



National Ageing Research Institute Highlights Report

2021/2022



Who we are

The National Ageing Research Institute (NARI) is Australia's leading independent research centre in the area of ageing and aged care research and specialises in translational research to accelerate change in practice and policy. As an independent, not-for-profit medical research institute, NARI has strong international and national links and has recognised expertise and impact in the field of ageing and aged care research.

For more than 45 years, NARI has produced nationally and internationally significant research to improve health outcomes and quality of life for older Australians and carers. Our research team includes public health experts, physiotherapists, psychologists, nurses, sociologists, anthropologists, and social workers, and we partner with geriatricians, psychiatrists, health economists, statisticians and other specialists.

We provide a bridge between academia, policy and practice and act as a conduit for applicable and accessible evidence and knowledge to inform practice and policy. For example, in 2021 NARI was commissioned by the Commonwealth Department of Health to bring together a Round Table of leading researchers in ageing from all around Australia to inform a national agenda of ageing and aged care research.

NARI is self-funded through multiple sources: competitive grant programs, public and private contracts, consultancies and philanthropy and is governed by an independent skills-based board.

Introduction to the report

This year NARI's Highlights Report is organised around themes that reflect our approach to translational research. We highlight creativity, innovation and diversity and how we collaborate with others, including older people and their carers to implement our research into policy, health and aged care practice and older people's lives. This report provides a snapshot of NARI's activities for 2021/22.



NARI acknowledges the Wurundjeri Woi-Wurrung people as the Traditional Owners of the land on which our offices are located. As a national organisation we recognise the continuing connection of Aboriginal and Torres Strait Islander peoples to lands, waters and communities throughout Australia. We pay our respects to all Aboriginal and Torres Strait Islander cultures; and to Elders past and present.

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I had hoped that by now we would be reflecting on a post- COVID-19 world and be looking to a more settled future. But uncertainties still prevail and the impact of the virus, which is still very significant in hospitals and aged and disability care, has created ongoing challenges for the research undertaken by the National Ageing Research Institute (NARI).

We are all too aware of the more than 4,000 Covid related deaths in 2022. Recruitment for research projects has been challenging as both older people and the health and aged care workforce have dealt with extensive disruption. Against this background, NARI continues to contribute strongly to the important body of research and evidence to support both policy and practice changes necessary to improve outcomes for older people. The reforms recommended by the Royal Commission into Aged Care, Quality and Safety still have a long way to go and the setbacks from the pandemic will be with us for some time. I remain confident and believe NARI has much to be proud of with great leadership, focus and resolve, and effective collaboration, as illustrated by the snapshots contained in this Highlights Report.

I am proud to chair the Board of NARI and would like to acknowledge the leadership of the executive team who ably stood in for our CEO's long service leave. I would also like to thank my hard-working honorary board members for their support and dedication to the effective enablement of research and research translation in ageing. I would particularly like to take this opportunity to thank Maree McCabe who is leaving the board after eight years for her very valuable and generous service – always responsive and dedicated to achieving positive outcomes.



A message from the President

**Associate Professor
Michael Murray AM**



A message from the Director

Professor
Briony Dow

Despite the ongoing challenges of COVID-19 for our staff and collaborators, NARI has continued an extensive and impactful program of translational research in 2021/22.

We continue to work with and for older people and their carers, governments, service providers and advocacy partners to promote healthy ageing and improve care systems. For example, the model of continence care for residential aged care developed by NARI for the Continence Foundation Australia (CFA) will now be rolled out nationally. The ENJOY program goes from strength to strength with 6 Seniors Exercise parks now installed in metropolitan Melbourne and more planned. Moving Pictures has a suite of resources for people living with dementia and their care partners available in 67 languages on the new website. Our education program has gained strength and momentum through greater alignment with the Aged Care Quality Standards and continuing professional development (CPD) points. The Melbourne Ageing Research Collaboration (MARC) has increased membership and our partners have been successful in research grant applications initiated through the collaboration.

Challenges remain, however, with the most pressing being the state of our premises. While we are grateful to the Royal Melbourne Hospital for accommodating us on the Royal Park campus, our buildings have never been fit for purpose and are increasingly run down. We are working with the Victorian Government and Marchese Partners International to identify short and long term solutions.

I was fortunate to take 6 months long service leave from March to September 2022 and travel to the tip of Cape York and back. During my absence, my role was very ably filled by Debra O'Connor and Associate Professor Frances Batchelor. I extend my thanks to Debra and Frances and all the NARI staff, our collaborators, funders and volunteers without whom we could not continue our important work.

Valuing the Voices of Older People

NARI values the voices of older people and carers. Engaging with consumers, end users and community members has been a mainstay of NARI projects for many years. NARI actively engages consumers and the community in planning and undertaking research activities, and works to ensure that the voices of older people and carers are heard, recognised, and reflected in NARI's current and future research.

Consumers involved in NARI projects provide important input from a range of lived experience perspectives. Consumers are involved in determining funding priorities, developing grant applications and dissemination strategies, and are invited to become advisors, consultants, or co-researchers on many projects.

NARI remains committed to:

- inclusive and diverse consumer involvement
- supporting older people to be involved in our research
- minimising barriers to meaningful consumer and community involvement

Melbourne Ageing Research Collaboration (MARC) Community Advisory Group

The MARC Community Advisory Group (CAG) consists of 10 members with diverse professional and personal experience of consumer issues related to health and aged care. CAG members provide input into the design and ongoing development of research undertaken by MARC, ensuring a consumer perspective is represented.

CAG members provide direct input into research through membership of project advisory committees, as co-investigators on research teams and through regular priority setting. The Chair of CAG is a member of the MARC Steering Group. CAG members are often asked to provide advice to projects and events undertaken by NARI and other MARC members. They bring the views of carers and consumers from diverse backgrounds and their views are recognised and reflected in research design, development and dissemination. CAG members advocate and champion for the research undertaken within MARC. Additionally, they provide feedback to MARC on current and potential research projects, representing the diverse needs of the community.

Members meet together quarterly throughout the year. Recruitment to the Group is via the consumer advocacy organisations that are members of MARC.



Members of the MARC Community Advisory Group.

What do older people want?

Research undertaken by NARI on behalf of the Victorian Department of Health, *What Do Older People Want*, revealed that older Victorians have a lack of trust in, and understanding of, the health and aged care systems.

The survey of 298 older people found that less than 50 per cent of respondents were aware of the healthcare services available to them. However, taking an active role in management of health was deemed to be very important by 82 per cent of older people, and more than 75 per cent said living independently in their own home for as long as possibly was a top priority.

Trust in the aged care system was particularly low, with almost 50 per cent of older people revealing they do not trust that they would receive good care in residential aged care, while 41 per cent consider residential aged care facilities to be depressing places. A further 22 per cent of older people surveyed indicated they did not understand the My Aged Care system.

Based on this research, NARI has identified the core priorities of older people as:

1. Having their opinions regarding health and wellbeing heard;
2. Choices to be built into their healthcare;
3. Support to identify, navigate, access, and use healthcare services;
4. Effective communication with service providers; and
5. Healthcare that is integrated and responsive to their needs.



A focus group of older Chinese people in Perth.

PITCH

Consumer engagement and co-design are fundamental to the success of the NHMRC-funded project – ‘Promoting Independence Through quality dementia Care at Home (PITCH)’, led by Chief Investigator Professor Briony Dow. PITCH aims to improve the care provided to people living with dementia in their own homes, via a dementia specialist training program for home care workers.

The program was co-designed by people living with dementia, family carers, home care workers and service providers and the final training program was informed by their experiences of both receiving and delivering home care. Over 172 home care workers from seven service providers completed the training program across Australia.

Throughout the project, a project advisory group, chaired by a family carer and consisting of representatives from advocacy bodies, government departments, service providers, family carers, people living with dementia and home care workers, provided expertise, guidance, and input to the research team. Project advisory group members are currently involved in disseminating findings, including co-authoring publications and grant submissions, and presenting at conferences and webinars.



Image - above: Members of Project advisory group and project team at Coombe Cottage.

From L to R: Dr Anita Goh, Dr John Roth, Cathy Roth OAM, Prof Claudia Cooper, Prof Briony Dow, Dr David Sykes, Anne Fairhall (Chair of the Advisory group), A/Prof Frances Batchelor, Prof Colleen Doyle, and James Nelson.

Left: Training program.

Creativity

To enable and inspire best practice in health and aged care and promote healthy ageing, creative messaging is required. Information needs to inspire and energise and drive behaviour change, touching the heart as well as the mind. To this end we have co-designed creative and interactive media with various end-users, family carers, older people and people working in aged care, with some examples highlighted here.

Massive Open Online Course (MOOC) titled *Caregiving, Dementia and Incontinence*

Incontinence is a highly distressing and stigmatising condition that affects up to 38% of people with a diagnosis of dementia. But there are ways to help people living with dementia to maintain optimal bladder and bowel control.

With guidance from people living with dementia, carers, and health professionals and funding from the Dementia Centre for Research Collaboration, NARI researchers have designed an innovative free Massive Open Online Course (MOOC) titled *Caregiving, Dementia and Incontinence*. The five-week online course covers everything you ever wanted to know (or didn't) about the lived experience of incontinence, practical management, and strategies for everyday living. It aims to optimise safety, respect and dignity for both carers and people living with dementia.

The MOOC has been designed primarily for family carers; however, it may also provide guidance for people working with older people in aged care and home care settings.

The course is conducted online through FutureLearn (Deakin University) over five weeks with approximately three hours of learning per week. People can learn at their own pace and access the course materials anytime over a nine-week period. At every step of the way, learners can share ideas with others and with the course educators and join in with active discussions.

“Understanding the effect on emotions and behaviours will help me to recognise signs and give better care. It can be so demeaning to be incontinent. Obviously, I can become a better carer by understanding the effects of my care giving. Using the information in this course will help me develop strategies to minimise distress and conflict.”

- MOOC learner



www.futurelearn.com/courses/caregiving-dementia-incontinence



The poetry of grief

Grief is a common experience after a loss such as the death of a loved one. Older adults are more likely to encounter such losses than any other age group. Acute grief normally evolves over time into integrated grief, but for some, grief remains prolonged, severe and impairing.

As part of a national study led by the Melbourne Ageing Research Collaboration, NARI researchers used creative methods such as poetry, art, and music to draw attention to older adults' grief experiences. Research poems were crafted from interview transcripts and presented alongside drawings from local artists in a moving and thought-provoking digital exhibition¹. Poems were also performed live² at local music and theatre venues by NARI researcher Dr Katrin Gerber, concert violinist Sarah Curro and actors Marylla Powell and Dennis Coard. One attendee said,

"I could write a thousand poems about grief, but never do. Perhaps I need this wonderful event to inspire me. Thank you for thinking of creative way to honour this heartfelt, heavy, and awkward emotion."

These creative methods are used to give a voice to bereaved older people, draw attention to their support needs and tackle the taboos surrounding mental health, loss and ageism.



¹ <https://www.nari.net.au/Pages/Site/marc/Category/poetry-exhibition>

² <https://www.nari.net.au/performance-poetry-of-grief>

In My Backpack

The year after she died,
I did the Camino de Santiago,
From France across Spain
800kms.

Inspired by a movie,
I looked across at the mantelpiece
'That's what I'm going to do
And I'm going to take you,
My darling, with me.'

I put her ashes in the jewellery box.
A couple of times I thought
To pull the pin.
But then I remembered
Who was in my backpack.



Grief in Older People - A project of the Melbourne Ageing Research Collaboration,
Poem based on Michael, 72 years, bereaved husband, Illustration by Elizabeth Darling

From 'we' to 'me'

Bereaving

The loss of the relationship.
Not being one of two,
One half of a couple.
Talking about 'my house',
Denying that it had been 'his house'.
Saying 'we' all the time.
Now I had to talk about 'me' all the time.



Grief in Older People - A project of the Melbourne Ageing Research Collaboration, Poem based on Richard, 72 years, bereaved partner, Artwork by Claire Ganzon

Creative caring

Caring for a person living with dementia can be challenging and is most often portrayed and researched in terms of negative outcomes, such as depression, burden and chronic stress.

While negative mental and physical health impacts are associated with caring, most carers can identify at least one positive aspect of caregiving, and many describe caregiving as an emotionally rewarding experience.

In collaboration with people who have experience supporting someone living with dementia, the 'Creative Caring' project developed a video resource "Finding my way: Sharing tips on supporting people living with dementia". Development of the video involved a series of online workshops to identify key messages and the target audience, working with a film production company to develop a script and produce video content, and an iterative refinement process involving participating carers and the Project Advisory Group.

Illustrated through carers' stories and experiences, the video combines information about dementia with tips on supporting someone with dementia to present a more balanced view of the full diversity of the caring experience. Challenging moments are acknowledged, while also highlighting positive and rewarding aspects of providing care and how the emotional impacts of caring are managed.

The video is useful for the both the public, to provide an insight into the caring role and to promote a better understanding of the carer experience, and to those currently caring for someone with dementia who may benefit from an awareness of other carers' views and perspectives.

"What a brilliant resource this will be for anyone who is starting, or travelling, along the carer journey, as well as being a magnificent means of showing those who are not on that journey its challenges and its joys. This timeless resource will be one of both reassurance and information for so many."

- Project advisor and supporter of spouse living with dementia.



www.nari.net.au/finding-my-way



Scenes from the
Finding My Way video.

Policy and Advocacy

One of NARI's strategic objectives is to inform and influence government policy with latest research evidence. Over the last 12 months, NARI has worked with and for government and the aged care sector on a number of initiatives.

National Ageing and Aged Care Policy and Research Agenda

NARI led a sector wide “Roundtable” to identify priorities for applied policy research in ageing and aged care for the Commonwealth Department of Health. Seventy-five people participated in two workshops to discuss gaps and priorities for ageing research, representing academia, government policy, consumers and consumer advocacy groups. A review of the literature and funding landscape, and a survey were also conducted to provide context for, and to validate the findings of the workshops. These three components of the National Aged Care Research Roundtable project revealed consensus on the principles, research priorities and research infrastructure that contributors believed were most important in providing an evidence-base for the next stages of aged care reform.

NARI also provided a “Vision” for ageing and aged care in Australia as one of a series of Insight Papers that the Commonwealth Department of Health and Aged Care can draw upon as required to inform policy briefings and other key documents.

It states “a vision for ‘a good old age’ in Australia is that all people should be able to age well in a place of their choosing, alongside the people they choose to be with. If that is no longer possible, older people should be able to live their lives safely and well, in alignment with their values and preferences, and with their rights and autonomy respected. Despite the often negative rhetoric about ageing, there needs to be accurate representation and recognition of older people’s positive contributions to families, communities and society, and the recognition that growing old is a normal and desired part of a life trajectory”.

Advisory roles

The NARI Executive team provide advice to a range of stakeholder groups concerned with ageing and aged care. For example, Professor Bianca Brijnath provides advice on cultural diversity, dementia and aged care to the Commonwealth Dementia Expert Reference Group. In January 2022, she was invited to speak in a public hearing at the Victorian Legislative and Social Affairs Committee Parliamentary Inquiry into the support needs of older cultural and linguistically diverse Victorians and much of her expert testimony and submission was used by the Committee to develop the final recommendations. Professor Briony Dow and Professor Brijnath played an instrumental and acknowledged role in the National Elder Abuse Prevalence Study.

Associate Professor Frances Batchelor is an expert advisor on the Aged Care Quality Reform Sector Reference Group, which supports the aged care reform agenda focussed on quality standards and the implementation of a star ratings system. Professor Dow provides ongoing advice to the Australian Institute of Health and Welfare (AIHW) Aged Care Data Advisory Group and Elder Abuse Actions Australia’s advisory group. Professor Ostaszewicz is an active member of the International Continence Society and was recently appointed to represent nursing on its scientific committee. In July 2022, Associate Professor Tuan Nguyen was invited by the Commonwealth Department of Health and Aged Care to share his experience in development of Vietnam’s National Dementia Plan and provide advice on the development of the new 10-year National Dementia Action Plan for Australia.

Innovation in Care

High quality health and aged care in complex ecosystems requires innovation to improve integration, effectiveness and outcomes of services.

Short and Sweet: Micro-learning for community aged care workers

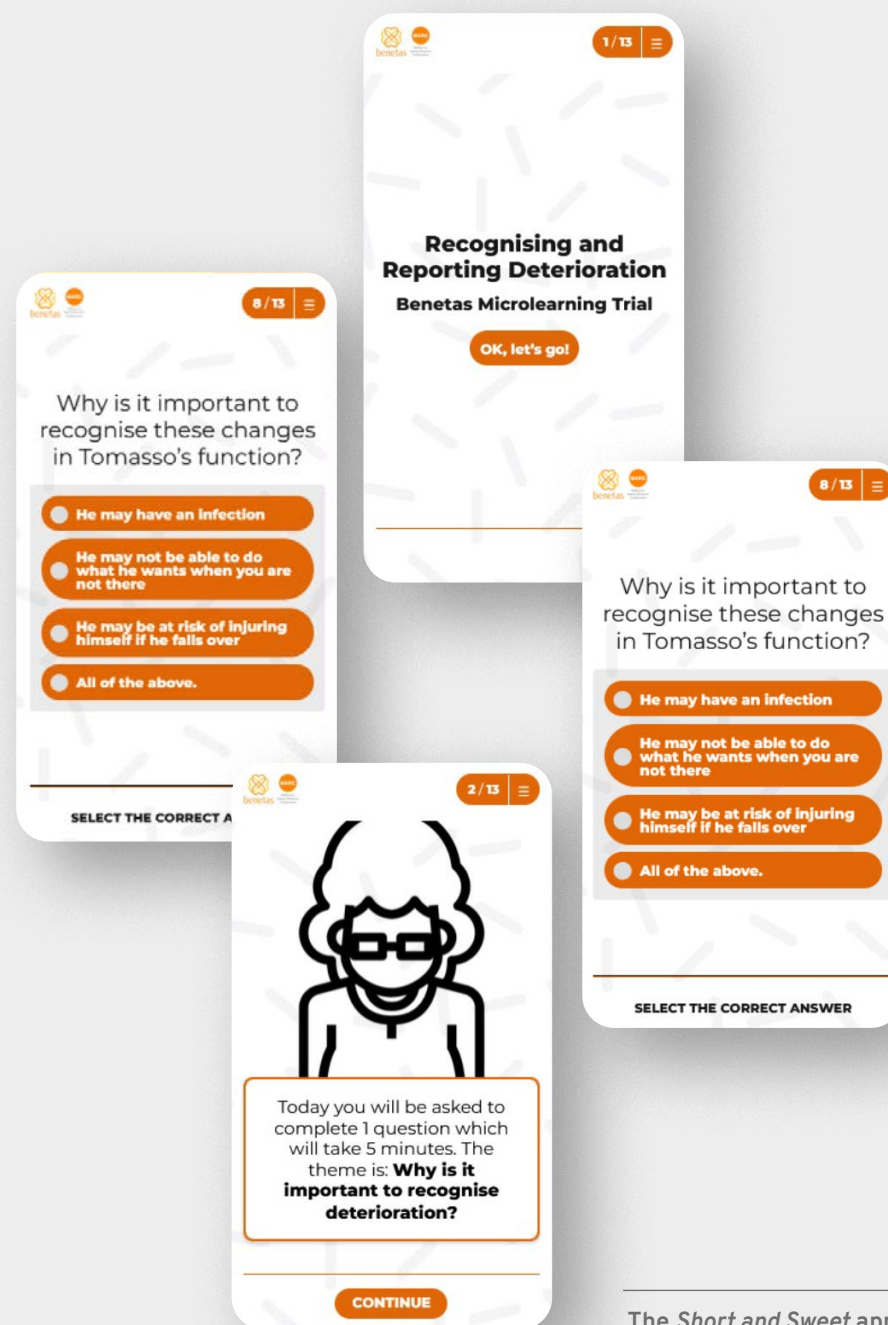
NARI is helping community aged care workers who provide in-home care access vital training through a new micro-learning project, *Short and Sweet: Micro-learning for community aged care workers*.

The *Short and Sweet* project is innovative and novel in both understanding the learning needs of community aged care workers and trialling a technology-assisted learning approach to improve knowledge. The ultimate aim is to improve the care of older Australians receiving in-home aged care services.

Three quarters (75%) of older people say living independently in their own home, for as long as possible, is a top priority as they age. Being able to access high quality, in-home aged care services is vital to enable this. Evidence suggests that, at present, community aged care staff do not receive adequate training often due to time and geographic constraints. This can negatively impact on the care provided.

The micro-learning approach can overcome some of these barriers and provide aged care workers with extra training in short, sharp doses. It doesn't require huge expense or time away from care – and that's the difference. Training needs to be easily accessible to ensure older people are receiving the best care possible. *Short and Sweet* is funded and conducted by MARC, with Benetas and Australian Unity home care services trialling the approach in metropolitan and regional areas.

The project started early in 2022, with findings from the trial component to be available by the end of 2022. This is an innovative way of increasing community aged care workers' confidence and access to professional development. The clinical and technology focussed skills of NARI staff are being applied to improve care in a practical way.



The *Short and Sweet* app.

IMPART: IMproving PAlliative care in Residential aged care using Telehealth

In 2018-2019, of the 182,000 Australians living in residential aged care facilities almost 60,000 people died.

The recent Royal Commission into Aged Care Quality and Safety revealed that the standard of palliative care provided varies widely - for individuals, for facilities and across Australia. There is a known lack of clarity about residents' end-of-life preferences, and evidence that residential aged care facilities do not always provide adequate support for dying residents. Although residential aged care facilities are high mortality settings, end-of-life discussions are often avoided by residents, family and friends, and staff as well. Innovative ways to provide palliative care in these settings need to be developed and implemented.

One innovative project is IMproving PAlliative care in Residential aged care using Telehealth (IMPART), a MARC project led by NARI through Professor Kwang Lim. The IMPART study is funded by an NHMRC Project Grant under the Targeted Call for Research into End of Life Care, highlighting national recognition of this issue. NARI also recognises end-of-life care as an important part of ageing and understands the importance of bringing those from health and aged care systems together.

Working with ten Melbourne residential aged care facilities to provide training and palliative-geriatric support to aged care staff and general practitioners using telehealth will include innovative practice, collaboration and communication. Enabling timely end-of-life discussions, improving documentation of care preferences, and reducing avoidable hospitalisations to improve residents' quality of care at the end of life are the aims of this project. Innovatively integrating care to achieving these aims will support not only high standards of palliative care but move toward making high quality palliative care accessible to all.

This project commenced in 2022 and findings will be available in 2025.



Improving the Management of Patients with Severe Behavioural and Psychological Symptoms of Dementia in Victorian Hospitals project

Hospitals are challenging places for people with dementia.

Numerous physiological and psychosocial factors associated with being acutely unwell, combined with an unfamiliar and often unsuitable physical and social environment, can exacerbate cognitive and non-cognitive symptoms of dementia. These can be expressed as changed behaviours and are sometimes known as Behavioural and Psychological Symptoms of Dementia. Any new or changing symptoms or behaviours due to hospitalisation can be difficult to manage, can cause significant distress to patients, family members, staff and other patients and result in increased morbidity and mortality.

Victorian health services, even prior to the COVID-19 pandemic, recognised the growing number, and increased severity, of people presenting and being admitted to hospitals with Behavioural and Psychological Symptoms of Dementia and identified the need to improve capacity to care for these patients. With the Victorian Department of Health, NARI is working with nine health service across Victoria in metropolitan and regional areas to develop a best practice model of care to support the management of patients with Behavioural and Psychological Symptoms of Dementia in Victorian public hospitals. Integrated health service data at population, health service, hospital, ward and individual patient and clinician levels are being analysed.

NARI is involved in the large dataset analyses, in supporting busy clinicians to evaluate their own data, and listening to people living with dementia who have recently been in hospital. Early findings show a need to improve integration throughout and across the health service. Hospitals will need to be innovative in managing the risks to patients, families and staff related to hospitalisations that have the potential for harm.

The findings from the study will be available in early 2023.



Diversity

Recognising and responding to the diverse needs of different communities is one of NARI's core values. NARI has built a national reputation of excellence and innovation in research with diverse communities, especially culturally and linguistically diverse populations in Australia and the Asia-Pacific region.

We are currently co-producing resources in over 11 different languages to help reduce health and care disparities across diverse communities and foster health equity and access for all.

ADAPT: Animating for Dementia Prevention in Culturally and Linguistically Diverse Communities

Up to 40% of dementia can be prevented by addressing health and lifestyle factors such as increasing physical activity, maintaining a healthy diet and social connectedness. But this message is not reaching Australia's CALD communities. To change this, we co-designed with 104 community members a short animation about preventing dementia based on the most current evidence available.

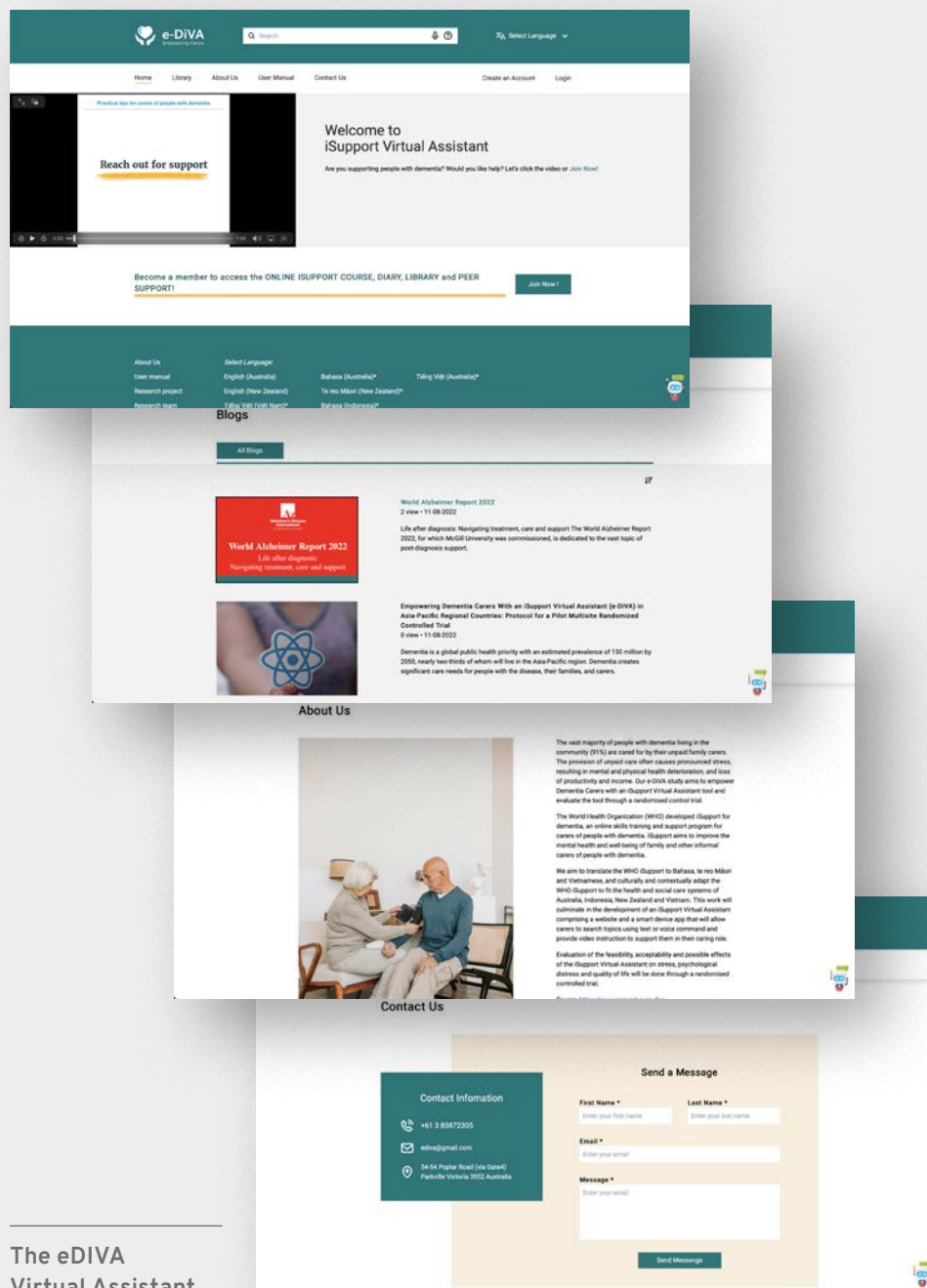
Available in 10 languages – Arabic, Cantonese, Mandarin, Hindi, Tamil, Greek, Vietnamese, Spanish, Italian, and English – the ADAPT animation is improving knowledge of dementia prevention. Of 830 surveys completed with community members, after watching the animation, findings suggest an increase in knowledge about hearing loss, depression, poor diet, and head injury and the links to dementia.

The animations are freely available online via www.movingpictures.org.au and www.nari.net.au.

The project was funded by the Australian Government Department of Health National Women's Health Strategy and National Men's Health Strategy health promotion grant.



A snapshot of still images from the ADAPT animations.



e-DiVA (empowering Dementia Carers with an iSupport Virtual Assistant)

The World Health Organization developed iSupport for dementia, an online skills training and support program for carers of people with dementia. iSupport aims to improve the mental health and well-being of family and other informal carers of people with dementia.

We are translating the World Health Organization iSupport to Bahasa, te reo Māori and Vietnamese, and culturally and contextually adapting iSupport to fit the health and social care systems of Australia, Indonesia, New Zealand and Vietnam. This work will culminate in the development of an iSupport Virtual Assistant comprising a website and a smart device app that will allow carers to search topics using text or voice command and provide video instruction to support them in their caring role.

The feasibility, acceptability and possible effects of the iSupport Virtual Assistant on stress, psychological distress and quality of life will be assessed through a randomised controlled trial.

This study is funded by the National Health and Medical Research Council (Australia), Ministry of Research and Technology/ National Research and Innovation Agency (Indonesia), Health Research Council (New Zealand), and Ministry of Science and Technology (Vietnam). Collaborators include: the World Health Organization, Alzheimer's Disease International and its member associations (Dementia Australia, Alzheimer's Indonesia, and Alzheimer's New Zealand), technology partner N2N, and research partners (Swinburne University of Technology, Flinders University, University of South Australia, University of New South Wales, University of Sydney, Atma Jaya Catholic University of Indonesia, The University of Auckland, Vietnam Association Geriatrics and Gerontology, Vietnam National Geriatric Hospital, University of California, Davis).



Moving Pictures India

20

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India has the fastest growing dementia rate worldwide. However, lack of dementia awareness in India means ~90% of Indians with dementia - approx. 6.3 million - will have a delayed diagnosis and experience sub-optimal care. Leveraging India's growing digital presence, Moving Pictures India will co-produce with Indian carers, health professionals, and communities, nine short films and animations that will increase carers' knowledge on: dementia, help-seeking pathways, the importance of self-care, useful questions to ask health professionals, and how to care for a person with dementia at home on a daily basis.

This study is undertaken in partnership with the National Institute of Mental Health and Neurosciences in India, Queen Mary University of London, and Curtin University of Technology. It is funded by the Alzheimer's Association US.

To date, we've been busy filming interviews with carers and health professionals. As we move into post-production, we will make our films accessible via a free mobile-optimised website, where their reach and impact will be measured on carers and the Indian public.

This project is significant because it uses India's growing digital presence to deliver a message to those who have difficulty reading and writing, live in rural areas, and/or are time poor. The impact will be tremendous because India has the fastest growing dementia population worldwide (~seven million affected by 2020). India also has the world's largest diaspora, including in the US and Australia, where similar issues have been reported about delayed dementia diagnosis in Indian communities. Thus, the study pioneered in India is transferable to diaspora communities, potentially affecting millions.

The production of Moving Pictures in India.

Collaboration

All NARI's research relies on collaboration with other partners including other researchers, services, governments, older people, aged and health care workers, and informal carers. The following examples illustrate how our research informs and influences policy and practice through local, national and international partnerships.

Local and national collaborations

ENJOY – enabling access to senior friendly exercise in the community or other settings

The ENJOY (Exercise interveNtion outdoor project in the cOmunitY) active ageing project works in partnership with several local governments, government bodies and stakeholders to create age-friendly outdoor spaces. The project has engaged ENJOY Champions - senior volunteers who have been trained to welcome and train community members on how to use the Seniors Exercise Parks in their local parks. The champions have been upskilled with the knowledge and experience to support and empower their peers to maintain participation in physical activity.

2021/22 saw the creation of two age friendly Seniors Exercise Parks in Thomas St Reserve, Hampton (Bayside City Council) and Carrington Park in Knoxfield (Knox City Council). Further support from State Trustees Foundation of Australia for the expansion of the ENJOY MAP for HEALTH project has also enabled further engagement and partnership with Frankston and Boroondara City Councils with two more age friendly parks to be opened in late 2022. Early in 2022 the City of Moreland also launched a park, opened by the Mayor.

As part of the ENJOY MAP for HEALTH, the NARI team has trained over 34 older people living in their participating municipal council areas who underwent five weeks training twice weekly to become an ENJOY Champion/ ambassador. These capacity building activities support knowledge transfer and upskill older people to support community engagement in physical activity and social connection for sustained use of the Seniors Exercise Park.

The impact on the different communities of this NARI work is an important legacy and will be felt for many years to come.



ENJOY champions: Thomas Street Reserve.

Providing a platform for collaboration - the Melbourne Ageing Research Collaboration (MARC)

Now in its eighth year, MARC provides a platform to bring together key research, policy, health aged care and advocacy organisations who collaborate to build capacity for research translation and evidence implementation. Funded through partner contributions, the Victorian Department of Health and the JO and JR Wicking Trust, MARC provides an important model for the future to ensure better integration and mutual understanding of aged care policy, services and research systems to ultimately improve the experience of older people receiving care.

To learn more about MARC and its over twenty partners, visit: www.nari.net.au/marc.

ACH group

In April, NARI signed a Memorandum of Understanding with ACH Group – one of South Australia's leading aged care providers – bringing the organisations together to improve the health and wellbeing of older people. NARI Acting Director, Associate Professor Frances Batchelor, said the partnership is invaluable to both organisations, fostering research and service delivery of the highest quality.

The new agreement will strengthen the capacity of both organisations to jointly pursue research goals, provide expert leadership, and promote excellence in the field of ageing and aged care. By working closely with an aged care organisation like ACH Group, NARI is able to embed our research into everyday practice. In this way, evidence-based interventions can be rolled out directly into practice to make positive change.



International collaborations

NARI has strong international collaborative partnerships, particularly in the UK, Norway, Finland, Sweden, Canada, India, Vietnam and Africa. COVID has impacted on our ability to travel and meet face-to-face but technology has enabled ongoing relationships and the development of new projects.

Professor Bianca Brijnath has a number of joint research projects with geriatric psychiatrists at The National Institute of Mental Health and Neurosciences, which is the apex centre for mental health and neuroscience education in India.

Bianca is also collaborating to develop international clinical trials guidelines with researchers at the University of Toronto (Canada), the University of Ottawa (Canada), the University of Aberdeen (Scotland), and KNUST (Ghana).

NARI, through Associate Professor Frances Batchelor's membership, is part of the Network of Evidence-based Physical Activity in Older Age (PhysAgeNet), a network funded for 4 years by the European Cooperation in Science and Technology. The main aim of PhysAgeNet is to establish a sustainable network that will foster evidence-based research and practice of physical activity in older adults and will enhance integration of innovative information community technology solutions based on open data consolidated research information, in order to promote health and reduce the burden of inactivity in ageing populations. PhysAgeNet has 193 members from 45 countries.

Professor Joan Ostaszkievicz's collaboration with colleagues in Europe and the UK is building NARI's expertise in care ethics and relational care. Joan is also part of a large program of research in Norway (Trondheim) on elder abuse in nursing homes and with researchers in Sweden on a large project that aims to improve the management of bladder symptoms in older people undergoing hip surgery. To this end she also collaborates with colleagues in Canada (Edmonton) on research to improve the quality of continence care in organisational care setting, including the development of quality indicators for continence care.

Associate Professor Tuan Nguyen holds an adjunct position with the Health Strategy and Policy Institute, Ministry of Health of Vietnam and is part of a collaborative partnership between Australia, US and Vietnam, running a large program of research on dementia care and policy. He was instrumental in the development of Vietnam's national dementia plan, which was approved by Vietnam Prime Minister in January 2022. He is the Vietnamese Alzheimer's Disease International Chapter lead, contributing to a number of Alzheimer's Disease International publications such as World Alzheimer Report 2019, 2020, 2021 and 2022 and From Plan to Impact III. His collaboration with World Health Organization Headquarters and World Health Organization Western Pacific Regional Office has resulted in his contribution to the development of the Dementia Research Blueprint 2022, Regional Policy Brief 2021 'Promoting the Health of Older Adults Living with Dementia during COVID-19', iSupport Lite 2020, 'Towards a dementia plan: a WHO guide' 2018, 'Methods to analyse medicine utilization and expenditure to support pharmaceutical policy implementation' 2018, and 'Older people's access to medicines and assistive devices in the Western Pacific Region' 2016.



Education and Professional Development

Through the education program, NARI: (i) promotes accurate information about ageing and older people and (ii) enables and inspires best practice in the health and aged care workforce. We make a measurable difference to the lives of older people and those who care for them.



Conversations on ageing

Engages in dialogue with eminent older Australians on issues of public importance, ageing, and identity in later life. Our inaugural conversationalist was Laureate Professor Peter Doherty AC, who was awarded the Nobel Prize for Physiology and Medicine in 1996 and the Australian of the Year in 1997. Prof Doherty spoke about the COVID-19 pandemic, the role of science in the media, and older people's engagement with public life and social media.

Seminars in ageing

Are an online lunchtime event that offers researchers, policy makers, and clinicians an opportunity to access the latest national and international research on clinical and social aspects of ageing and aged care.

Professional development workshops

Are interactive events, where participants learn how to apply the latest knowledge and skills to their own practice. We delivered 8 workshops to 188 participants across Australia on topics such as falls prevention, tackling loneliness in aged care, and pain management.

The Annual Summit

Is an all-day event that brings together national and international experts around a thematically curated topic. In 2021, we examined how *Intergenerational programs supported wellbeing in older people*. Speakers included Dr Stephanie Ward from ABC's Old People's Home For 4-Year-Olds and our very own Professor Colleen Doyle and Paulene Mackell talking about the BEFRIENDAS and Art Centres – Supporting our Elders studies.

Education Program (July 2021- June 2022)

CONVERSATIONS ON AGEING

Speaker: Laureate Professor
Peter Doherty
Number of views: 351

SEMINARS IN AGEING

Number of seminars: 30
Average number of attendees
per seminar: 32
Total number of views: 620

WORKSHOPS

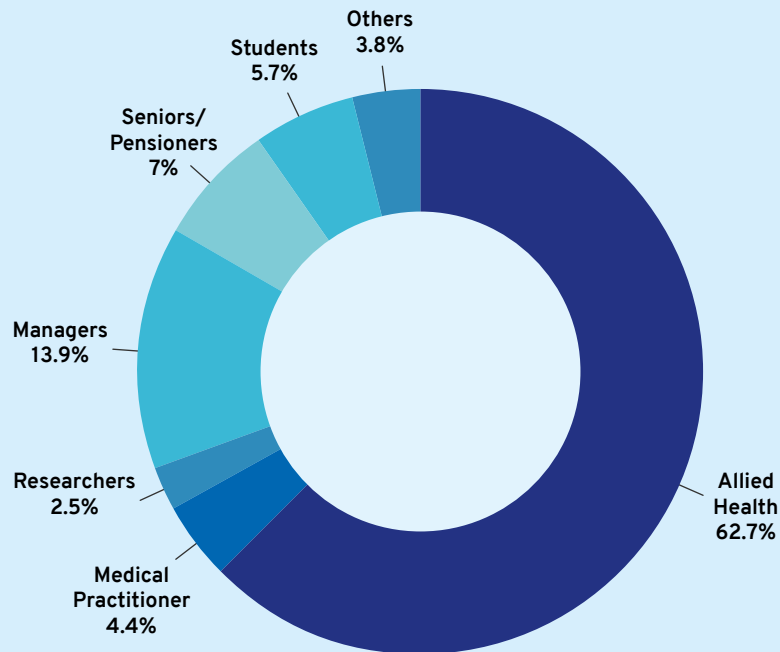
Number of workshops: 8
Number of attendees: 188
Average workshop rating:



ANNUAL SUMMIT

Theme: Intergenerational
programs to support wellbeing
in older people
Number of registrations: 76
Number of attendees: 53

Breakdown of workforce for paid workshops



“This workshop provided good practical advice around real-world case studies and exposure to some useful tools for further exploration.”

- Participant from co-design workshop

“I have never been able to attend the seminars due to distance from my workplace. I welcome the online accessibility.”

- Regular attendee of our Seminars program



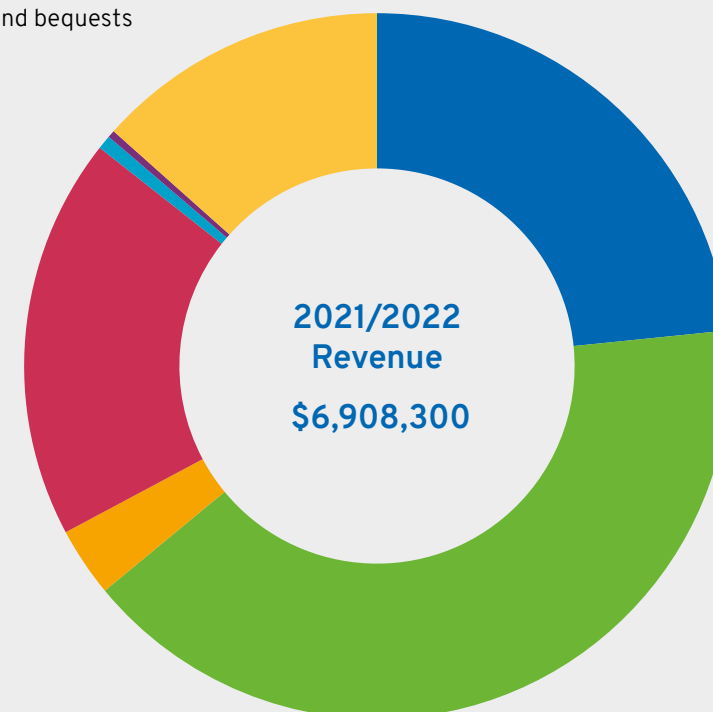
Dr Anita Goh presenting NARI's work on the NHMRC-funded project on co-designing and testing a training program for home care workers - the PITCH project.

Financial performance

Revenue	2022	2021
Victorian state government grants and contracts	\$1,615,774	\$1,562,730
Commonwealth government grants and contracts	\$2,806,575	\$1,393,675
Commonwealth government COVID-19 assistance	-	\$890,300
Other contract research	\$219,711	\$499,832
Philanthropic grants and contracts	\$1,272,447	\$1,075,028
Education and training	\$44,198	\$12,819
Interest and miscellaneous	\$23,113	\$27,588
Donations and bequests	\$926,482	\$5,104
Total Revenue	\$6,908,300	\$5,467,076
Expenditure		
Employee benefits	\$4,309,081	\$4,217,723
Project costs	\$1,050,436	\$617,338
Research support	\$504,969	\$487,880
Other expenses	\$331,935	\$228,884
Total Expenditure	\$6,196,421	\$5,551,825
Surplus (deficit) for the year	\$711,879	\$(84,749)

Revenue Share

- Victorian state government grants and contracts
- Commonwealth government grants and contracts
- Commonwealth government COVID-19 assistance
- Other contract research
- Philanthropic grants and contracts
- Education and training
- Interest and miscellaneous
- Donations and bequests



The operating result in both years has been impacted adversely by the adoption of AASB 16 Lease and AASB 1058 Income of Not-for-Profit Entities which require the company to recognise a Right of Use Lease asset for a peppercorn lease, and then amortise that lease over its term.



87 publications

- 11 conference papers
- 64 journal articles
- 1 book section
- 3 magazine articles
- 8 reports



22 higher degree by research students



6 awards / nominations

- Best in Category Prize in Geriatrics/Gerontology for research on 'A Best Practice Model of Continence Care in Residential Aged Care.'
- 2021 Research Award in the annual Parks and Leisure Australia Awards for Excellence for Victoria and Tasmania.



76 presentations



7 media interviews

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

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

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. Find out more at: www.nari.net.au

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.

Invite us to train



Invite us to train your staff. Our researchers deliver workshops, seminars and forums on a broad range of areas from dementia through to falls, from consumer care through to caring for carers.

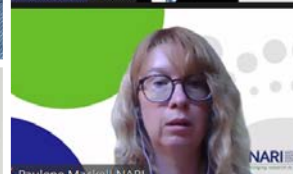
Follow us or like us



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

Facebook: NatAgeingResearch

Twitter: @NAgeingRI





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