

ANNUAL REPORT 2018

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OUR VISION

To be a national leader in ageing research in Australia, producing work of international significance in order to improve the life and health of all older people

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.

FROM THE PRESIDENT

This is my third year as President of NARI and over that time it has become increasingly evident that research in 'ageing' and 'aged care' is becoming of interest to the broader research sector and entering more fully into academic discourse.

That this should occur is in itself not surprising with the proportion of older Australians increasing, rather what is surprising is that it's taken this long.

Unfortunately the issue of an ageing population is often 'problematised' (a tsunami) or pathologised (dementia suffers) and conflated to 'aged care', there are nevertheless very many older people who are ageing well and can continue to do so with the support of judicious and well integrated systems of health. NARI's continuing focus on 'ageing well' in addition to some of the more problematic issues facing some older people across the health and care continuum enables the full spectrum of rich research to inform future practice, care and lifestyle challenges.

As I write this report the aged care sector is undergoing something of a crisis in public confidence with some shocking media reports of abuse of older people in care. A Royal Commission is being convened to address a broad range of issues and I hope that this Commission will have suitably wide

terms of reference and will lead to us challenging our thinking regarding how we treat this vulnerable sector and the responsibilities of a just society. NARI will look to proactively contribute to the discourse by encouraging good person centred care underpinned by robust evidence and effective education.

NARI has been at the forefront of gerontological research for over four decades and has become one Australia's premiere research institute in this field.

It sits at the interface of research and services, providers, practitioners and consumers and works closely with some excellent services who provide research evidence to support the best models of care. This knowledge can and should be incorporated into all services. In May NARI convened a round table of CEOs of residential aged care services who overwhelmingly wanted residential care to be embedded in a system which supported a 'good old age'.

A meeting with consumers late last year also emphasised a fear of residential aged care based on personal



observation and perceptions of the isolation and alienation of aged care from the rest of everyday society and social norms.

As always I acknowledge the great work undertaken by all our research divisions, our Melbourne Ageing Research Collaboration (MARC) partners and all ably led by Associate Professor Briony Dow and her leadership team. This last year has seen a significant increase in our research endeavours and I acknowledge without passionate leadership and engagement as a society would be that much poorer.

NARI's voluntary board continue to offer great insight and wisdom supporting and enabling our research colleagues to perform at their best. I publically acknowledge the debt we owe to them and their families for the gift of their time and expertise.

Associate Professor Michael Murray

BOARD OF DIRECTORS

President

Associate Professor Michael Murray

Vice President

Mr Derek McMillan

Treasurer

Mr Richard Gallina

Executive Director

Dr. Briony Dow

Members

Ms Maree McCabe

Professor Terence O'Brien
(until 4 December 2017)

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	Total Meetings 5
Associate Professor Michael Murray*	3 out of 5
Mr Derek McMillan	5 out of 5
Mr Richard Gallina	5 out of 5
Dr. Briony Dow	5 out of 5
Ms Maree McCabe	5 out of 5
Professor Terence O'Brien	0 out of 5
Mr John Waters	5 out of 5
Professor Andrea Maier	2 out of 5
Finance, Audit and Risk Management Total Meetings 5	
Mr John Waters	3 out of 5
Associate Professor Briony Dow	5 out of 5
Mr Richard Gallina	5 out of 5
Mr Derek McMillan	5 out of 5
Associate Professor Michael Murray*	3 out of 5

*Professor Murray received leave of absence for meetings during the year.

FROM THE DIRECTOR

The past 12 months have been a time of expansion and growth for NARI - expansion in the scope and reach of our research and growth in numbers of staff, students and research participants.

July 2017 saw the commencement of five new projects, all funded through the Commonwealth Government's Dementia and Aged Care Services (DACs) grants. These projects all explore, develop and/or test technological innovations and new models of care for older people from a diverse range of backgrounds.

We have a renewed focus on mental health this year with two new projects exploring ways to reduce depression in residential aged care and education for home care workers is the focus of a new NHMRC grant, Promoting Independence Through quality Care in the Home (PITCH). This report showcases these and many more new and ongoing research projects.

We have also expanded our education program, through the Melbourne Ageing Research Collaboration (MARC) master classes and forums, as well as two new NARI workshops: on sexuality and ageing; and working with people from culturally diverse backgrounds living with dementia.

This has led to a growth in staffing, refurbishment of offices, new equipment, national and international travel and an atmosphere redolent with excitement, activity and productivity.

On behalf of all NARI staff, I would like to thank all our research partners for their contributions to our work. They are service providers who work with us to ensure a project can be conducted in their service, their staff and clients; volunteers who help us deliver the intervention; research participants; members of advisory groups; health professionals who agree to be part of focus groups, surveys or even agree to be filmed on videos; and many more.

We also have an extensive network of academic partners who enrich and extend our work, from universities throughout Australia as well as Europe and Asia. Our membership of international bodies, such as the Global Network of International Longevity Centres, means that this reach is expanding further all the time.



I would also like to thank the funders and donors who continue to support our work, particularly philanthropic organisations who support medical research, the Victorian and Australian governments and the individual donors who come to our fundraising events and support our appeals.

Finally, I would like to thank the NARI board members, who give so generously of their time and expertise to guide and support NARI's work, our Ambassadors, Drs Don and Patricia Edgar and all the NARI staff and research participants. It is a joy to work with such a committed and enthusiastic team of researchers and research supporters.

A handwritten signature in black ink, appearing to read 'Briony Dow'.

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:

- > Over **45** projects underway.
- > **4** NHMRC projects, **2** directed by NARI.
- > **3** NARI led DACS projects, **2** with major NARI components.
- > Portfolio of smaller but essential research projects, demonstrate NARI's standing in the field of ageing research.

PUBLICATIONS



Over the past year NARI researchers and honoraries have published **191 publications**, including peer reviewed journal articles, book chapters 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.

- > **750** aged care and health professionals attended weekly seminars.
- > **100+** researchers, academics and policy makers at the NARI annual seminar.
- > **5** major professional development workshops delivered through the year to over 147 health professionals.
- > NARI was commissioned by Dementia Training Australia to develop **2** hour workshops, with accompanying facilitator guides.

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, Japan, USA and Canada**.
- > A new MOU is being worked on to further NARI's work in China with partners Health Australasia.
- > NARI is involved in several research projects into dementia including **2** with University College London (UCL).

MEDIA



NARI's media profile continued to grow:

- › Over **100** radio and print interviews given to a diverse range of media. Print interviews included *Australian Financial Review*, *The Age*, and trade and specialist magazines.
- › 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*.

MARC



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

- › Started work on five new projects covering dementia, end of life care, technology, the workforce and carers education.
- › Held sell-out education events during the year including the Annual Symposium on Future Directions in Ageing Research - *What do the Leaders Think?*

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, including:

- › Released Victoria's Community Action Plan to *Tackle Elder Abuse*.
- › Initiated a roundtable on aged care with aged care industry leaders.
- › 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.
- › Was one of 13 Victorian organisations that called *An Agenda for Ageing*, a statewide bi-partisan plan for ageing and older people.
- › Spoke out about the impact of the same sex marriage debate on older Australians.

CLINICAL GERONTOLOGY



The Clinical Gerontology Division has had a year of expansion, with new projects based around our themes of health and aged care service reform, falls prevention, physical activity, pain, models of care, and healthy ageing.

Our program of work undertaken in partnership with the Department of Health and Human Services has encompassed topics such as frailty, falls prevention, hospital-based clinical indicators for older people, and has seen the completion of a new environmental audit tool for hospitals.

This year our work has taken us all around the country and overseas, for example the Remote Arts Centre project taking team members to the Kimberley in Western Australia and the NPY lands in central Australia, and our director, Dr Frances Batchelor, traveling to Beijing. Our team has also been active in “knowledge translation”, presenting training, workshops, symposia and at conferences across topics such as hospital design, falls prevention, technology, assessment and care planning, dementia and pain.

Project highlights for 2018 include:

Vitamin D and falls after stroke

There are many Australians who survive stroke. This cohort has one of the highest rates of falls, yet there is little evidence on what is effective to prevent falls. Vitamin D has been shown to be an independent predictor of falls in community dwelling older people and vitamin D supplementation is a promising intervention for people with stroke. To date, there has been no research examining the relationship of vitamin D with falls in stroke survivors.

This project, funded by Perpetual Trustees, aims to determine the prevalence of vitamin D deficiency in the first 12 months after stroke, the relationship between vitamin D and falls, and the relationship between vitamin D and injury severity. Fifty people aged over 50 years old with a diagnosis of first ever stroke are being recruited and monitored for 12 months for falls, injury, serum levels of vitamin D and other biomarkers (parathyroid hormone, C-reactive protein and triglycerides), and strength, balance and walking.

The outcomes will enable clinicians and researchers to develop evidence-based interventions that will be implemented and tested in future projects to reduce falls and injury in older people after stroke and to improve their quality of life.

Project team: Frances Batchelor (NARI), Sue Williams (NARI), Ellen Gaffy (NARI), Lauren Sanders (St Vincent's), Sandy Petty (St Vincent's), Cathy Said (Western Health), Marie-Louise Bird (University of British Columbia, University of Tasmania), Bruce Campbell (Royal Melbourne Hospital), Amy McDonald (Royal Melbourne Hospital).



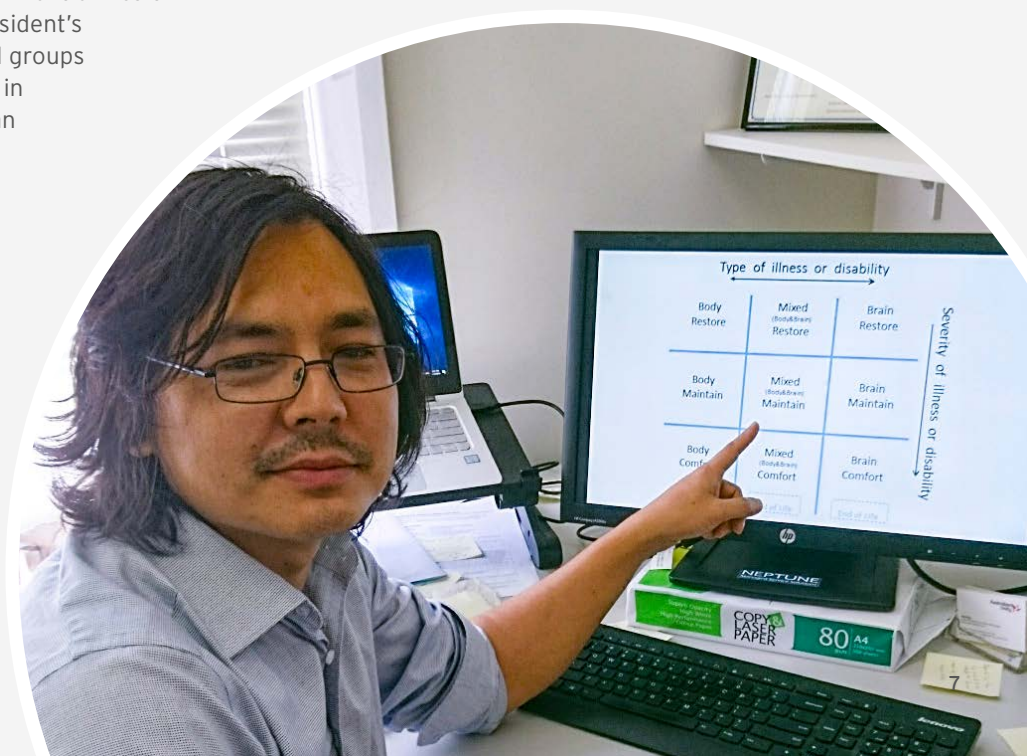
Evaluation of the Tapestry program at Royal Freemasons

'For You For Life Tapestry' (or just 'Tapestry') is a new and enhanced multidisciplinary care program developed by Royal Freemasons Ltd for residential aged care services. Tapestry provides a holistic framework that encourages greater care consistency and promotes dialogue between residents, relatives and care staff. NARI is partnering with Royal Freemasons to assist in developing and evaluating this program.

A key component of Tapestry is the Transition Map, a new tool designed to summarise the overarching goals of care for each resident. Since October 2017, NARI has completed 15 focus groups to refine this tool. The groups have identified communication barriers between staff, residents and their families, and highlighted that families also find it difficult to understand changes in response to a resident's declining physical and cognitive health. All groups agreed that Transition Maps can be useful in describing a resident's journey of care in an honest and straightforward dialogue.

NARI is currently undertaking a 12-month evaluation of the Tapestry program at seven Royal Freemasons' residential aged care facilities. Three hundred and fifty residents are participating in this study, as well as over 200 families and care staff. Data collection is expected to be completed mid 2019.

Project team: Steven Savvas (NARI), Maho Omori (NARI), Jude Jayasuriya (NARI), Courtney Baker (NARI), Anastasia Gardner (NARI), Sam Scherer (Royal Freemasons), Briony Dow (NARI), Marie Vaughan (Royal Freemasons).



Improving the hospital environment for the majority of users: the Hospital Environment Audit Tool (HEAT)

The re-development of the resource *Improving the environment for older people in Health Services: An audit tool* (2006) completed in 2018, for the Department of Health and Human Services (DHHS) Victoria, with input from a range of stakeholders. The tool has been re-named the *Hospital Environment Audit Tool (HEAT)*.

The tool is important in the context of our ageing population who are high users of hospitals, and given that many of our hospital environments have not been designed with the needs of older people front of mind.

HEAT provides a new way to quickly and easily audit the hospital environment and identify improvements to enhance the ability of older people to participate in their care. It has been designed as an online tool that can be completed on a computer or handheld device. It can also be completed in printed form. It consists of 19 brief questionnaires, each taking 5-35 minutes. They can be completed together or individually, and do not require expertise or training. It provides simple tips and strategies for optimising the environment without need for major refurbishment.

Project team: Paulene Mackell, Kathryn Squires, Frances Batchelor, Rachel McKittrick, Jess Barry, Sue Malta.

Pleasant Activities for Well-being (PAW): Behavioural Activation in Residential Aged Care

Due to the lack of access to traditional psychological services that are available to younger Australians and lack of resources for aged care staff to provide adequate support, there is a need to find innovative approaches for mental health treatment. One potential approach is Behavioural Activation, a simple evidence-based treatment that aims to increase one's mood and wellbeing by increasing engagement in pleasant and meaningful activities.

This project, funded by Jack Brockhoff Foundation, aims to investigate the feasibility and acceptability of an eight-week behavioural activation program that is delivered by trained volunteers. Twenty people who are living in aged care facilities and are experiencing mild to moderate symptoms of depression are being paired with a trained volunteer to engage in one-on-one program. To date, 12 volunteers have completed the training and are now engaging with a resident twice a week across two large Benetas facilities in the Melbourne region.

It is hoped that this program will have positive effects for both the residents and volunteers, by providing greater engagement, meaning and purpose and consequently increasing happiness and life satisfaction.

Project team: Christina Bryant (University of Melbourne), Lydia Brown (University of Melbourne), Briony Dow (NARI), Frances Batchelor (NARI), Hannah Capon (NARI).

Advance care planning implementation guide for aged care

Advance care planning (ACP) is a process where people plan in relation to their health care and personal needs. It allows people the opportunity to make their values and preferences regarding future medical care known to family, friends and health care staff.

Research has shown that ACP has benefits for the person, their family and other people who care for them. These benefits include improved care and increased adherence to a person's preferences by health care staff and family members; higher staff satisfaction; reductions in unwanted hospitalisations and medical treatments; reduced stress and anxiety for family; and improved psychological outcomes for surviving relatives. Despite clear benefits, uptake of ACP has been limited in residential and community aged care settings.

NARI, in collaboration with Advance Care Planning Australia, developed a national resource to assist aged care providers to implement ACP, both within residential and community aged care.

To assist with the development of this resource, a literature review was conducted to inform a national survey for aged care staff and older people across four states in Australia. Sixty staff from 15 residential and community aged care organisations and 24 older people participated in the consultations through focus groups or interviews. An additional 166 aged care staff from across all states and territories in Australia completed the online survey.

The final implementation guide provides information to assist aged care providers, particularly managers and senior staff, in implementing advance care planning. *"Advance care planning in aged care: A guide to support implementation in community and residential settings"* can be accessed on the Advance Care Planning Australia website (www.advancecareplanning.org.au).

Project team: Frances Batchelor (NARI), Paulene Mackell (NARI), Betty Haralambous (NARI), Marcia Fearn (NARI), Kerry Hwang (NARI), Karen Detering (Austin Health), Linda Nolte (Austin Health).



There are around 90 Aboriginal art centres across Australia, and most are in remote communities. These art centres are places where people can come together to produce art, but also act as important community hubs which provide employment, income, social interaction and support for artists and communities.

This project, funded by the Department of Health's Dementia and Aged Care Innovation grant scheme, aims to explore the ways in which art centres are supporting older people and those living with dementia in remote Aboriginal communities.

Over the past year NARI researchers working with our project partners - Mangkaja Arts in Fitzroy Crossing in Western Australia, Ikuntji Artists in Haasts Bluff in the Northern Territory, Tjanpi Desert Weavers of the NPY Lands, University of Western Australia, Centre for Remote Health, Kimberley Aged and Community Service and Tjunga Aged Care and Disability Team - have been exploring the ways art centres are supporting older people within their community.

We have found that art centres are highly valued by older people in these communities as sites of advocacy and informal care, sources of income and facilitators of social connection, cultural connection and intergenerational exchange.

The next stage includes ongoing community engagement with our participating sites to determine their priorities for future services and potential initiatives to further enable them to support their older artists. This process will be used to inform

the development of a guide that can be used by art centres across remote Australia, to enable them to better support older artists and those living with dementia in their communities.

Project team: Paulene Mackell (NARI), Scott Fraser (NARI), Kathryn Squires (NARI), Jessica Cecil (NARI), Frances Batchelor (NARI), Roslyn Malay (University of Western Australia), Maree Meredith (Centre for Remote Health), Michelle Young (Tjanpi Weavers), Chrischona Schmidt (Ikuntji Artists), Belinda Cook (Mangkaja Arts Resource Agency), Linley Nargoodah (Mangkaja Arts Resource Agency), Ruth Crawford (Kimberley Aged Care Services), Kim McCrae (Tjunga Aged care and Disability team), Kate Smith (University of Western Australia), Dina LoGuidice (Royal Melbourne Hospital and NARI).



Image (L-R): Cynthia Burke (Tjanpi Desert Weavers); Maree Meredith (Centre for Remote Health); Paulene Mackell (NARI & RMIT); Annieka Skinner & Tjilpi the dog (Tjanpi Desert Weavers). Photo taken at Docker River by Tomas Birchley.

The ENJOY trial - Exercise interveNtion outdoor proJect in the cOMmunitY

With the ageing of the world's population there will be a growth in health problems affecting the health and wellbeing of older people. Physical activity is strongly recommended to older people to reduce these health problems but less than 25% of older Australians do enough physical activity to achieve health benefit. Physical activity strategies that are novel, attractive and enjoyable for older people are urgently needed.

Outdoor exercise has been shown to improve mood and self-esteem in older people, and community-based physical activity programs have been shown to be effective in reducing feelings of loneliness and social isolation. Senior outdoor exercise parks may provide an opportunity for seniors to socialize more, improve their quality of life and their physical and mental health through enjoyable physical activity in the community. The senior exercise park equipment is outdoor playground equipment specifically designed for older people to improve strength, balance, joint movements and mobility and function.

There is growing interest among the community from local government councils to use seniors' exercise parks for their senior community members. However further research is critical

to evaluate the effectiveness and sustainability of the outdoor exercise park on a range of health outcomes and its long-term usability in the community.

The overall aim of the ENJOY project is to implement and evaluate the effects of sustained engagement in physical activity on mental health and physical outcomes using a community-based novel outdoor physical activity program (purpose-built exercise park) for older people in the community. As such the long-term aim is to design and promote an innovative and sustainable outdoor exercise park and program for senior residents with participating partners (Whittlesea City Council, Wyndham City Council and Old Colonists Association of Victoria). This project is funded by Gandel Philanthropy

Project team: A/P Pazit Levinger, NARI; Prof Keith Hill, Curtin University; Prof Terry Haines, Monash University; A/P Briony Dow, NARI; Prof Stuart Biddle, University of Southern Queensland; Prof Gustavo Duque, Melbourne University; Dr Frances Batchelor, NARI.



SOCIAL GERONTOLOGY



It has been a busy year in Social Gerontology. Under the leadership of Director, Dr Bianca Brijnath, the Division has had significant growth in its core programme areas focusing on cultural diversity, relationships and social connectedness, and elder abuse.

Altogether, our multidisciplinary team has grown from six to 19 people within the past year. New staff include neuropsychologists, sociologists, primary care researchers, and social workers stationed not only in Melbourne but also around the country. Languages professionally spoken in the Division now include English, Hindi, Tamil, Arabic, Urdu, Mandarin, Cantonese, and Greek.

There have also been significant departures and we were sad to farewell Dr Xiaoping Lin, who has taken up a full-time appointment at Monash University, and Brendan Hallam, who has returned to the UK to pursue further studies at UCL.

At NARI, several staff within the Division are also pursuing further higher degree research and training degrees. Notable examples include Ellen Gaffy, who has commenced her PhD at La Trobe University, Hannah Capon who is pursuing her Doctor of Clinical Psychology at Deakin University, and Fathima Lafeer who is undertaking her Master's in Public Health at the University of Melbourne.

There are currently more than 10 projects underway within the Division, including two major projects funded by the Commonwealth Department of Health under the Dementia and Aged Care Services Fund. Several smaller projects are also underway funded by philanthropic and peak bodies. All projects have a strong translational focus and many mobilise technological solutions including digital media and film.



Project highlights for 2018 include:

Moving Pictures: using film and digital media to raise dementia awareness in CALD communities (2017-2019)

Bringing together a national consortium of experienced researchers and services such as Dementia Australia, Chung Wah (Perth), the South-Western Sydney Local Health District, Australian Arab Association (Perth), and the Federation of Indian Association of Victoria, *Moving Pictures* aims to co-produce with people from Hindi-, Tamil-, Mandarin-, Cantonese- and Arabic-speaking communities 15 short films to raise awareness of dementia.

This innovative project is funded by the Commonwealth Dementia and Aged Care Services Fund, and is a collaborative project between NARI and Curtin University.

Led by Dr Bianca Brijnath, other NARI members of the *Moving Pictures* team are Dr Josefine Antoniadou, Dr Nick Lee, Anu Krishnan, Mariam Yousif, Neyha Ahmed and Fathima Lafeer.



Improving service knowledge and access among older people from CALD backgrounds with dementia (2017-2019)

Funded by the Dementia and Aged Care Services, and with the partnership with the North-West Aged Care Assessment Service (ACAS), Barwon ACAS, and Australian Multicultural Community Services, this project aims to explore the use of videoconferencing technology with interpreters, during the dementia assessment process to improve service access among people from culturally and linguistically diverse (CALD) backgrounds. The reliability, acceptability, feasibility and cost-effectiveness of using videoconferencing will be evaluated by comparing the face-to-face and videoconferencing assessment results, and interviews with clinicians, clients and interpreters.

NARI researcher Ms Betty Haralambous is leading this study and is supported by Santini Subramaniam, Kerry Hwang, and Courtney Baker.

A culturally and linguistically diverse research engagement network (CALD-REN)

A Culturally and Linguistically Diverse Research Engagement Network (CALD-REN) has been developed by NARI researchers to build relationships with CALD communities across Australia to improve engagement and representation of older CALD people in research.

Under the guidance of Dr Bianca Brijnath, Santini Subramaniam, Fathima Lafeer, Henry Baxter, and Monica Wilhelm (former NARI student) have built a digital prototype. This prototype includes more than 900 CALD organisations segmented by state, ethnicity, organisation type, and main contact, and is already being used by NARI staff for recruitment for national studies.

AAG SUBSTANCE Evaluation (2017-2020)

Led by Dr Sue Malta and Dr Bianca Brijnath, this project is a three-year evaluation of the Australian Association of Gerontology's SUBSTANCE Program. The SUBSTANCE Program, funded by the Federal Department of Health and Aged Care, seeks to inform the development of evidence-based policy in government; promote evidence-based practice improvements; support older people from diverse backgrounds and; support Aboriginal and Torres Strait Islander peoples and communities.

As the evaluator, NARI is tasked with determining whether the program is achieving its intended aims and if there is need for improvements to the program to better achieve its intended aims.

Healthy Ageing Literature Review for 'The Well' (2016-2017)

NARI was engaged by the Inner East Primary Care Partnership to write a paper on Healthy Ageing that explores the theoretical frameworks, strategic and legislative context, and factors influencing healthy ageing; risk and protective factors for healthy ageing; and strategies to consider when designing interventions for healthy ageing.

This document was customised to the health and wellbeing issues relevant to the Eastern Metropolitan Region of Melbourne. Dr Bianca Brijnath and Dr Josefine Antoniadou produced the review in collaboration with Sharon Porteous, Tracey Blythe, and Sophie Allen from the Inner East Primary Care Partnership. The final report is available at http://iepcp.org.au/wp-content/uploads/2018/07/NARI_HealthyAgeing2018_FINAL.pdf

PITCH

A well-trained and highly skilled dementia specialist home support workforce is needed to meet the growing demand for dementia home care services. However, it is critical to shift the care paradigm from one that is task-based to one that enables home care workers to provide support in ways that recognise the individual's lived experience of dementia.

By focusing on the person and not the diagnosis, the NHMRC-funded PITCH Project aims to 'Promote Independence Through quality dementia Care at Home'. This dementia-specific training program is being developed using a co-design approach involving people with dementia, family carers, home care workers, case managers and service managers.

To date, 43 individual and focus group interviews have been conducted with people living with dementia, family carers, home care workers, case managers and service managers. Four dynamic co-design workshops involving all key groups were held in July to identify the main elements of the training program.

Involving partners and collaborators nationally and internationally, the project is led by A/Prof Briony Dow, and managed by Dr Anita Goh. Other NARI team members involved include Dr Sue Malta, Dr Steven Savvas, Dr Anita Panayiotou, Dr Luke Gahan, Dr Frances Batchelor, Dr Maho Omori, and Ms Meg Polacsek.



Finding the best elder abuse screening tool

State Trustees 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.

A rapid review of the literature followed by focus group discussions with 23 Victorian health professionals revealed that no tools were deemed suitable by participants for use across Australian health settings.

Criticisms of the tools included: using outdated terminology, asking binary questions, asking multiple questions at once, failure to consider the older person's cognitive status, failure to consider how culture mediates elder abuse, and failure to outline a referral pathway to those administering the tool.

Participants emphasized that the screening tool must promote trust and rapport between the assessor and the older person to solicit a story on this sensitive subject. These considerations informed the development of the Australian Elder Abuse Screening Instrument (AUSI), a new elder abuse screening tool for Australian settings.

Implementing the Australian Elder Abuse Screening Instrument (AUSI) (2018-2019)

Funded by the State Trustees and in conjunction with St Vincent's Hospital Social Work team, this project tests the feasibility, acceptability, and face validity of the AUSI in a busy hospital setting.

To test the effectiveness of the AUSI, both qualitative and quantitative data will be collected before and after implementation of the instrument on the number of elder abuse cases identified, the number of notifications, and the number and quality of referrals made.

This project will provide pilot data to prepare for a national randomised controlled trial. NARI researchers Dr Bianca Brijnath, Dr Luke Gahan, and Associated Professor Briony Dow are involved in this project.

Elder Abuse National Research—Stage One: Strengthening the evidence base (2017-2018)

NARI Director Associate Professor Briony Dow and Dr Luke Gahan undertook a series of professional and lay stakeholder workshops, focus groups, and interviews, as well as an analysis of existing literature and empirical evidence to contribute to a national definition of elder abuse.

This project was a collaboration with the Australian Institute of Family Studies and funded by the Commonwealth Attorney-General's Department and the New South Wales Department of Communities. A draft definition of elder abuse expressed in plain English, which can be used to design tools to measure elder abuse and inform policy, programme design and awareness-raising activities, has been submitted to the Attorney-General's Department.



PUBLICATIONS

The New Middle Age: ways to thrive the longevity economy

A far-reaching publication *The New Middle Age: Ways to thrive the longevity economy* drew strong media commentary during the year.

The paper, published by NARI, called for a new policy framework for Australians in the “new middle age” (50-75 year olds), who account for a third of the population.

In the paper, authors Dr Don Edgar, Dr Patricia Edgar (NARI Ambassadors), Dr Bob Birrell and Dr Katherine Betts (The Australian Population Research Institute), Associate Professor

Briony Dow (NARI), and Chris Lovell (Holding-R) argued for a rethink of cultural attitudes to people as they enter middle age and a revamp of how workplace, education, health and housing systems operate.

The paper urged politicians to counter the currently pervasive negative view of ageing and instead recognise the growing middle-aged population as a valuable resource, both in economic and social terms.

To embrace the potential of this demographic group, the paper’s authors suggested cultivating more adaptable workplaces, encouraging life-long learning, promoting preventive health measures and building communities that nurture social engagement and intergenerational cooperation.

PUBLICATIONS



6

Reports



177

Peer-reviewed publications



6

Chapters



2

Online peer-reviewed resources



“Australia and its political leaders have an opportunity to take the lead in bringing the nation round to a more positive approach to longer life expectancy.”

INTERNATIONAL COLLABORATIONS



NARI's international collaborations continued to grow over the past year. The collaborations range from working jointly on research programs, delivering training, and participating in trade missions and conferences.

Much of the focus has been on strengthening ties with China. During the year NARI director Associate Professor Briony Dow and Director Clinical Gerontology Dr Frances Batchelor, together with colleagues from Health Australasia, visited Beijing to train and present masterclasses at Peking University on Aged Care Systems, Quality and Standards, Dementia, Falls Prevention and Healthy Ageing.

In early April, aged care delegates from Chengdu in southwest China visited NARI as part of delegation tour by Victoria's Department of Economic Development, Jobs, Transport and Resources. The group met with NARI's executive to learn more about aged care, ageing research and what NARI does.

These meetings are paving the way for a Memorandum of Understanding based around a China- Australia partnership in aged care research and translation into policy and practice, as well as education and training. The focus will be on co-creating content that is tailored to meet Chinese needs and co-taught with NARI's Chinese-speaking colleagues from Health Australasia.

Other collaborations continue to be forged including health and ageing teaching with Mae Fal Luang University in Chiang Rai, Thailand.

Collaborative research

NARI researchers are involved in several research projects including a University College London (UCL) research project that is looking at how people with dementia can remain living in their own homes due to regular visits by paid home care workers.

New Interventions for Independence in Dementia (NIDUS) is run through University College London and funded by Alzheimer's UK. The project aims to develop and test person-centred strategies aims at increasing the time people with dementia can stay at home. This includes training for family and professional carers.

Its genesis began through the Fix Dementia Care campaign which found that only 2% of people affected by dementia believed home care workers had sufficient dementia training. Nearly half (49%) of them believed that home care workers did not understand the needs of people with dementia. This lack of training often causes breakdowns in these relationships, severely affecting the care of the person with dementia. Led by Dr Claudia Cooper, the research includes the Universities of Bradford, Reading and Exeter, and specialists from Canada, the US and Australia.

This project builds on an earlier project led by UCL which aims to reduce agitation and improve quality of life for people with moderate to severe dementia.

POLICY



Elder abuse, retirement villages, advanced care planning and how age is viewed socially and politically were among the many issues that NARI advocated on during the year.

Elder abuse

In February 2018, NARI released Victoria's Community Action Plan to Tackle Elder Abuse. It is the first action plan developed specifically to assist the community tackle elder abuse.

The plan was developed by the Institute with support from Seniors Rights Victoria, the Office of Public Advocate, and community service providers, identified gaps and set out 10 priorities to address elder abuse.

The priorities include the need to clarify the relationship between family violence and elder abuse; raise community awareness of elder abuse and promote a positive of older people to reduce

ageism; increase ways to help older people disclose elder abuse without fear, and provide education and training on elder abuse for all health professionals in health and aged care services.

Many of the recommendations are being addressed through \$6million worth of funding announced in the 2018 Victorian budget. This included money to tackle elder abuse by extending the trial of an integrated model of care - offering specialist clinical advice, family counselling and mediation services, and providing better workforce training to ensure staff can better identify and respond to cases of suspected elder abuse, and prevent the abuse from escalating. Part funding will also be invested in increasing the understanding of elder abuse as a form of family violence.

The Elder Abuse Community Action Plan for Victoria was funded by Gandel Philanthropy. It was launched by Colleen Pearce, Victoria's Public Advocate (pictured left).



National elder abuse plan

NARI's and other organisations' calls for a national action plan into elder abuse came to fruition with the announcement that federal and state attorneys-general agreed to fund a plan, with a draft expected by the end of 2018. NARI is currently working on the Elder Abuse National Research Project, led by the Australian Institute of Family Studies (AIFS) and in partnership with the Social Research Centre and the Social Policy Research Centre.





NARI Aged Care Roundtable

Twelve CEOs (or their delegates) representing aged care providers from Victoria, South Australia and New South Wales participated in a roundtable discussion in May on What Makes a Good Old Age?

The purpose of the roundtable was to reflect on the following questions: What should a future aged care system look like in response to changing demographics and the current and future policy environment?

What will be required to design the next generation of aged care services to meet this future? and How can data help?

The ensuing discussion resulted in a number of ideas for action being identified. The most frequently endorsed was the need for better understanding of what good ageing and good death looks like. All participants felt that we do not yet have a sufficient understanding of these issues.

Other important areas for action included: early prevention; home care packages workforce; dementia care and the need for better data and access to data for timely analysis and use.

Overall, the aged care roundtable agreed it is time to look forward, to build on the work of the Tune Review,

NARI researcher Betty Haralambous together with Australian Multicultural Community Services Senior Committee Members and Volunteers at the launch of the Resource Kit, a joint project between AMCS, NARI and the Centre for Cultural Diversity in Ageing. The launch was attended by the Mayor of Maribyrnong, Cr Cuc Lam, and the Hon. Robin Scott, Minister for Multicultural Affairs, and Minister for Finance.

the Aged Care Workforce Taskforce and others, and envisage a future where aged care contributes to a good old age (including a good death) and is seen as doing so.

Safeguarding the end of the rainbow

A guide to help LGBTI people in Victoria plan an end of life of their choice was launched recently by Minister for Housing, Disability and Ageing Martin Foley MP. Safeguarding the End of the Rainbow: The guide was created in partnership by COTA Victoria and Transgender Victoria (TGV), with research by Dr Sue Malta, senior researcher at NARI.

Same Sex Marriage

NARI was among several leading institutes to speak out about the impact of the same sex debate on older

Australians. Drawing on its research into issues affecting older LGBTIQ people, NARI voiced concern about the resurgence discrimination, placing people's mental wellbeing at risk.

Media

Over the past year, NARI's media profile continued to grow with around 100 radio, print and television interviews given to a diverse range of media. Topics included dementia, technology and ageing, elder abuse, workforce, and healthy ageing. Interviews included *Radio National*, *ABC Drive*, *Australian Financial Review*, *The Age*, and *ABC TV*.

Social media continued to attract new followers, more shares and comments on many different topics.

During Cultural Diversity Week, we highlighted our researchers from CALD backgrounds in social media.

EDUCATION



Through its education program that has a strong focus on translating the research evidence into practice, NARI hosted five professional development workshops over the past year. These workshops were attended by 147 aged care and health professionals across community, residential care and hospital settings.

Two of these workshops, 'Sexuality and Ageing' and 'Cultural Understandings of Dementia: Implications for Care' were new to the NARI education program. The other three, 'Fundamentals of Falls Prevention' and 'Suffering in Silence: Pain in Dementia' that was run twice, were workshops that have been successfully run at NARI in the past, with the facilitators ensuring that up-to-date evidence and research was included.

NARI also provided falls prevention training to 30 aged care staff at the Assisi Centre and a one-hour presentation, via video link, on 'Falls and Cognitive Impairment' to staff at Mildura Base Hospital.

NARI was commissioned by Dementia Training Australia to develop two two-hour workshops, with accompanying facilitator guides, that address the issue of providing quality care for people with dementia from Culturally and Linguistically Diverse backgrounds and veterans with dementia. These workshops were used by Dementia Training Australia, in conjunction with

four other workshops developed by other organisations, to create a suite of training workshops around dementia in diverse populations.

NARI Annual Seminar

NARI welcomed almost 100 health professionals, researchers, academics and policy makers to its Annual Seminar, "From climate change to care: how the environment impacts older people" in October 2017. The day was opened by Hon Ken Wyatt, Minister for Aged Care and Minister for Indigenous Affairs. Keynote speakers were Dr Helen Barrie from University of Adelaide and Professor Charles Guest, Chief Health Officer.

David Simmons Address

The annual NARI David Simmons Address, cohosted with AAG, was held at NARI on 31st August 2017. The topic for the address was "Ageing and Advocacy" and was presented by Dr Kay Patterson, Age Discrimination Commissioner.

NARI Seminar Series

NARI continued to coordinate the highly successful Tuesday lunchtime seminar series in conjunction with Melbourne Health and Academic Unit for the Psychiatry of Old Age, University of Melbourne.

Rebadged this year as the "Seminars in Ageing" series, it continues to attract presentations from high calibre external researchers, as well as from those within the three partner organisations. Over the 2017-2018 period, more than 40 presentations were given, with more than 750 people attending (February to June 2018).

NARI staff gave a number of presentations, including Director, Associate Professor Briony Dow and researcher Ellen Gaffy, who reported on the Action Plan to improve the response to elder abuse in Victoria and the development of a new screening tool NARI developed and is currently trialling; Clinical Gerontology's Sue Williams, who reported on a Melbourne Ageing Research Collaboration project, looking at end of life issues; and Dr Steve Savvas and Dr Maho Omori, who presented with Dr Sam Scherer, Geriatrician, on their work developing a new model of residential aged care.



Students

NARI prides itself on being able to mentor and supervise students in a range of disciplines and share its knowledge and skills with these students. Over the past year, NARI has mentored students and internships from:

Physiotherapy

Chris Tierney from the School of Physiotherapy, University of Melbourne, undertook his Professional Selective Placement with NARI. Chris was supervised by Frances Batchelor and Sue Williams, and undertook a literature review for a project about exercise after transient ischaemic attack (TIA) or minor stroke.

Social research

NARI successfully hosted two students through Swinburne University's Social Research Internship program, Kylie Gill and Rachel Craanen. Kylie, supervised by Sue Malta and Bianca Brijnath, undertook a literature review for a project about the role of age, culture and gender in older women's employment opportunities. Rachel was supervised by Bianca Brijnath, Steve Savvas and Natalie James on a project looking at end of life care for people with mental illness. Both students completed their placements with a presentation to NARI staff.

Social Work

NARI's connections with RMIT Social Work continued over the past year, with ten students, Monika Wilhelm, Emily Walker, Nicki Zorotheos, Ryan Townley-Jones, Fiona Yuen, Konrad Srokowski, Elizabeth Yared, Gerard Rodgers, Sarah Bourne and John Riek, undertaking their social work placements for their final year Bachelor or Master's degree at NARI. Many of these placements were undertaken in collaboration with other organisations, including Carers Vic, Fronditha, Melbourne Health ACAS, Meaningful Ageing Australia, COTA and Macedonian Community Welfare Association.

PhD and Masters students

Dr Bianca Brijnath is currently supervising a PhD student and a Masters of Information Technology student. Omobola Adebayo, in her PhD, is exploring the role of migrant aged workers in residential aged care. Kangyi Wang, as part of a Masters of Information Technology, is working with Dr Brijnath and her team on building the DELIA (Improving depression and anxiety literacy among older Asians in Australia) prototype, a web app to help older Asian-Australians access information about mental health and mental illness.

Jodi Chiang is working with NARI on the Strategies for Relatives (START) - On-Line project as part of her Masters of Clinical Psychology degree. START is an 8-week program of education, relaxation training and counselling for carers of people living with dementia.

MELBOURNE AGEING RESEARCH COLLABORATION (MARC)



Over the past year, MARC has been working on six projects covering falls, dementia, end of life care, technology, the workforce and carers education. Each project involves strategic partnerships to combine resources and expertise to influence policy and practice in Victoria and beyond for the benefit of older people. MARC is funded through the Victorian Government, the JO and JR Wicking Trust, and partner contributions.

Falls prevention

MARC's first major project – Falls Prevention Interventions in a Hospital Setting – tackled the challenge of preventing falls in hospitals, a key concern for health services, health professionals, older people and their carers. Collaborators included NARI, Austin Health, and Melbourne Health.

The project implemented and tested a falls prevention intervention based on locally derived data, rather than using the more traditional “one-size-fits-all” approach.

The project found that patients do not think they are at risk of falling whilst in hospital because nurses will keep them safe; a roadmap

for use in complex systems can reduce falls in hospitals; staff can be engaged in collecting data and in selecting and implementing strategies for their unit or ward based on the data; and falls prevention should be considered cyclical and ongoing in line with the local context.

The project centred on two wards – one to identify risk identification by patients and staff, and the other to focus on increasing supervision for cognitively impaired patients. Both wards had a reduction in falls rates following implementation of the intervention.

Funding is now being sought for a Randomised Controlled Trial.





Preventing Avoidable Hospital Admissions for People with Dementia (PAHA)

Evidence from the literature and anecdotal sources has identified that people living with dementia are hospitalised at twice the rate of people the same age who do not have dementia.

Although some hospital admissions are clinically necessary, others could potentially be avoided if support was available to people with dementia and their carers to make decisions about healthcare.

This project sets out to identify the primary reasons that people with dementia present to hospital emergency departments and draw on the experiences and needs of carers and clinical staff to develop resources for carers.

Research participants have been involved helping the researchers develop resources for carers.

Collaborators include: NARI, Austin Health, Melbourne Health, Northern Health, North Western Melbourne Primary Health Network, Dementia Australia, University of Melbourne, and the Department of Health and Human Services.

Integration and Communication on End of Life Care

In recent times, there has been an increase in community conversations around death and dying. These conversations include topics such as how and where we die, the concept of a good death and the need to plan to die well. In Australia, 60 - 70% of people want to die at home but only 14% do. Fifty four percent of people die in hospitals and 32% in residential aged care facilities.

End of life care can involve multiple services across different settings. The care can be poorly integrated, disconnected, and involve duplications, gaps and delays. This can result in confusion, distress and frustration for patients and their families.

This project has been identifying the care services provided to people during their last six months of life, and evaluating the degree of integration of the services.

A project advisory group consisting of NARI, North Western Melbourne PHN, Mercy Health, Northern Health, and Western Health, has been established with expertise in end of life and palliative care to oversee the project.

Keeping Wisdom at Work: Creating Conditions for a Thriving Ageing Workforce

A significant number of the Australian health and aged care workforce are older workers, aged 45 and over. This project focuses on nurses, the largest and fastest ageing cohort in the health workforce.

The objectives of the study are to develop recommendations for individual nurses and for organisations on how older nurses should be recognised for their experience and skills, and how age discrimination for nurses working in the public health system can be addressed.

Collaborators are NARI, Austin Health, Melbourne Health, Northern Health, St Vincent's Health, DHHS, and the University of Melbourne.

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 is adapting the existing program for the Australian context and is the first to test this approach via video-conferencing technology, enabling access to carers living in remote areas.

To date, four therapists have completed their extensive training, the project has been adapted for the Australian healthcare context, 20 participants have completed the program, with recruitment expanding across Australia.

SCOping the Use of Translation Technology (SCOUTT)

The role of technology in enabling everyday communication in care settings has not been explored in detail. MARC is scoping and reviewing existing voicebased translation technology, testing both for user-friendliness and accuracy. These will then be assessed with older people from CALD backgrounds to evaluate their feasibility and acceptability for healthcare related conversations.

To date, consultations with CALD communities are completed, consultations with clinical staff are in progress, and a paper has been submitted to the Journal of Internet Medical Research.

Education events

MARC held several sell-out education events during the year. These included the Annual Symposium on Future Directions in Ageing Research - What do the Leaders Think? Leaders in the fields of dementia, falls, healthy ageing, and End of Life and Palliative Care, presented at the symposium.

Speakers included Professor Susan Kurrle (University of Sydney), Professor Anne-Marie Hill (Curtain University), Professor Andrea Maier (The University of Melbourne and Royal Melbourne Hospital), Professor Lorna Rosenwax (Curtin University), and Dr Frances Batchelor (National Ageing Research Institute).

In late 2017, MARC hosted Expert Seminars on health economics and translational research. Professor Philip Clarke, the University of Melbourne, presented on Health Economics while Simon Deeming, Hunter Medical Research Institute discussed translational research.

MARC's second Falls Forum was held in early 2018 and provided delegates with the latest research in falls prevention and new models to reduce the risk of fall-related injuries.



PEOPLE



Australia Day Honours

NARI congratulates Emeritus Professor David Ames AO for his inclusion in the Australia Day Honours as an Officer of Australia in the General Division. Professor Ames was honoured for his distinguished service to psychiatry, particularly in the field of dementia and the mental health of older persons, as an academic, author and practitioner, and as an adviser to professional bodies.

Coveted scholarship win

NARI researcher Paulene Mackell has been awarded a prestigious scholarship to enable her to pursue a PhD within a current NARI project that is exploring and building on the ways in which art centres, located in remote Aboriginal communities, are providing support to older community members living with dementia. Paulene Mackell, who studies through RMIT University, will continue to work with the project team which includes Ikuntji Artists, Mangkaja Arts Resource Agency, the Tjanpi Desert Weavers; as well as aged care providers Tjunga Aged and Disability Care and Kimberley Aged Care Services.

Images (L-R): David Ames, Anita Panayiotou, Jo Antoniades, Luke Gahan, Hannah Capon, Paulene Mackell and Anita Goh.

The Derek Prinsley NARI Staff Award

Hannah Capon, Research Assistant, Social Gerontology won the annual Derek Prinsley NARI staff award for her contribution to the Institute. A major undertaking by Hannah during the year was preparing for the Dementia and Aged Care project submissions which were successful.

The Robert Helme NARI Research Award

Dr Anita Panayiotou was awarded the Robert Helme NARI research award for achieving the best research output over the past year. She has demonstrated outstanding skills in research project management, particularly in complex projects with multiple stakeholders and sites. Anita has played a role in all aspects of research including data collection, co-ordination and written ethics applications, including protocol development. Anita has had active involvement in over ten grant application submissions this year in areas as diverse as translation technology to falls prevention in hospitals - with two major successes - Dementia and Aged Care Talk2Me

Technology and as a chief investigator on Promoting Independence Through quality dementia Care at Home (PITCH).

PhDs for NARI researchers

Two NARI researchers received PhDs during the year.

Dr Luke Gahan received a Doctor of Philosophy from the Bouverie Centre, and the Australian Research Centre in Sex, Health, and Society, La Trobe University. His thesis was "Understanding the experiences of separation within same-sex parented families."

Dr Jo Antoniades received her Doctor of Philosophy from the Department of General Practice, Monash University. Her thesis was "Depression and help seeking in the Sri Lankan-Australian and Anglo-Australian community; a qualitative study."

Volunteers involved in national physical activity guidelines

NARI volunteers were central to the development of new physical activity guidelines for adults aged 60 years and older who are experiencing mild

changes to their memory. The national guidelines are specifically for older people with subjective cognitive decline or mild cognitive impairment - health conditions in which older people experience changes in memory or in other aspects of thinking.

Homeward Bound scholarship

Dr Anita Goh, NARI researcher and clinical neuroscientist, won a Homeward Bound scholarship to enable her to travel to Antarctica. Homeward Bound is a leadership, strategic and science initiative and outreach for women. It aims to heighten the influence and impact of women with a science background to influence policy and decision making.

The Older Australian Twins Study (OATS)

After ten years of research, NARI researcher Christel Lemmon assessed the very last twin in September for the Older Australian Twins Study. The longitudinal study was initiated to investigate genetic and environmental factors and their associates and interactions in healthy brain ageing and ageing-related neurocognitive disorders.

NARI RESEARCHERS SPEAK REGULARLY AT FORUMS THROUGHOUT THE YEAR. THESE INCLUDED:

International Symposium on Ageing and Old Age in Australia and the Asia-Pacific

Dr Bianca Brijnath, Sue Williams and Betty Haralambous led a workshop on technology at the International Symposium on Ageing and Old Age in Australia and the Asia-Pacific in Sydney. The workshop covered three specific issues emerging from NARI's research into how technology can be used to improve assessment for older people from CALD backgrounds.

Health Matters

Associate Professor Briony Dow was part of a panel hosted by the Baker Heart and Diabetes Institute, which looked at the topic *Ageing Well - the opportunities and challenges we face in the 21st Century* from a range of perspectives. Speakers included Nicola Stevens, Australian Rules Footballer, Carlton Football Club and Alzheimer's Australia Ambassador, Dr Darren Henstridge Baker Heart and Diabetes Institute and Oscar Carlson Life Coach, teacher, athlete and artist.

Australian Association of Gerontology Conference

Researchers were out in force at the 2017 AAG conference themed *Ageing: the golden opportunity*. Dr Sue Malta discussed the review of the retirement village act; Debra O'Connor provided an overview of the Melbourne Ageing Research Collaboration (MARC). Dr Frances Batchelor presented findings from MARC's first project into falls prevention in hospitals. Marcia Fearn discussed findings from a survey into community perceptions about pre-planning their funerals and memorials while Dr Briony Dow talked about the *New Middle Age* report at the Presidents' Symposium and violence, mental health and ageing in Indigenous Communities with Jeromy Temple. Betty Haralambous ran a workshop on data and innovation in ageing CALD research, and facilitating the CALD Special Interest Group.

THE AUSTRALIAN AGEING RESEARCH FOUNDATION



The Australian Ageing Research Foundation supports the research undertaken by NARI. Funds are raised through events held by the Foundation during the year. The past year saw a focus on raising funds for and awareness about NARI's research into mental health and middle ageing Australians.

Annual Foundation Dinner

Over 100 NARI supporters came together to celebrate the Institute's achievements and to learn more about why it is championing middle-ageing Australians at the annual Australian Ageing Research Foundation dinner.

Guest speaker the Hon David Davis, Shadow Minister for Public Transport, Planning and Equality, talked about NARI's role and how it was well positioned to make a vast difference to the health and wellbeing of Victorians because of its work.

He told guests that NARI was making an important impact on Victoria's ageing programs and policies, and that the state needs to protect and build on the strides it has made in ageing policy.

Director Briony Dow talked about how the seven million Australians aged 50 to 75 years will make a difference to the way we need to approach ageing now and into the future. She called on the community to challenge and combat ageism.

Operatic entertainment was provided by baritone Chris Tonkin and mezzo soprano Victoria Lambourne. They were accompanied by pianist Raymond Lawrence who played a Schimmel grand piano, kindly provided by Bernie's Music Land.

Opera in Melba's Garden at Coombe

Supporters of NARI gathered at the sell-out annual Opera in Melba's Garden at Coombe on International Women's Day. Speakers included Dr Sue Malta, NARI researcher and Professor Christine Kilpatrick, Chief Executive of Melbourne Health specialising in epilepsy.

Operatic performances were presented by Melbourne Opera's singers including baritone Stephen Marsh, soprano Hannah Dahlenburg and pianist Konrad Olszewski. Greg Hocking AM was compere for the luncheon.



Supporting NARI

Mental health is affecting more older people than ever which is why NARI's annual end of tax year appeal focused on raising funds for mental health research.

The appeal focused on NARI research participant Robert Brooker who had had his life changed after signing up to START, a NARI research program for carers of people living with dementia.

Robert, 63, has been caring for his wife, Sandy, since she was diagnosed with fronto-temporal dementia (a type of younger onset dementia which is usually diagnosed when the person is in their 50s. After taking part in the program, which includes relaxation training and counselling via video-conference, he has not looked back. His contribution to NARI's research is supporting the Institute's understanding of the impact of mental health on older people and is contributing to our input into national policy.

According to the World Health Organization, globally, almost 15 per cent of adults aged 60 and over suffer from a mental disorder. Mental illness can be overwhelming, crippling and isolating, and it seems that the incidence is increasing.

NARI's mental health research focuses on people at most risk of depression and anxiety in older age, carers, people with chronic disease and residents of aged care homes.

Over the years NARI has helped carers to reduce social isolation and depression through use of the internet, people with COPD through a Befriending program and older Chinese people through better identification and screening of depression and anxiety. NARI's scoping study conducted for beyondblue is being used by the National Health and Medical Research Council to set priorities for funding in this area.



THANK YOU



GOVERNMENT

- National Health & Medical Research Council
- Commonwealth Department of Health Dementia and Aged Care Services Fund
- Australian Institute of Family Studies
- Department of Health & Human Service (Vic)
- Northern Health

PHILANTHROPIC

- Jack Brockhoff Foundation
- Alzheimer's Australian Dementia Research Foundation
- Erica Foundation Pty Ltd
- The Samuel Nissen Foundation
- JO & JR Wicking Trust
- Gandel Philanthropy
- State Trustees Australia Foundation
- The Angior Family Foundation

NARI DONATIONS

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AUSTRALIAN AGEING RESEARCH FOUNDATION

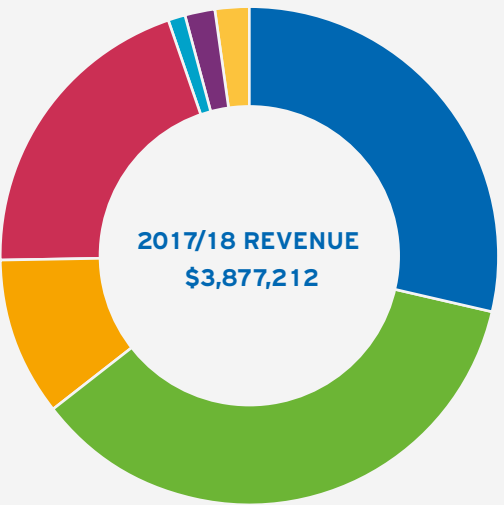
- Associate Professor Michael Murray
- Barbara Woodward
- Bernie Capicchiano
- Briony Dow
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- Robert McLelland
- Stephen Mason
- Steven Hong
- Susan
- Tom and Ruth O'Dea
- Tracey Xu -
- Valma Allaway and Rodski
- Verona Edith Lea
- XiaoCui (Cathy) Lou
- YanWen Huang

FINANCES

Statement of Comprehensive Income for the year ended 30 June 2018

	2018	2017
REVENUE		
State government grants and contracts	\$1,114,399	\$1,220,526
Federal government grants and contracts	\$1,391,882	\$225,471
Other contract research	\$397,950	\$223,256
Philanthropic grants and contracts	\$769,637	\$299,096
Education and training	\$52,370	\$53,909
Interest	\$70,915	\$42,333
Donations and Miscelaneous	\$80,059	\$100,815
Total Revenue	\$3,877,212	\$2,165,406
EXPENDITURE		
Employee Benefits	\$2,654,627	\$1,617,488
Project costs	\$463,387	\$114,059
Research support	\$242,813	\$163,094
Other expenses	\$327,123	\$261,879
Total Expenditure	\$3,687,950	\$2,156,520
Surplus for the year	\$189,262	\$8,886

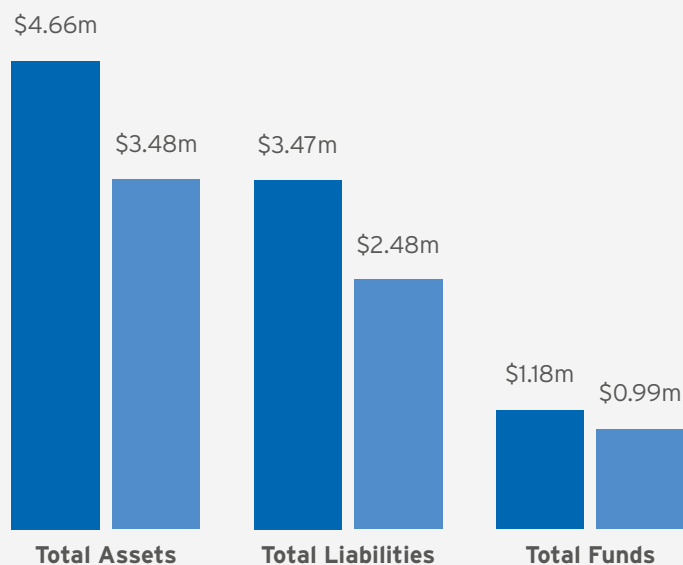


REVENUE BREAKDOWN

- 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 2018

	2018	2017
ASSETS		
Current assets	\$4,389,600	\$3,184,092
Non-current assets	\$274,718	\$296,399
Total Assets	\$4,664,318	\$3,480,491
LIABILITIES		
Total current liabilities	\$3,330,385	\$2,366,676
Total non-current liabilities	\$149,179	\$118,323
Total Liabilities	\$3,479,564	\$2,484,999
Net assets	\$1,184,754	\$995,492
Reserves	\$74,097	\$39,461
Retained earnings	\$1,110,657	\$956,031
Total Funds	\$1,184,754	\$995,492



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.

For further information about how you can support NARI, please call 03 8387 2305 or email us at info@nari.edu.au



MAKE A DONATION



Your donation, no matter how large or small, will help us fund important research into ageing or buy vital equipment. Donate online at www.nari.net.au/australian-ageing-research-foundation/donate

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

LEAVE A BEQUEST



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 more certainty. www.nari.net.au/support-us/bequest

INVITE US TO SPEAK



Invite us to speak to your group and learn more about the vital work of NARI and how it brings research to life.

ORGANISE YOUR OWN FUNDRAISER



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.

FOLLOW US OR LIKE US



If you are on social media, why not like us on Facebook or follow us on Twitter:

Facebook: National Ageing Research Institute

Twitter: @NAgeingRI

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.



34 - 54 Poplar Road (via Gate 4)
Parkville, Victoria, 3052

PO Box 2127 Royal Melbourne
Hospital, Victoria, 3050

Tel: 61 3 8387 2305
Email: info@nari.edu.au
Web: www.nari.net.au

ABN: 71 154 866 047

Affiliated with the University of
Melbourne and Melbourne Health

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