in older adults with moderate or mild dementia severity?

Current pain management guidelines suggest self-report plus observation scales may be most appropriate for pain identification in aged care settings when the resident has dementia, but evidence directly testing this is limited and the guidelines provide little additional evidence base.

The aim of this study was to determine whether pain prevalence profile changes whether using self-report or observational pain scales to measure pain in older adults with dementia.

This project used secondary data from a review of an implementation and evaluation of a comprehensive pain management intervention conducted in Australian residential aged care facilities. Subject pain status was assessed both prior to, and post, implementation in a sample of 504 cases. Where able, subjects self-reported pain using the Resident's Verbal Brief Pain Inventory, and all were assessed using three proxy-rated observational pain instruments: Abbey, PAINAID and NOPPAIN. Residents were categorised according to severity of dementia (None, mild, moderate, severe).

Pain prevalence profile with dementia severity changes differentially when assessed using self-report and proxy/observational pain scales to measure pain. As the symptoms of dementia became more severe the prevalence of self-

reported pain decreased. This pattern was not replicated using observational pain assessment scales. Instead, pain prevalence was highest in those with no cognitive impairment, lower in those with moderate impairment, and increased again with severe cognitive impairment. This suggests that observational scales yield differentially.

CLG project: engaging older people in their care

Funded by the Victorian Government's Clinical Leadership Group for Care of Older People, this project aimed to pilot and evaluate a suite of resources for enabling greater engagement of older people in their hospital care.

NARI researchers, in conjunction with Monash Health, piloted the program with a group of older patients receiving hospital care at the Kingston Centre. We found that both staff and older patients see good communication as key to involving patients in their care, but the level of involvement in decisions about care varies from patient to patient. Some patients prefer to be involved in all aspects of care planning, whereas others prefer to leave decisions to the treating staff.

All patients would like to have active involvement in planning for discharge. NARI researchers involved in this project were Dr Frances Batchelor, Ms Paulene Mackell and Ms Marcia Fearn. The results from this study have been shared across Victoria through the Care of Older People Clinical Network.

Rethinking Hospital Design to Better Suit Users



As more Australians live for longer with complex chronic conditions, there is a likelihood of more trips to hospital whether this be as an inpatient or for outpatient appointments.

However, our hospitals have often been designed with acute illness in mind – where a patient is primarily confined to bed until discharge. Today's patients will benefit from being able to mobilise, to have spaces for families and carers to spend time and assist in their care, and to have places to eat and drink outside of bed.

Consequently, many of our public hospitals are in dire need of an update – many of our older hospital buildings are no longer fit for purpose and major investment in refurbishing or rebuilding them is sorely needed.

The Victorian Government has been instrumental in ensuring hospitals have access to evidence based resources to assist them to improve their environment for older people. Between 2011 and 2013 the Department of Health and Human Services (DHHS) supported 32 Victorian health services to conduct environmental audits and provided funds to address the issues identified using the resource *Improving the environment for older people in health services: An audit tool* (2006).

The audits noted deficiencies in existing infrastructure and equipment across existing acute, subacute and outpatient settings. These included appropriate seating; bathrooms; flooring; lighting; proximity to car parks; signage and wayfinding. Retrofitting these items was not only expensive, in many cases it was simply not possible.

Over the past year, NARI reviewed the audit tool for DHHS. The review included an extensive consultation process which identified that while capital projects must comply with the Australian Health Facility Guidelines and a series of other building codes, these guides do not identify older people as a vulnerable group.

NARI researchers noted that the danger with this omission is that unless a member of the project planning team has an interest in designing for older people, or the facility is being designed specifically for older people, there is a significant risk that this oversight will remain just that.

The evidence informs us that within just two days of people over the age of 65

being admitted to their local hospital they are at risk of developing a range of issues such as reduced mobility, pain, delirium and falls.

These risks are not widely understood, and are largely avoidable by implementing a range of inter-related strategies. These strategies include incorporating design elements that promote the participation of older people and their families in their care.

MAIN POINTS

- One out of every two people who find themselves in a hospital bed in Victoria for more than a night are over the age of 65, and those older than 85 are one of the fastest growing hospitalised groups.
- With these numbers in mind, it is essential that hospital environments are designed, and staff are equipped, to cater for the needs of older people.
- The updated hospital environmental audit tool will be available later in 2017 on the Department's online resource: www.health.vic.gov.au/older-people-in-hospital

Timely Research Informs Inquiry into Retirement Living Sector



NARI's research into the experiences of retirement village residents was instrumental in informing the State Government Public Inquiry into the Retirement Housing sector this last year.

Residents of Retirement Villages Victoria (RRVV), an independent advocacy organisation funded by Consumer Affairs Victoria, commissioned NARI to conduct an independent survey of its members about their experiences living in retirement villages and their experiences with village managers/owners. RRVV was established in 2006 and represents approximately 40,000 retirement village residents across

Victoria. The survey generated nearly 2,000 responses.

The survey showed that residents were generally satisfied with retirement village life and would recommend it to their family, friends or colleagues. However, unlike other industry-sponsored surveys, the NARI research also showed that residents often had complaints which village management or owners did not deal with adequately. The complaints ranged from complicated, poorly written contracts, delays in accessing units/apartments, incomplete renovations, lack of promised facilities and issues with the length of time it took to access settlement money when exiting villages.

Whilst living in retirement villages, over two-thirds of residents reported matters requiring village management's

attention, mostly concerned with general maintenance issues. Nearly 40 per cent of these residents did not have their issues satisfactorily resolved. In these cases, residents felt the likelihood of future resolution was low. Those residents who faced difficulties in terms of their contracts, felt powerless against the large, corporate entities that controlled the villages in which they lived. In many cases, residents did not have the money nor the emotional resolve required for long, protracted proceedings against such businesses.

NARI's report was tabled at the recent Victorian State Public Inquiry into the Retirement Housing sector which received a total of 766 written submissions. NARI's researchers were then invited to address the Legal and Social Issues Committee, who noted the independent and ethical nature of our research.

NARI was later asked to participate in the Consumer Action Law Centre's Retirement Housing Experts' Forum; which then issued a joint communique outlining three key issues arising from the LSIC Inquiry's final report.

The recent media exposure surrounding Retirement Villages has highlighted the importance of NARI's work and how our research is valid and connected to issues that matter to older Australians.

RECOMMENDATIONS ARISING FROM THE PUBLIC ENQUIRY AND HIGHLIGHTED BY THE JOINT COMMUNIQUE:

- The need to review the Retirement Villages Act 1986 (Vic)
- The need to regulate exit fees
- The need to improve dispute resolution processes



Melbourne Ageing Research Collaboration



MARC received a major boost this year with a \$3.18 million grant from the Wicking Trust to enable it to grow and consolidate the initiative over the next five years. The funding has already seen MARC step up its commitment to develop new projects that focus on falls prevention, healthy ageing, improve end of life care, and grow knowledge about dementia.

MARC is led by Debra O'Connor. An initiative of NARI, MARC's collaborating partners are Alzheimer's Australia Victoria, Austin Health, Melbourne Primary Care Network, Mercy Health, Northern Health, Royal Melbourne Hospital, St Vincent's Health, The University of Melbourne, and Western Health, with support from the Victorian Government.

Projects

The past year has seen MARC start four new projects and complete its first project. *A pragmatic approach to developing falls preventions in a hospital setting* was completed in April 2017. Researchers looked at why some falls prevention interventions work in hospitals but not the majority. Some of the findings from the project suggest that translation of evidence is difficult due to differences in settings, patient profiles, and falls rates; high patient turnover, the perception that everything is being done, availability of resources, and a focus on screening rather than intervention.

Project Team: Frances Batchelor (NARI), Sue Williams (NARI), Rebecca Lewin (Melbourne Health), Cathy Said (Austin Health), Lisa Harvey (Melbourne Health), Peter Lange (Melbourne Health), Viki Lui (Melbourne Health), Karen MacKenzie (Melbourne Health), Janette Blennerhassett (Austin Health), Ross Bicknell (Austin Health), Sandy Schutte (Austin Health), Carolyn McCarthy (Austin Health).

Current research

Dementia

Researchers are currently collecting data to inform *Preventing Avoidable Hospital Admissions for People with Dementia*. People with dementia are twice as likely to be admitted to hospital and two to three times more likely to have an adverse event in hospital than people the same age who do not have dementia. Researchers are exploring ways to reduce avoidable hospital presentations for people with dementia living in the community.

Project Team: NARI, Austin Health, Melbourne Health, Northern Health, Department of Health and Human Services, Alzheimer's Australia VIC, The University of Melbourne.





End of life

End of life care can involve multiple services across different settings and care can be poorly integrated, disconnected, and involve duplications, gaps, and delays, resulting in confusion, distress, and frustration for patients and their families. MARC's *Improving the Integration and Communication of End of Life Care Services - A Pilot Study* is identifying the care services provided to people during the last six months of life and evaluating the degree of integration and communication of services provided.

Project Team: NARI, North Western Melbourne Primary Health Network (PHN), North and West Metropolitan Region Palliative Care Consortium, Mercy Health, Northern Health, Western Health.

Technology

Australia is one of the most culturally diverse countries in the world, with people from culturally and linguistically diverse (CALD) backgrounds making up 20% of the older Australian population. Appropriately identifying and conveying care needs is challenging when all parties do not speak the same language. MARC's technology project *Testing a voice based translation device to improve communication of care needs for people from CALD backgrounds* will evaluate the accuracy, feasibility and acceptability of using existing voice based translation technology to communicate general care needs between an older person and their care worker(s) who do not speak the same language.

Project Team: NARI, The University of Melbourne, Melbourne Health, St Vincent's Hospital.

Carers

MARC is investigating whether a program delivered through video conference is helpful for carers of a person with dementia to understand and respond better to the behaviours of the person they are looking after. *Strategies for Relatives (START)* has recruited several carers through the year who have gone through an eight-week program. Recruitment is ongoing.

Events

MARC hosted different education events during the year. These included: *Can technology make ageing better and cheaper* - a joint MARC and Hallmark Ageing Research Initiative function where Dr Richard G Caro discussed the role technology plays as people age; the Take Care colloquium which showcased innovations within MARC partner organisations; End of Life Care forum which was hosted by Mercy Health and the Making Healthy Normal forum where Jo Boylan, Operations Director of Southern Cross Care discussed the importance of healthy being the 'norm' in residential aged care, and how care and health services often focus on ill-being rather than well-being.



Education



Over the past year, NARI's education program provided interactive workshops with a strong focus on translating research evidence into practice, allowing participants to use the knowledge they have learnt in their workplace.

NARI delivered six on-site workshops to 187 aged care and health professionals. These on-site workshops were Advanced Topics in Falls Prevention, Suffering in Silence: Pain in Dementia, two on Assessment, Care Planning and Consumer Directed Care and two on Falls and Cognitive Impairment. In addition to the on-site workshops, NARI also provided falls prevention training for physiotherapists in Tasmania and Melbourne, and was commissioned by the Victoria and Tasmania Dementia Training Study Centre to deliver education to aged care and health professionals on Dementia in Diverse Populations.

NARI researchers were invited as guest speakers at a range of education seminars, both to aged care and health professionals as well as older people on a range of topics including healthy ageing, elder abuse, sexuality and falls prevention.

NARI Annual Seminar - Translating ageing research into policy and practice, 40 years and beyond

NARI celebrated 40 years of research at its annual seminar on Friday 7 October with over 50 health professionals, researchers, academics and policy makers in attendance. The day was opened by Gerard Mansour, the Commissioner of Senior Victorians. A highlight of the seminar was hearing from Emeritus Professor Derek Prinsley, the inaugural director of NARI and foundation professor of Geriatric Medicine at the University of Melbourne. Professor Prinsley shared photographs of the opening of NARI.



NARI Seminar Series

Once again NARI coordinated a successful Tuesday lunchtime seminar series in conjunction with Melbourne Health and AUPOA (Academic Unit for the Psychiatry of Old Age), University of Melbourne, featuring approximately 40 speakers over the 2016-2017 period.

NARI staff gave a number of presentations, including Director, Associate Professor Briony Dow and Ellen Gaffy on the research evidence on intergenerational elder abuse; Dr Frances Batchelor, Director of Clinical Gerontology, on a new approach to preventing falls in hospital; and Honorary Senior Researcher Dr Bruce Barber who presented on why music is important to older people in aged care facilities, discussing the impact of the Music Always project currently underway with the Melbourne Recital Centre.

NARI also hosted a number of guest speakers including Maeve McNelis from Switchboard, the telephone helpline for people in the LGBTIQ community and the coordinator of their Out and About service for older LGBTIQ people; Ilsa Hampton talking about the important work being undertaken by Meaningful Ageing Australia; and Dr Bianca

Fileborn and Dr Wendy Heywood, from the Australian Centre for Sex, Health & Society, La Trobe University, who presented the preliminary results of the Sex, Age & Me study, focusing on sexual health in later life. Academic Unit for Psychiatry of Old Age and Melbourne Health speakers included Associate Professor Christina Bryant from the Centre for Women's Health who presented on psychological treatments for anxiety and depression in older adults and Professor Leon Flicker from the Western Australian Centre for Health and Ageing who presented on Vitamin D.

David Simmons Address

The Annual NARI and AAG David Simmons Address was held at NARI on 25 July 2016 at 4.30 pm. The presentation was given by Professor Keith Hill, Head of School, School of Physiotherapy and Exercise Science, Faculty of Health Sciences, Curtin University on the topic "Falls prevention and the Baby Boomers - will we need to do things differently?".

Masters of Social Policy

NARI supervised the capstone project of Anne Muldowney, a Masters of Social Policy student from the University of Melbourne. She undertook a literature review titled *"Carers of older people and consumer-directed community aged care"*.



Social research internships:

NARI hosted two students through Swinburne University's Social Research Internship program, Sophie Benjafield and Siobhan Dodds. Sophie, supervised by Sue Malta and Sue Williams, undertook a literature review for a project about retirement village residents and their experiences of contracts and outcomes. Siobhan was supervised by Xiaoping Lin, Sue Malta and Betty Haralambous on a project looking at volunteer activity in CALD communities.

Social work students

The strong relationship with RMIT Social Work continued this year with several student placements for final year Bachelor and Masters students. Six students, Rosemary Dodd, Meaghan Jared, Beata Amico, Nikoletta Stamatopoulos, Stephanie Chong and Shana Roberts, undertook their social work placements at NARI. For many of these students, the placements were undertaken in conjunction with NARI and collaborating organisations, including COTA, Seniors Rights Victoria, Melbourne Health ACAS and TCP, Meaningful Ageing Australia and the Continence Foundation.

People



Australia Day Honours

NARI's patron Victorian Governor Linda Dessau was appointed a Companion in the General Division of the Order of Australia in this year's Australia Day honours. Honorary Fellow Professor Leon Flicker was also recognised for distinguished service to medicine and medical education in the field of geriatrics, as an academic and researcher, and through contributions to improved dementia prevention and care.

AAG Life Membership

NARI Executive Director Associate Professor Briony Dow was awarded Life Membership by the Australian Association of Gerontology in acknowledgement of her significant contributions to AAG, most notably as President from 2013-2015.

Derek Prinsley Award

NARI staff Ellen Gaffy and Marja-Liisa Harris received the Derek Prinsley awards for their contribution to the Institute. Ellen Gaffy, Research Assistant received the award for her efforts in achieving the milestones of many projects that she is involved in and Marja-Liisa Harris, Reception and Administrative Assistant, for her commitment and dedication to her role as the efficient face of NARI. Professor Robert Helme presented the awards at NARI's Annual General Meeting in 2016.

Ambassadors publish new book

NARI Ambassadors, Dr Patricia Edgar and Dr Don Edgar published a new book during the year. *Peak: Reinventing Middle Age* argues the case for the reinvention of the middle years of life as the peak years. The book showcases the active and valuable contributions made by older Australians and calls for a rethink on how society understands ageing.

Lowitja Institute International Indigenous Health and Wellbeing Conference

NARI researcher Paulene Mackell presented a poster on NARI's education workshops on falls prevention in the Kimberley and a poster on the role art centres are playing in supporting older Aboriginal people with dementia at the International Indigenous Health and Wellbeing Conference held in Melbourne.



Australian Association of Gerontology Conference

NARI researchers presented work on elder abuse, sexuality and ageing, mental health and carers at the Australian Association of Gerontology Conference in November 2016. The Institute also co-facilitated a productive workshop on the ethical conduct of research with older people from Culturally and Linguistically Diverse (CALD) backgrounds.

International collaborations

NARI Directors have been involved in several international missions over the past year.

Debra O'Connor, Deputy Director and Executive Manager of NARI attended the Austrade Japan Aged Care and Wellbeing Mission held in Kobe Japan. The mission provided an insight into how Japan, the most rapidly ageing society in the world, is making innovative changes to policy and care systems to respond. Of interest and potential is the work that NARI and others are doing in research and to optimise older people's health and well-being so they can remain engaged in their community, as well as evaluating quality improvements to services and innovations in the aged care workforce.

NARI Director Associate Professor Briony Dow explored potential collaborations with the Mae Fa Luang University in northern Thailand. She also visited hospitals located in remote hill stations to determine whether NARI's cultural exchange model, used successfully with Chinese older

people in Melbourne, can be applied or adapted for the Hill Tribe people of Northern Thailand.

Associate Professor Dow presented on the Australian aged care system at the Fourth Health Policy Decision Makers Forum Asia Pacific in Beijing China. The forum was a joint initiative of ESSEC Institute of Health Economics and Management. The aim of the forum was to explore sustainable solutions to the challenges of population ageing in a climate of slowing economic growth.



The Australian Ageing Research Foundation



NARI marked its 40th anniversary at three special functions through the year. These included a reception hosted by the Hon Linda Dessau AM Governor of Victoria and His Hon Judge Anthony Howard at Government House, a black-tie function in Melbourne with operatic entertainment, and the annual seminar.

The Government House function was attended by over 100 guests, including past and present NARI Directors and Presidents, the Commissioner for Senior Victorians Gerard Mansour, philanthropists, research participants, donors and staff. The National Boys' Choir provided entertainment.

Director Associate Professor Briony Dow gave an overview of NARI's history. The Institute was founded when its predecessors recognised that the population was ageing and that Australia did not have systems in place for managing older people's health and wellbeing.

Over the years, NARI's researchers have taken a person centred approach to research to understand the experience of ageing so that we can improve systems and respond to emerging needs as they arise.

Around 100 guests enjoyed a gala dinner to celebrate NARI's 40th anniversary on 11 November in Melbourne. The black-tie function brought together some of NARI's closest friends and supporters to mark the special occasion. Guests included Ambassadors, Dr Patricia Edgar and Dr Don Edgar, and NARI's first director, Professor Derek Prinsley.

Derek McMillan, Vice President of NARI, welcomed guests to the function while Associate Professor Briony Dow, Executive Director, gave an overview of NARI's past and current achievements. Her speech paid tribute to Australia's veterans in deference to the event being held on Remembrance Day.

Frank McGuire MP, Parliamentary Secretary for Medical Research, was guest speaker.



He told the distinguished audience that the Victorian aged care sector, including research institutes such as NARI, was becoming increasingly important and sought after for advice and practical support by the international aged care industry.

Melbourne Opera's Emily Xiao Wang, Konrad Olszewski and Boyd Owen gave live operatic and piano performances during the evening. Caption: Konrad Olszewski accompanied the singers on the new Schimmel International 188 grand piano provided especially for the evening by Bernie Capicchiano of Schimmel Pianos Australia

NARI continued its tradition of holding its annual Coombe Cottage lunch on International Women's Day. The sell-out event attracted young and old to enjoy a beautiful luncheon with operatic performances by Melbourne Opera

singers Claire Lyon and David Gould and The National Boys' Choir soprano soloist Isaac Noel Pearson. Acclaimed pianist David Lempriere-Laughton accompanied the singers and gave solo performances.

Guests included NARI Ambassadors Dr Patricia Edgar and Dr Don Edgar, the Age Discrimination Commissioner Dr Kay Patterson and the Commissioner for Senior Victorians Gerard Mansour.

In keeping with the International Women's Day theme, the lunch theme was Be Bold For Change, highlighting the contribution of women to research, caring, and as older people. The focus was on healthy ageing, particularly for women, and the work that NARI does to promote wellbeing.



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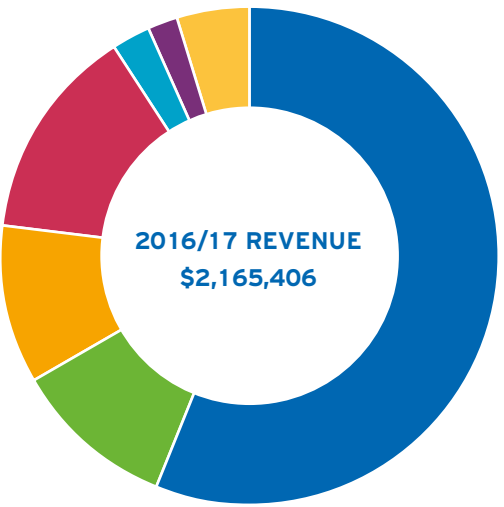
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Finances

Statement of Comprehensive Income for the year ended 30 June 2017

	2017	2016
REVENUE		
State government grants and contracts	\$1,220,526	\$1,344,921
Federal government grants and contracts	\$225,471	\$716,769
Other contract research	\$223,256	\$120,587
Philanthropic grants and contracts	\$299,096	\$300,127
Education and training	\$53,909	\$58,828
Interest	\$42,333	\$39,347
Donations and Miscellaneous	\$100,815	\$214,286
Total Revenue	\$2,165,406	\$2,794,865
EXPENDITURE		
Employee Benefits	\$1,617,488	\$1,918,666
Project costs	\$114,059	\$257,195
Research support	\$163,094	\$164,600
Other expenses	\$261,879	\$264,690
Total Expenditure	\$2,156,520	\$2,605,151
Surplus for the year	\$8,886	\$189,714

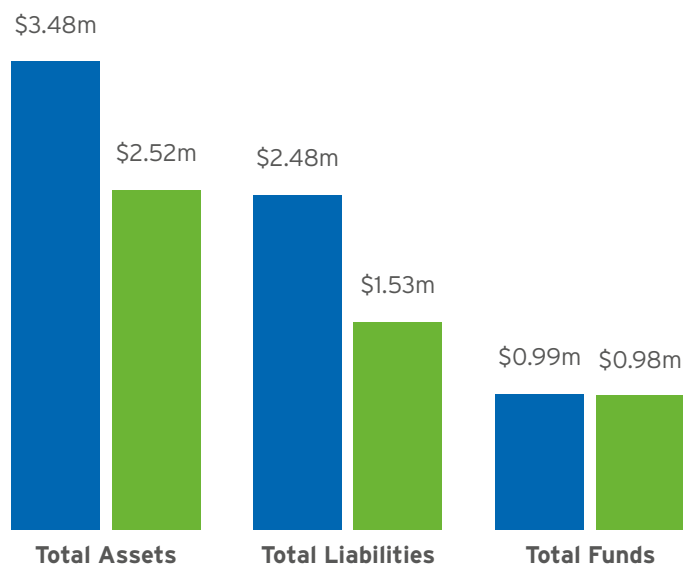


REVENUE BREAKDOWN

- 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 2017

	2017	2016
ASSETS		
Current assets	\$3,184,092	\$2,287,661
Non-current assets	\$296,399	\$233,177
Total Assets	\$3,480,491	\$2,520,838
LIABILITIES		
Total current liabilities	\$2,366,676	\$1,380,264
Total non-current liabilities	\$118,323	\$153,968
Total Liabilities	\$2,484,999	\$1,534,232
Net assets	\$995,492	\$986,606
Reserves	\$39,461	\$25,095
Retained earnings	\$956,031	\$961,511
Total Funds	\$995,492	\$986,606



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.

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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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Get creative, have fun and make a difference! Planning your own fundraising event is a great way to raise much-needed funds and awareness of NARI. Have a casual clothes day at work, hold a girls' night in, get fit and recruit your friends for one of the many fun runs and raise money for the Institute.



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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

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