

National Ageing Research Institute Highlights Report

2023





Our vision

A world where older people are respected, healthy and included.

Our purpose

As the national leader in ageing research, we produce evidence, tools, and resources to improve the health and aged care systems, influence government policies, and inspire best practice in the health and aged care sectors.

We value

- ✓ Research excellence and a spirit of enquiry
- ✓ The elimination of ageism
- ✓ Integrity
- ✓ Diversity
- ✓ Collaboration

ACKNOWLEDGEMENT OF COUNTRY

NARI acknowledges the Wurundjeri Woi-Wurrung people as the Traditional Owners of the land on which our office in Naarm (Melbourne) is situated, and the Ngunnawal people as the Traditional Owners of the land on which our office in Canberra stands. As a national organisation, we recognise the enduring connection that Aboriginal and Torres Strait Islander peoples maintain with lands, skies, water, and communities throughout Australia.

We extend our deepest respect to all Aboriginal and Torres Strait Islander cultures, and we honour the wisdom and contributions of Elders, both past and present.



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About NARI

NARI is Australia's leading independent, non-profit medical research institute dedicated to ageing and aged care research. We specialise in translational research, accelerating change in policy and practice.

For nearly 50 years, NARI has led nationally and globally significant research, making a measurable difference to health outcomes and quality of life for older people and those who care for them. Our accomplished team includes public health experts, physiotherapists, psychologists, nurses, sociologists, anthropologists, and social workers. We work with geriatricians, psychiatrists, health economists, statisticians, and other specialists.

Our work is informed by meaningful engagement with older people, policy makers, and health and aged care providers. We provide a bridge between academia, policy, and practice, translating research into accessible evidence and knowledge to enable informed decision-making by governments and practitioners

NARI is governed by an independent skills-based board, and funding is derived from a mix of government, non-government, philanthropic and competitive grant programs.



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ABOUT THIS REPORT

This report provides a snapshot of NARI's activities from November 2022 to the date of publication. It also presents a summary of financial details for the 2022-23 financial year. The financial summary has been extracted from the audited general purpose financial report for 2022-23. It should be read in conjunction with the full audited Annual Financial Statements prepared in accordance with Division 60 of the Australian Charities and Not-for-profits Commission Act 2012, the Corporations Act 2001, the Australian Accounting Standards - Simplified Disclosures and the Corporations Regulations 2001 – for the year ending 30 June 2023, available on the NARI website after 27 November 2023.

President's message

It is an honour to introduce this report, marking another period of progress in making a real difference to the lives of older people and those who care for them. Throughout the year, the team has worked incredibly hard to adapt, strengthen and unite towards our shared vision for a world where older people are respected, healthy and included.

As I reflect on the achievements of our remarkable research staff highlighted in this report, I am inspired by their dedication to translating research with and for older people. It is uplifting to see the application of rigorous research to enable and inspire best practice in the health and aged care sectors, and to observe governments here in Australia – and beyond – seeking and listening to the latest evidence to inform policy decisions. NARI's work has had a profound impact on the field of ageing research, and I am immensely proud of their contributions.

I extend my gratitude to my fellow Board Directors for their invaluable advice and guidance. I would like to acknowledge Ms Maree McCabe AM, the Hon. Marsha Thomson, and Mr John Waters for their fundamental contributions during a significant period of revitalisation for the Board as we worked towards a skills-based composition. Each stepped down from the Board in 2022-23, and we wish them well. Its only through the dedication of people looking to make a difference that the board can optimally benefit from the knowledge, skills and wisdom to support our institute. I warmly welcome Ms Janice Besch, Ms Sue Leitch, and Mr Michael Tandora, all of whom have joined the Board in recent times. Together with Professor Danny Liew, Mr Derek McMillan and Mr Richard Gallina, we have a diversity of skillsets and experience to draw on in providing strategic direction, effective governance and leadership to the organisation.

I also want to take this opportunity to thank Professor Briony Dow, who has led our organisation with a steady hand for more than eight years. Briony has announced that she will be stepping down as Director in 2024. The legacy of Briony's leadership includes an enduring culture of research excellence, a true organisational commitment to valuing the voices of older people, and strategic partnerships with government and industry that have enabled NARI's important research to be translated into practice. Briony has achieved a significant amount during her leadership, not least of which is building a 'destination' workplace that skilled researchers and clinicians want to join and remain in. I am pleased that Briony will continue her important research program in elder abuse and other areas in a new capacity after she steps down.

NARI is well-placed to build on its strengths in 2024 and beyond, producing the evidence, tools and resources that will contribute to a world where older people are respected, healthy and included in partnership to develop and support great outcomes.

Associate Professor Michael Murray AM
MB, BS, MPH, FRACP, FANZSGM, FAAG, AFRACMA



Director's message

As another year draws to a close, it is with great pride that I reflect on NARI's recent highlights. 2023 has been a year of great strength for our organisation, marked by the clear connection between our core values and purpose and everything we do. As my tenure as Director also draws to a close (I am stepping down from the role in May 2024), I also reflect on what a great privilege it has been to lead NARI for the past 8 years and to shape it as a great place to work.

In the pages that follow, you'll discover how our team brings research to life, conducting rigorous research with and for older people and translating it to enable and inspire best practice in the health and aged care sectors, to influence government policy with the latest evidence, and to promote accurate information about ageing and older people.

Our commitment to collaboration, co-design and co-production with older people is a core theme of our work, and a unique strength of our organisation. You will see the voices of older people throughout this report, bringing perspectives to the fore that would benefit our society if listened to more often. We know that ageism continues to be a common experience in Australia, with negative impacts on health and wellbeing. This report stands as an example of how we can challenge common misconceptions of ageing by showcasing the meaningful contributions of older people to our work.

Meaningful partnerships driven by shared purpose extend into every aspect of our work. As you'll read, we collaborate with government, service providers, health and aged care professionals, and advocacy bodies to advance a shared aspiration for a world where older people are respected, healthy and included.

Indeed, shifting the conversation on the policy and advocacy front has been central to our work this year. We have continued to influence change at local, national, and international levels, shaping policy, practice, and public conversation on matters that impact the lives of older people.

We are particularly proud of our program of work in culturally and linguistically diverse communities, which is critical to making sure that we bring research to life in culturally appropriate and relevant ways. Again, this work is collaborative; and collaboration is the cornerstone of

every highlight in this report. We have expanded our network of partners, and together we are achieving more than one organisation ever could alone.

I extend my deep appreciation to our partners, dedicated collaborators, our remarkable team, funders, volunteers, and the older people who inspire and inform our work. It is through your unwavering commitment that we have achieved the successes showcased in this report. I would like to specifically thank my Executive team – particularly Deputy Director Debra O'Connor – and the NARI Board for their loyal support, not only this year but in all the years I have been in the role.

Together, we stand ready to embrace the challenges and opportunities of the coming year.

Professor Briony Dow
BSW, MA, PhD



Valuing the voices of older people

The voices of older people and those who care for them are central to NARI's work. We actively engage with consumers and the community to ensure that their voices and experiences are heard, recognised, and reflected in our current and future research. Consumers play a pivotal role in determining funding priorities, developing grant applications. They serve as advisers, consultants, and co-researchers on our projects. We are committed to minimising barriers to meaningful consumer and community involvement in research, embracing diversity and a spirit of inclusion in consumer engagement.



Older people as co-researchers

Anne Fairhall and Cathy Roth OAM are impressive people. Anne has been an active advocate for carers of people living with dementia for many years, leveraging knowledge from her own experiences with her husband Geoff, who was only 51 when he was diagnosed with younger-onset dementia. Cathy – who, like Anne, is not one to be an observer in life – was a carer for her parents-in-law who both had dementia, before subsequently caring for her husband John, a former surgeon, who was diagnosed with Alzheimer's disease in 2014. John's diagnosis inspired Cathy to establish the Professionals with Alzheimer's (PALZ) support network to empower people with dementia who are high achievers to maintain dignity and respect in socially and intellectually stimulating environments.

Both women are longtime NARI co-researchers and advocates whose voices and experiences have shaped, strengthened, and improved our work. It was a privilege for NARI to showcase their voices in November 2022, when Anne and Cathy each delivered a powerful presentation to the 55th Annual Australian Association of Gerontology Conference in Adelaide with NARI Senior Research Fellow Associate Professor Anita Goh. Anne and Cathy reflected on the challenges and needs of family carers, while Associate Professor Goh provided a critical appraisal of existing dementia carer interventions applicable to these needs, and the relevant supports in Australia.



Above: Co-researchers Associate Professor Anita Goh (left), Anne Fairhall (second from left) and Cathy Roth OAM (right) pictured with Cathy's husband, Dr John Roth.

Amplifying the voices of older people through scholarly work

The voices of older people are central to NARI research recently published in the *Journal of Aging Studies*. “*Keeping our distance: Older adults’ experiences during year one of the COVID-19 pandemic and lockdown in Australia*” is an important piece of scholarly work that amplifies the voices of older people while examining their perspectives and experiences of the first year of the coronavirus pandemic in Australia. Lead author and NARI Research Fellow, Dr Andrew Gilbert says the paper “...is quite illustrative of power of the inductive nature of qualitative research” in relation to centring the voices of participants, noting that much of the public and scientific discourse in the early stages of the pandemic was led by epidemiology, painting a bleak picture of life for older people. Dr Gilbert and NARI Research Officer Dr Stephanie Garratt interviewed participants using open-ended questions, allowing the voices of older people to lead the research.

Guided by Associate Professor Goh, and with input from Professor Bianca Brijnath, Professor Joan Ostaszewicz, Associate Professor Frances Batchelor, Dr Christa Dang and Professor Briony Dow, the paper highlights that while older people were often depicted by media commentators and policymakers as vulnerable to COVID-19 and in need of protection, older people themselves did not necessarily share these perceptions, regarding themselves as members of a prosperous and fortunate generation of older Australians. The voices of older people in this article illustrate how for many older Australians, their position in the life course insulated them from the worst social and economic effects of pandemic measures, offering further evidence that COVID-19 has not proved as unilaterally devastating to older people as initially assumed.



Scan here
to read the
article in full:



Older people as trusted advisers

When Tony Walsh was a state sales manager with Telecom Australia, he knew the value of asking a good question at the right time. Now in his 80s and reflecting on how one's views of their own physical and emotional needs change as one gets older, Tony *still* knows the value of asking a good question at the right time. Tony was lucky to retire early and later was able to care for his late partner, Paul, who lived for many years with Lewy body disease. Together, Tony and Paul lobbied for recognition and support to improve the quality of life for people with younger-onset dementia, creating a legacy of important and lasting social impact.

Today, Tony continues that legacy of social impact as a trusted adviser to NARI through his membership of the Melbourne Ageing Research Collaboration (MARC) Community Advisory Group across a range of projects

and initiatives. Described by NARI Director of Clinical Gerontology and MARC Research Lead, Associate Professor Frances Batchelor, as an “absolute asset to any project” by virtue of his thoughtfulness and keen sense of timing for when to pose a critical question, Tony sees his role as one of “shifting perceptions”.

As a co-researcher with Associate Professor Batchelor, NARI researchers Sue Williams and Kerry Hwang, and collaborators from in-home aged care provider Silverchain on the ‘FETCH’ project, Tony is shifting perceptions in the development of a framework that enables home-based aged care organisations to understand the enablers of, and barriers to, their staff and the organisation in integrating and implementing digital health technologies into delivery of aged care services in the home. The framework is focused on implementing digital health technologies primarily from the perspective of staff and organisations, incorporating client perspectives, making Tony's role in bringing an older person and family carer's perspective to the project all the more important.

“I now feel like I’m able to contribute to social change in a way that in my earlier professional life I might have thought wasn’t my place.”

Of his role working with passionate academic and clinician-researchers and healthcare professionals, Tony reflects that “I tend to bring them back to earth” when it comes to assumptions about the needs and experiences of older people. “When a provider says ‘I’ve had 30 years of experience and I know what older people want’, they need to be reminded that what they have is a *perception* of what older people want that may not fit the bill,” says Tony.

It's a reminder that can shift perspectives in powerful ways, and will play an important role in a framework that is informed by the changing physical and emotional needs that Tony advocates for so strongly. Humble about his role in influencing change, Tony reflects on what it means to him personally to be a trusted adviser to the work of NARI through MARC, remarking “I now feel like I’m able to contribute to social change in a way that in my earlier professional life I might have thought wasn’t my place.”



Above: Tony Walsh, MARC Community Advisory Group member and co-researcher on the FETCH project.



FETCH is funded by an Aged Care Research & Industry Innovation Australia grant.



Above: Research Assistant Rachel Muoio, pictured with Associate Professor Frances Batchelor (foreground), Professor Joan Ostaszewicz and Research Fellow Dr Anna Lane.

Creativity and digital innovation

NARI has embraced creative communication and technology as powerful tools for promoting healthy ageing and inspiring best practice in health and aged care. Creative media and digital delivery allow complex or challenging topics to be approached in ways that are both engaging and respectful; amplifying the voices of those who are not often heard, driving change, and connecting across culture, language, and distance. We have co-designed a range of creative and interactive digital media with older people, family carers, and health and aged care professionals.



Empowering dementia carers with a virtual assistant

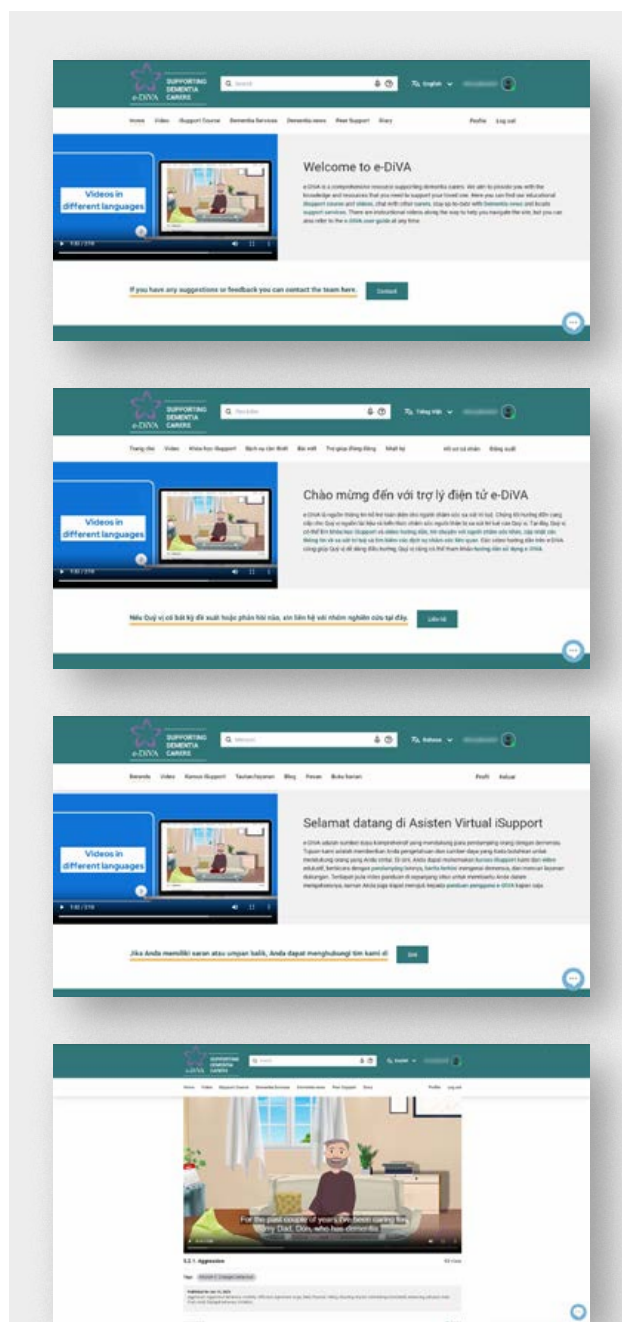
Dementia is a global public health priority and one of the major causes of disability and dependency among older people. It currently affects over 55 million people worldwide, along with their unpaid family carers. In the next 12 months, an ageing population will boost that statistic by 20 per cent, adding to the psychological stress, loss of productivity and lost income for countless families across the globe.

e-DiVA is a digitally-driven international research project led by Principal Research Fellow Associate Professor Tuan Anh Nguyen. With an experienced research team, including NARI researchers Dr Kham Tran, Dr Upasana Baruah, Leona Kosowicz and Danielle McCalmont, e-DiVA aims to address some of the challenges faced by the two million dementia carers living in the Asia Pacific region. Dementia carers in Australia, New Zealand, Indonesia, and Vietnam will have access to a web-based virtual assistant in multiple languages, allowing dementia carers to search topics using text or voice command.

The tool provides real-time support for dementia carers in the form of video instructions. It also provides carers with tailored recommendations based on their care needs, as well as information about peer support and existing local dementia services. e-DiVA helps carers overcome the barriers to attending in-person support programs, including lack of transport, cost, and the inability to leave a relative who has dementia on their own.

e-DiVA uses a digital delivery platform to respond to other challenges, such as the social isolation policies of the COVID-19 pandemic, and to leverage the widespread use of smartphones (including 83% of the Asia Pacific region). The e-DiVA team's vision is for quality care for people with dementia, no matter their location, income, or circumstances.

e-DiVA is funded by a \$2.6 million National Health and Medical Research Council (NHMRC) e-ASIA grant, comprised of \$1.9 million from the NHMRC and \$700,000 from three other Asia-Pacific nations.



Above: e-DiVA resources displayed in English, Tiếng Việt, and Bahasa.

A mobile app that gets older people moving

Being physically active is great for your body and mind. NARI has been working in partnership with several local governments, government bodies and other stakeholders through a suite of projects under the 'ENJOY' banner to create age-friendly outdoor spaces for older people to engage in physical and social activities for healthier and liveable cities and communities.

The Seniors Exercise Parks are located across Melbourne and regional Victoria and feature a range of outdoor exercise equipment designed specifically for older people. The equipment helps improve balance, strength, functional movement, joint range of motion and mobility. The parks are free to use and are a great way to socialise and have some fun at the same time.

As part of the ENJOY IMP-ACT project, Principal Research Fellow Professor Pazit Levinger, along with NARI researchers Marcia Fearn and Dr Bronwyn Dreher have developed the 'My ENJOY Health' app, a user-friendly mobile application that:

- Was developed with older people and stakeholders' input
- Teaches users how to use the outdoor exercise equipment safely
- Has instructions and 'how-to videos' for each exercise station
- Has over 50 video resources covering different levels of difficulty
- Features programs, workouts, exercises, and video resources designed by experts in active ageing

Other ENJOY project activities – including training for allied health professionals and older people who are 'champions' for Seniors Exercise Parks – have also continued this year with the broader NARI ENJOY team including Dr Lisa James, Carys Inman, Janette Stefanides, Tessa McKenna, Mairead Hallissey, and Rachel Muoio.



The ENJOY IMP-ACT project is funded by a Medical Research Future Fund grant.



Above: Fieldwork Research Assistant Mairead Hallissey, Rachel Muoio and Dr Lisa James pictured during a training session with Hobsons Bay City Council ENJOY Champions at Donald McLean Reserve, Spotswood.

ENJOY
IMPACT 

Scan to download the
My ENJOY Health app for:

Iphone



Android





Above: Associate Professor Tuan Anh Nguyen.

Innovation in care

NARI recognises that a transformative mindset is required to rethink and adapt traditional models of care, focusing on innovative solutions that improve the integration, effectiveness, and outcomes of those models. We conduct rigorous translational research to enable and inspire best practice in care, recognising that complex ecosystems require models that are informed by those who work in them, those who receive care, and their carers.



Improving respite care for people living with dementia and their carers

The Australian Institute of Health and Welfare estimates that there are between 137,600 and 354,200 unpaid primary carers who support people living with dementia in Australia. Unpaid carers can be family, friends, or community members. Respite care is a critical support mechanism both for people living with dementia and those who care for them, enabling carers to take a break from the physical and emotional demands of caring responsibilities, and those who receive care to benefit from that break, too.

Director of Clinical Gerontology Associate Professor Frances Batchelor is leading NARI researchers Dr Christa Dang and Liam Borelli-Millott to conduct an important pilot and evaluation of the model known as the '3C Program', which aims to enhance comprehensive assessment, care planning and clinical communication to improve outcomes for people living with dementia and their carers.



The 3C project is funded by the Commonwealth Department of Health and Aged Care.



Above: Associate Professor Frances Batchelor.

Supporting best practice catheter care in residential aged care homes

NARI researchers are conducting research to improve the quality of life and care for aged care residents with indwelling urinary catheters. In Australia, 5-8% of residents have a catheter for a medical bladder condition. Having a catheter for a long period of time brings its own unique challenges, including infection and blockage.

Our team are leaders in continence and catheter care. With funding from the Victorian Government Department of Health, Director of Aged Care Research Professor Joan Ostaszekiewicz has been leading NARI researchers Marie Vaughan, Dr Andrew Gilbert, and Caitlin Tay in consulting with residents, staff, managers, and clinicians from a number of Victorian Residential-In-Reach Services to better understand the nature of the challenges they experience. This is important if we are to design targeted solutions.

Professor Ostaszekiewicz, Dr Gilbert and Ms Tay are also joined by NARI Senior Research Fellow Elizabeth Watt in an MRFF-funded project to co-design and evaluate

a catheter care bundle that addresses the clinical risks associated with indwelling urinary catheters in residential aged care homes. This three-year project is a collaboration with the Continence Foundation of Australia, Flinders University, Central Queensland University, Darling Downs Hospital and Health Service, University of South Australia, the Australian Prostate Centre, Austin Health, Regis Aged Care, the Australian Nursing and Midwifery Federation, Continence Nurses Society Australia and the Australian and New Zealand Urological Nurses Association.



This program of work is funded by the Victorian Government Department of Health and a Medical Research Future Fund grant.

Right: Professor Joan Ostaszekiewicz.





Above: Research Fellow Dr Christa Dang.

Diversity

NARI actively seeks to respond to the distinct needs of older people from a broad range of demographic and social backgrounds. We engage with consumers, communities, policymakers, and health professionals to help reduce health and care disparities and foster health equity and access for all. We are currently co-producing resources in over 11 different languages, with a particular focus on culturally and linguistically diverse communities in Australia and the Asia-Pacific region.



Reducing the risk of dementia in culturally and linguistically diverse communities

Dementia prevention is identified as a key research priority by Australia's culturally and linguistically diverse communities as part of the CALD Dementia Research Action Plan. Responding to this, the MindCare project aims to improve knowledge of modifiable lifestyle factors, health literacy and raise health self-efficacy to reduce the risk of dementia among CALD community members.

Led by Senior Research Fellow Dr Josefine Antoniades, Professors Bianca Brijnath and Pazit Levinger, Dr Andrew Gilbert, Dr Tania Thodis, Dr Katrin Gerber, Associate Professor Tuan Nguyen and Dr Thu Ha Dang have designed the project to work closely with CALD communities and industry partners to develop a community-based dementia risk reduction educational

program, which will be developed in English and culturally adapted with, and for, the Arabic-, Hindi-, Vietnamese-, and Greek-speaking communities. The MindCare program will be delivered by community educators located at partner sites across Australia, and is enriched by the leadership of consumer chief investigator, Dilnaz Billimoria. Once complete, the project will be freely available online at www.movingpictures.org.au.



MindCare is funded by a Medical Research Future Fund grant.



Left: MindCare Consumer Chief Investigator Dilnaz Billimoria (centre), pictured with Dr Josefine Antoniades and Director of Social Gerontology Professor Bianca Brijnath.

Reducing loneliness and increasing social support and service access

One in four older Australians experience feelings of loneliness; an experience that can be a particularly isolating experience for people living with dementia from culturally and linguistically diverse communities. BEFRIENDING with GENIE is led by Edith Cowan University's Professor Loretta Baldassar, in partnership with NARI researchers Associate Professor Anita Goh, Dr Anna Lane, Michelle Chiu, and Professors Colleen Doyle and Bianca Brijnath. Multiple partner organisations are engaged in this project, including culturally specific and culturally aware service providers, advocacy groups, and community groups.



BEFRIENDING with GENIE is an intervention to reduce loneliness and increase social support and service access for people living with dementia and their caregivers from CALD backgrounds. It builds on NARI's successful 'BEFRIENDING' program – which consists of informal conversations with a trained facilitator – by combining the intervention with 'GENIE', an online database of support services and activities tailored to participants' interests and needs and a network mapping tool to measure their social supports over time.

The intervention aims to address inequalities and this project is conducting a large trial across multiple states of Australia to test the intervention in people in the community who are living with dementia and their caregivers from four backgrounds: Italian, Chinese, Vietnamese and South Asian. The project is hypothesised to improve the health and wellbeing of participants through a decrease in loneliness and increase in social connections, as well as increasing their knowledge about, and access to, available services.



BEFRIENDING with GENIE is funded by a Medical Research Future Fund grant.

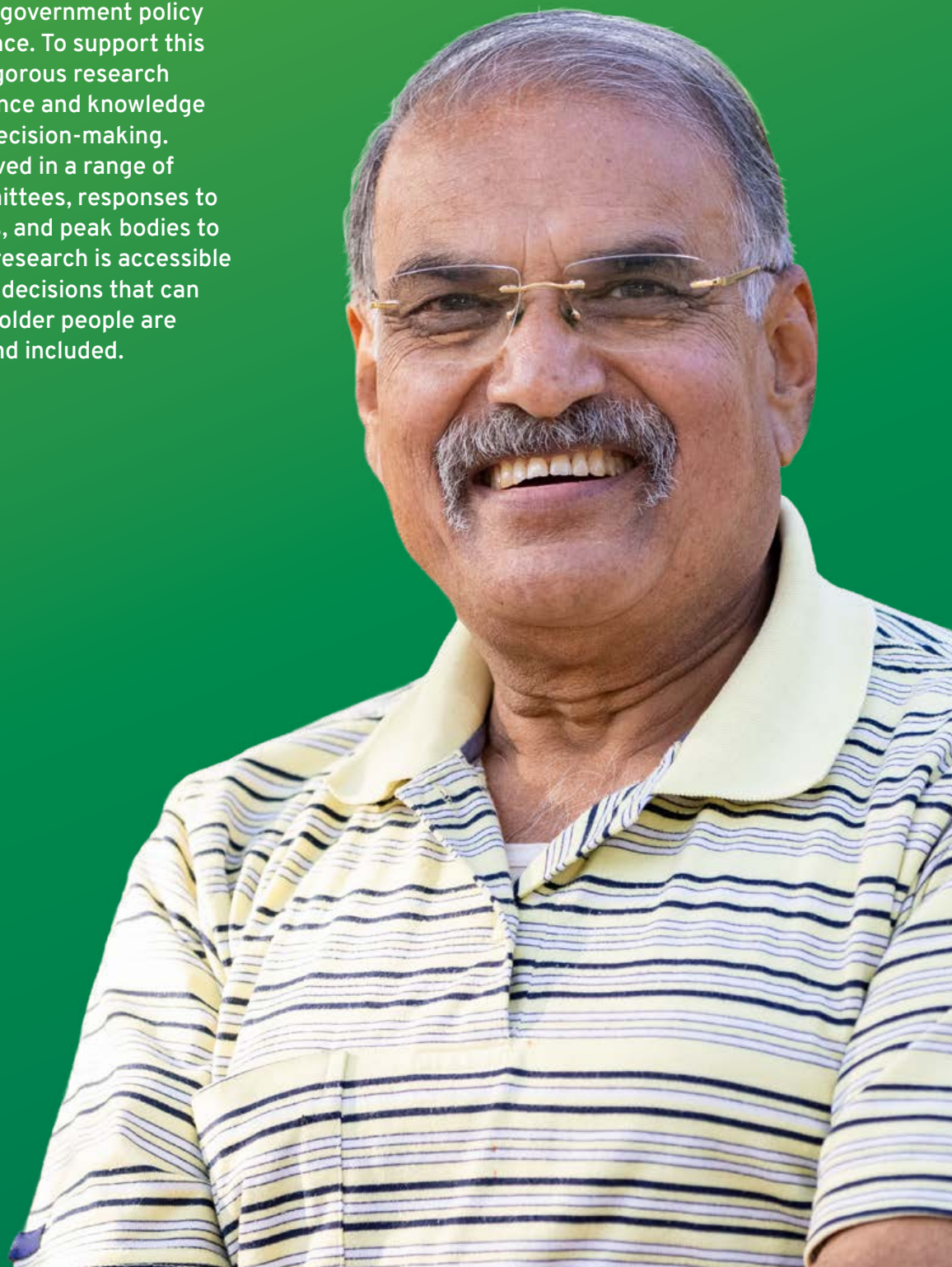




Above: Professor Bianca Brijnath.

Policy and advocacy

One of NARI's strategic objectives is to inform and influence government policy with the latest evidence. To support this work, we translate rigorous research into accessible evidence and knowledge to enable informed decision-making. We are actively involved in a range of advisory roles, committees, responses to government inquiries, and peak bodies to make sure that vital research is accessible for those making the decisions that can shape a world where older people are respected, healthy and included.



Advisory roles, international networks and informing decision-making

The NARI Executive team and other senior researchers provide advice to a range of stakeholder groups concerned with ageing and aged care. Professor Briony Dow provides ongoing advice to the Australian Institute of Health and Welfare Aged Care Data Advisory Group and Elder Abuse Action Australia's advisory group. Professor Bianca Brijnath is a member of the Commonwealth Dementia Expert Reference Group. Associate Professor Frances Batchelor is an expert advisor on the Aged Care Quality Reform Sector Reference Group, which supports the implementation of the aged care reform agenda following the Royal Commission into Aged Care Quality and Safety. Professor Ostaszewicz was recently appointed to the Australian Government's Star Ratings Expert Group, providing knowledge and expertise to inform the evaluation and maturation of the star ratings program for residential aged care, and is an active member of the International Continence Society. Associate Professor Anita Goh is the sole Australian representative on the Alzheimer's Association's ISTAART Advisory Council, a global collaboration of scientists, clinicians, and dementia professionals.



Above: Deputy Director Debra O'Connor and Director Professor Briony Dow, pictured with the Hon Mark Butler MP, Minister for Health and Aged Care, at a Parliamentary Friends of Dementia event at Parliament House Canberra in early 2023.

Putting older women's health on the agenda

This year's annual NARI Summit coincided with Women's Health week, presenting an opportunity for a resounding call to action for a life course approach to women's health. Proudly sponsored by Jean Hailes and hosted by Australian Unity, attendees heard from keynote speaker Professor Susan Davis AO, Victorian Parliamentary Secretary for Women's Health, Kat Theophanous MP, and Federal Assistant Minister for Health and Aged Care, the Hon Ged Kearney MP. Unified by a theme of *Menopause and Beyond*, the Summit brought together experts from across health and research fields to share insights on what it means to age as a woman in Australia, and how we can tailor support systems, programs, and policies to improve outcomes for older women.

Following on from Professor Davis' keynote address - *Menopause: not a flash in the pan, but the gateway to healthy ageing* – attendees heard from:

- **Dr Jeannie Yoo** (Australian Unity) on the importance of health and wellbeing for older people
- **Professor Joan Ostaszewicz** (NARI) on maintaining continence with age
- **Associate Professor Frances Batchelor** (NARI) on falls and injury prevention for women

- **Lindy Moffatt** (Neuroscience Research Australia) on the *Ngarraanga Giinganay* ('thinking peacefully) mindfulness program for older Aboriginal people
- **Tricia Currie** (Women's Health Loddon Mallee) on *Her Health Matters*, a rural and regional approach to women's sexual and reproductive health
- **Professor Bianca Brijnath** (NARI) on gendering the sociocultural experience of dementia care from the perspectives of culturally and linguistically diverse women
- **Fiona York** (Housing for the Aged Action Group) on older women ageing in a housing crisis

The day concluded with a powerful panel session centring the voices of older women, with NARI Deputy Director Debra O'Connor as host to Janet Hailes Micheltore AO, Cathy Roth OAM, and MARC Advisory Group member Dr Primrose White. Each shared their reflections on their lives as leaders and advocate, ensuring the call to action was seen through a practical lens.

Collaboration

Collaboration is core to the way NARI operates. We pride ourselves on leading with our collaborative strength, bringing together researchers, service providers, government, older people, family carers, health, and aged care practitioners to work towards shared values and goals.



The Melbourne Ageing Research Collaboration

MARC is a flagship model for collaboration in ageing research, providing a platform that brings together key research, policy, health, aged care, and advocacy organisations to build capacity for research translation and evidence implementation. Now approaching its 10th anniversary, MARC has a strong track record of combining resources and expertise to influence policy and practice in Victoria and beyond, and its work is informed by partner organisations and enriched by the voices of older people through the MARC Community Advisory Group.



MARC is funded by the O & JR Wicking trust, the Victorian Department of Health, and contributions from partner organisations.



International partnerships

Associate Professor Tuan Anh Nguyen, Associate Professor Frances Batchelor and Professor Bianca Brijnath led a delegation from NARI to Vietnam in November 2022 to present at the 3rd National Conference on Gerontology and Geriatrics in Hanoi. They presented on Falls Prevention, Digital Health in Dementia, and the e-DiVA project. A key component of their official travel included the signing of three MOUs with key Vietnamese partners in health and social care – the National Geriatric Hospital and Vietnam Association of Gerontology and Geriatrics, Help Age International, and the Health Strategy and Policy Institute in the Ministry of Health of Vietnam - opening the way for productive international collaboration and partnership for NARI.

NARI also signed an MOU with the Kwame Nkrumah University of Science and Technology in Ghana, enabling collaboration with its Bureau of Integrated

Rural Development. This will expand NARI's research collaborations and academic network in Africa.

Strengthening collaboration in dementia

This year, we re-affirmed our longstanding commitment to improving the lives of people living with dementia and those who care for them, by signing a Memorandum of Understanding with Dementia Australia. The partnership strengthens the capacity of both NARI and Dementia Australia to jointly pursue research goals, provide expert leadership, and promote excellence in the fields of dementia awareness, dementia support programs, and dementia care.



A new home in Canberra

NARI has strengthened both our presence in the ACT and friendship with COTA Australia by signing an agreement to base ourselves at the COTA office on National Circuit when we're in Canberra. COTA's mission – to promote, improve and protect the wellbeing of older people in Australia – illustrates our shared values and we look forward to more opportunities to work together.

International visitors

We were pleased to host several international scholars at NARI this year, including Professor Sigrid Nakrem from the Department of Public Health and Nursing at the Norwegian University of Science and Technology (Norway), Professor Katie Featherstone from the Geller Institute of Ageing and Memory at the University of West London (UK), Dr Tiina Vaittinen from the Faculty of Management and Business at Tampere University (Finland), and Dr Andrian Liem from the Jeffrey Cheah School of Medicine & Health Sciences at Monash University (Malaysia).

Above left: MARC partner organisations. **Above right:** CEO of Dementia Australia Maree McCabe AM and NARI Director Professor Briony Dow.

Changing practice

One important and powerful way that NARI promotes accurate information about ageing and older people – and enables and inspires best practice the health and aged care workforce – is through a portfolio of seminars, workshops, public events, and events targeted at professional practitioners. This program reached over 3,000 people in the past 12 months, making important inroads in changing practice.



Seminars in Ageing

These monthly online lunchtime seminars provide an opportunity for researchers, policymakers, and clinicians to access the latest national and international research on clinical and social aspects of ageing and aged care. Delivered in partnership with the Academic Unit for the Psychiatry of Old Age at the University of Melbourne, we reached over 1,000 participants in real-time and over 1,100 viewers on 'catch-up' through YouTube in the past 12 months of the program.

Conversations on Ageing

This annual online public event is one to mark in your calendars, featuring eminent older Australians engaging in dialogue on matters of public importance, ageing, and identity in later life. This year, Professor Briony Dow was joined by renowned Australian journalist and broadcaster Geraldine Doogue AO, and CEO of COTA Australia, Pat Sparrow, for a broad-ranging discussion on issues of ageism and human rights for older people. Over 500 people watched on live or on catch-up through YouTube.

Annual Summit

74 researchers, clinicians, policymakers, advocates, and health professionals were engaged in our annual in-person all-day event this year. Generously supported by Jean Hailes and Australian Unity, this year's program was curated around the theme of *Menopause and Beyond*. See more in the earlier feature on advocacy on page 20.

Professional development workshops

NARI delivered a range of targeted and bespoke workshops this year, each of which was an interactive event in which participants – often health or aged care professionals – learned how to apply the latest knowledge and skills to their own practice. For example, Falls in Residential Aged Care workshops were delivered in-house to equip frontline residential care workers with evidence-based approaches to eliminating or minimising falls risks in those settings.



Images: Kat Theophanous MP (top), Professor Susan Davis AO (middle), Janet Hailes Michelmores AO, Cathy Roth OAM, and Dr Primrose White pictured at the 2023 NARI Annual Summit (bottom).

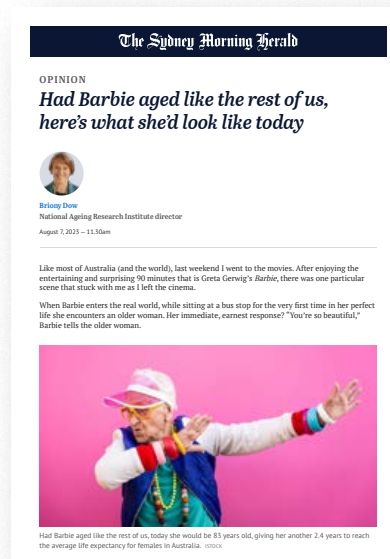
Shaping the public conversation

NARI engages with the media with purpose; to shift public perceptions of ageing and older people, to combat ageism, and to share the outcomes and impact of our research in meaningful and accessible terms. This contribution to public life and community is a powerful way to advance the conversation around ageing, including shifting attitudes that will contribute to a world where older people are respected, healthy and included.



Media highlights

NARI has been actively engaged in shaping public conversations about ageing and older people, with 523 media mentions across print, online, television, radio, and magazines over the past 12 months. This coverage helped us achieve an estimated reach of over 13,144,135 people in that period.¹



...ing been faster at the age of 19, Barbie has no comfort for what it means for age – no...
...of the prejudices and biases that come with aging in the real world. What Barbie...
...ers to this moment is the oft-overlooked truth of the beauty of aging.

... – or the real world – the experience of growing older as a woman can mean being...
...with aging stereotypes and ways of thinking within our communities which can lead to a...
...of health impacts, both mental and physical.

Barbie director Greta Gerwig, who showed that older people and their experiences can lead to a...
...daily lives. Research published in 2016 found that in Australia, [experience of ageing](#) are...
...ing time for women than for men.

...ple, women's appearance continues to be more harshly scrutinised in employment...
...older women of the workplace tell me that it is bad enough to be over 50, but if you...
...and over-weight, forget your chances of getting a job.

...f most of the workforce and into early retirement has myriad flow-on effects, including...
...of for women with disabilities, First Nations women and other women of colour.

...were 55 are the fastest-growing group of Australians facing homelessness. In...
...the *Living in the Age of Act* Group estimated that [more than 24,000 women](#)...
...get the experience of women in Australia.

...like the rest of us, today she would be 83 years old, giving her another 2.4 years...
...very perspective for retirement, but unlikely to be given the same level of two...
...the in her age group live in residential care. She is very likely to have caring...
...for men, perhaps for her husband and grandchildren.

...sicians, a dancer, an artist or writer – an ordinary woman. As Gloria, the...
...where is came time to edit the film. Gerwig found pressure to cut the very...
...we. This does not surprise me but rather reminds me to the many ways our...
...and retirement available in our society.

...it remains and the moment made the first one. Her remarking was quite...
...the movie." Barbie in a single scene, celebrates the wonder that is...
..."something not everyone is lucky enough to experience. What even the...
...Barbie's compliment?

...in her own place and value in the world. She knows it and the rest of...
...ector of the National Ageing Research Institute.

Right: Professor Briony Dow appeared on Network Ten's *The Project* to talk about Australians living longer on 11 July 2023.



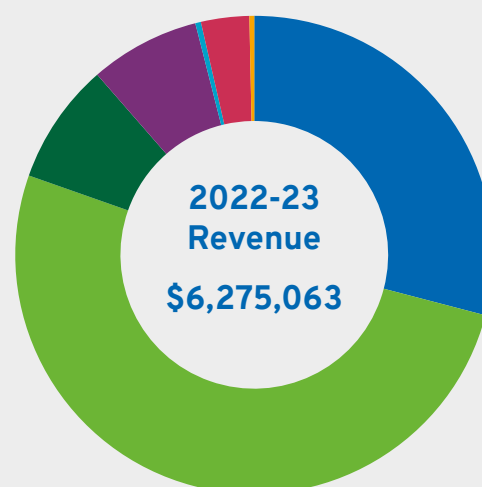
Left: Professor Bianca Brijnath spoke to ABC News about aged care workers experiencing racism in the industry on 22 March 2023.

¹ 'Potential audience reach' is calculated using Roy Morgan (print / magazines), Nielson (online), OzTam and Regional TAM (television), and GfK and Xtra Insights (radio). Report compiled by Stroom for CPR Communications and Public Relations, October 2023.

Financial performance – 2022-23

Revenue	2023	2022
Victorian state government grants and contracts	\$1,824,446	\$1,615,774
Commonwealth government grants and contracts	\$3,219,736	\$2,806,575
Other contract research	\$514,578	\$219,711
Philanthropic grants and contracts	\$467,102	\$1,272,447
Education and training	\$23,853	\$44,198
Interest and miscellaneous	\$204,712	\$23,113
Donations and bequests	\$20,636	\$926,482
Total Revenue	\$6,275,063	\$6,908,300
Expenditure	2023	2022
Employee benefits	\$4,480,238	\$4,309,081
Project costs	\$1,151,889	\$1,050,436
Research Support	\$529,839	\$504,969
Other expenses	\$407,684	\$331,935
Total Expenditure	\$6,569,650	\$6,196,421
Surplus (deficit) for the year	-\$294,587	\$711,879

Revenue Share



- Victorian state government grants and contracts
- Commonwealth government grants and contracts
- 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.

The year in numbers



250+

publications

In the 5 years to now,
including 162 peer-reviewed
journal articles



103+

engagement activities

Talks, presentations, workshops
to external audiences

Reaching an estimated
audience of over 8,000 people

15 international

35 national

53 local



48

creative outputs

Including film, video
and animation



70+

partners

Worldwide, including
universities, research
institutes, health and
aged care providers,
and advocacy bodies



20+

**higher degree by
research students**

Under the supervision
of NARI researchers



2,625

subscribers

To our quarterly NARI
Ageing Well e-Newsletter

Our supporters

We extend our collective gratitude to everyone who supports NARI's work, but particularly to the older people who inspire and inform the evidence, tools, resources we produce to improve the lives of older people.

Our partners and collaborators: every highlight in this report has grown from collaboration. Together, we are achieving more than one organisation ever could alone.

Our volunteers and students: your invaluable contributions, whether through participation in research or advisory committees, or lending a helping hand, have enriched our work.

Our donors and supporters: your generosity ensures that we can continue to make a real difference in the lives of older people and those who care for them.

Join us in making a difference

We invite you to join us on our mission to promote healthy ageing and to improve the lives of older people. There are several ways you can be involved:



Donate: your financial support enables us to continue our world-class research. Every donation – big or small – makes a big difference.



Volunteer: your time, expertise, and enthusiasm can help us shape and inform our research. Get in touch to explore opportunities to get involved at NARI.



Leave a gift in your will: consider leaving a lasting legacy by including NARI in your will. Your gift will help ensure the future of our important work.

To learn more about how you can support NARI, please visit our website or get in touch with our team. Together, we can create a world where older people are respected, healthy and included.







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