

National Ageing Research Institute Highlights Report

2024



Front cover image: NARI's Ambassadors

NARI is proudly supported by our inaugural ambassadors, Dr Patricia Edgar AM and Dr Don Edgar OAM, who were appointed in 2014.

Dr Patricia Edgar AM has had a long career at the forefront of media for children nationally and internationally, winning multiple awards for her achievements and programs. In 2013 she turned her attention to ageing and as author of a well-received book *In Praise of Ageing*, has become a sought-after commentator in this field.

Dr Don Edgar OAM has a background in educational sociology and was the foundation Director of the Australian Institute of Family Studies when it was first established in 1980. He is considered one of Australia's best-known authorities on social trends as they affect families, communities and the workplace and has written numerous published reports, journal articles, book chapters and policy papers.

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 THIS REPORT

This report provides a snapshot of NARI's activities from November 2023 to November 2024. It also presents a summary of financial details for the 2023-24 financial year. The financial summary has been extracted from the audited general purpose financial report for 2023-24. 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 2024, available on the NARI website after 25 November 2024.

2024 In Review



This year we welcomed

Connie Huang; Ivy Sheng; Jingling Huang;
Laila Bushra; Paulene Mackell; Pooi
Kheng Lee; Rina Barhoum; Shruti Modi;
Stratos (Steven) Vakkas; Tracy Comans;
Wendy Taylor

And we said farewell to

Antonia Thodis; Danielle McCalmont;
Jayanthi Denham; Jessica Currie; Kham Van
Tran; Margaret Lambeth; Mariam Yousif;
Peter Feldman; Phuong Lan Do; Qi Jia (Kerry)
Hwang; Steven Savvas; Tessa McKenna;
Wei-Hsuan (Michelle) Chiu



Journal Articles

62



Website Visits

155,000+ page views

73,000+ visitors



Social Media

4,300+ LinkedIn followers

480+ YouTube subscribers

220+ Facebook followers



Newsletter Subscribers

3,000+ subscribers to
NARI's Quarterly 'Ageing
Well' Newsletter

Media Publications

Australian Ageing Agenda (6)
The Healthcare Channel (6)
The Weekly Source (4)
The Senior (4)
Australian Nursing and Midwifery Journal (2)
Research Australia's INSPIRE Magazine (2)
National Seniors Australia (2)
Australian Seniors News (1)
The Conversation (1)
The Guardian (1)
Inside Ageing (1)

Education and Events

3,600+ subscribers to NARI's Education Inbox
750+ attended NARI's Seminars in Ageing webinars
550+ attended NARI's Project Launches
200+ participated in NARI's Education Workshops
150+ attended NARI's Conversations on Ageing
80+ attended NARI's Annual Summit
60+ attended MARC's Annual Symposium

About NARI

NARI is Australia's leading independent, non-profit medical research institute dedicated to ageing and aged care research. With a focus on translational research – from healthy ageing through to end-of-life care – NARI specialises in accelerating meaningful change in policy and practice.

For almost 50 years, NARI has led nationally and globally significant research as part of our shared vision for a world where older people are respected, healthy and included. We are governed by an independent skills-based board, with funding derived from a mix of government, non-government, philanthropic and competitive grant programs.

Our team of accomplished academic and clinical researchers, policy experts, and professional services staff come from a range of backgrounds and include public health specialists, nurses, physiotherapists, exercise physiologists, psychologists, social workers, sociologists, anthropologists, statisticians and health economists. As an organisation, we are guided by our passionate and committed ambassadors, board members, honorary fellows, community research advisors, Community Advisory Panel and volunteer research participants. This diversity in knowledge, skill and experience ensures we have the capacity and capability to conduct comprehensive translational research and develop innovative solutions that improve outcomes for older people and those who care for them.

Our research is underpinned by effective engagement, meaningful collaboration and purposeful co-design with key stakeholders to recognise, understand and respond to identified need in areas relating to ageing well, health conditions associated with ageing, diverse communities and health and aged care systems. Furthermore, we are committed to tackling growing societal issues, such as ageism and an increasing prevalence of elder abuse, as well as challenges in recruiting and retaining a capable and resourced community, health and aged care workforce to meet the needs of Australia's ageing population.

Our impact is driven by the vision, mission and values of our organisation and is achieved by bringing together the expertise of industry leaders, advocacy groups, world-class educators, clinical experts, and older people to influence and shape the agenda, providing a bridge between academia, policy and practice by rapidly translating research into accessible evidence, knowledge, tools and resources to enable informed decision making by government, service providers and clinicians. This has positive health, wellbeing, social, cultural, environmental, and economic effects for individuals, communities and society overall.



For more information about NARI, visit:
www.nari.net.au

Photo: NARI Ambassadors, Community Advisory Panel members and staff at the 2024 NARI Staff Planning Day.



Board President's Message

2024 has been a year of change, challenges and opportunities at NARI.

In March 2024, I was delighted to announce the appointment of Professor Tracy Comans as our new Director. Professor Comans' qualifications in physiotherapy and economics are particularly useful in the current climate as the demand for high-quality and cost-effective health and aged care services for older people increases. Furthermore, her experience and expertise ensures that NARI is well-positioned to continue to deliver innovative translational research that allows older people to spend less time unwell and away from their family and loved ones; and more time feeling healthy and connected.

On behalf of the NARI Board, I would again like to say how grateful we are to outgoing Director, Professor Briony Dow, for her outstanding leadership within the ageing research and advocacy community over many years. In particular, Briony's legacy at NARI has created an enduring culture of research excellence, fostering true organisational commitment to valuing the voices of older people, and developing strategic partnerships with government and industry. This has enabled our research to be translated into policy and practice where it has the greatest impact.



Also formally departing executive roles this year were Professor Bianca Brijnath, Director of Social Gerontology, and Professor Joan Ostaszkiwicz, Director of Aged Care. During their time in leadership positions at NARI, both of these esteemed researchers have been successful in receiving several high-profile government grants, including National Health and Medical Research Council (NHMRC) and Medical Research Future Fund (MRFF) funding, and are internationally renowned for their world-leading research in areas such as elder abuse, cultural and linguistic diversity, dementia, carer education/support and continence. We thank them for their masterful directorship and are fortunate that they will continue to have a presence at NARI as academic experts.

Over the past 12 months, NARI has continued to solidify its reputation as an innovative and influential leader in ageing and aged care research, as evidenced by a record number of requests for expert advice and public commentary from government bodies, advocacy organisations and the media. This recognition highlights our pivotal role in addressing contemporary and emerging issues related to Australia's diverse and ageing population. Achieving this prominent standing on a national stage is critical in enabling us to meet our strategic objectives and make a measurable difference to the lives of older people and those who care for them.

Finally, it is always pleasing to be officially acknowledged for the outstanding work of our dedicated and talented staff. In August 2024 we were honoured to accept the '2024 Future of Ageing Research Award' for our *Talking Mental Health* project – a research study partnership with Uniting AgeWell and Flinders University. This project, funded by the Aged Care Research and Industry Innovation Australia Grants Program, focused on co-designed tools and training to increase the skills and confidence of home care workers in identifying and responding to the mental health and wellbeing of older people living in the community. Congratulations to all involved in this important initiative.

As always, I would like to extend my sincere thanks to my fellow Board Directors, NARI's patron and ambassadors, NARI staff and volunteers for all that they do to improve the health, wellbeing and quality of life for older people and I look forward to another innovative year of translational research in 2025.

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

Director's Message

As we head towards the end of another remarkable year, I am honoured to reflect on the significant milestones and achievements of NARI during 2024. Stepping into the role of NARI Director on 20th May, it is a privilege to lead such a dedicated and passionate team during these exciting and challenging times.

NARI continues to be a trusted source of accurate information about ageing for all levels of government and a strong advocate for the rights of older people. During 2024 we have focused on strengthening our relationship with the Federal Government, ensuring that our research informs evidence-based policy in Australia. This vital collaboration underscores our dedication to influencing positive change in the health and aged care sectors.

With the Australian Government introducing a new rights-based Aged Care Bill to Parliament on 12th September, our 2024 Annual Summit titled *'Human Rights are Older People's Rights, Too!'* provided a perfect opportunity to discuss how the needs of older people should be placed at the centre of the new system. The September event brought together over 80 distinguished leaders, government officials, advocacy experts, industry representatives, academics, researchers, health and aged care professionals, and older people and emphasised the importance of inclusive policies and collective efforts to address ageism and better support older Australians.

Our commitment to excellence in translational research, which makes a measurable difference to the lives of older people and those who care for them, was further demonstrated this year through our continued success in securing grants. This has enabled us to build on our world-leading research programs in social gerontology, clinical gerontology and aged care, ensuring that our work remains at the forefront of these critical fields.

An emerging gap in ageing research relating to neurodiversity as we age was explored during our yearly *'Conversations on Ageing'* held in August. The online event, which attracted over 300 registrations, featured a thought-provoking discussion on understanding, embracing and supporting older people with Autism and Attention Deficit Hyperactivity Disorder (ADHD). This highlighted the urgent need for more research into the prevalence of these neurotypes as well as the need to improve awareness, diagnosis and interactions with health and aged care providers.

As you read through this highlights report, you will witness how our talented multi-disciplinary team goes about bringing research to life – conducting rigorous studies and developing practical resources with, and for, older people. Collaboration, co-design and co-production remain central to our mission. This report showcases the voices of older people, emphasising the importance of listening to their perspectives in order to improve their health, wellbeing and quality of life, challenging ageism and promoting a more inclusive society.

I extend my deepest gratitude to our remarkable team as well as our many partners, collaborators, funders, volunteers, and the older people who inspire and inform our work. Your commitment has been instrumental in our successes this year. I would also like to thank the NARI Board and my Executive team for their loyal and unwavering support.

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

Professor Tracy Comans
B.Econ (Hons), B.Phty, PhD



Changing of the Guard

In May 2024, there was a changing of the guard at NARI with Professor Briony Dow stepping down from her role as Director after almost a decade leading our organisation.

Before entering the world of research, Professor Dow practiced as a social worker in community aged care, working in a range of clinical settings, including local government, mental health, disability and rehabilitation. She commenced at NARI in 2003, initially as a Research Fellow within the Division of Preventative and Public Health, before becoming a Divisional Director and eventually Director in 2015.

Throughout her 21 years at NARI, Professor Dow led a range of aged care, social and clinical gerontology research programs, whilst continuing to conduct her own ground-breaking research into elder abuse and carer mental health. She published more than 120 peer-reviewed publications and 40 major reports to government and played a key role in the nation's professional body for experts and thought-leaders in ageing – the Australian Association of Gerontology – where she was Victorian President in 2009 and then National President from 2013 to 2015. Her long and distinguished record of service as a member and contribution to the gerontology community at a national level saw her awarded life membership in 2016, while she was made a distinguished member in 2018 and recognised with a lifetime achievement award in 2022.

“It has been an honour to lead an organisation that is genuinely committed to making a positive difference in the lives of older people.”

- Outgoing NARI Director, Professor Briony Dow

Professor Dow also held a seat on a range of national advisory groups, including the Australian Institute of Health and Welfare's Aged Care Data Advisory Group and Elder Abuse Action Australia Advisory Committee. Her leadership shaped NARI's role in the sector, resulting in life-changing translational research projects, increased collaboration and consumer-led innovation.

“Under Professor Dow's leadership, NARI's research has led to policy and practice changes benefiting tens of thousands of older Australians – as well as those who treat, love and care for them – every year. There is little doubt that her work will continue to have a positive impact into the future.”

- President NARI Board, Associate Professor Michael Murray AM



Photo: Associate Professor Michael Murray (NARI Board President) congratulates Professor Briony Dow (NARI Director) on her 20 years of service to NARI at the AGM in November 2023.

NARI's new Director, Professor Tracy Comans, is a UQ Amplify Fellow at the Centre for Health Services Research, University of Queensland, and an adjunct research fellow at the Royal Brisbane and Women's Hospital. She has a clinical background in physiotherapy, specialising in aged care, dementia and rehabilitation, and is known for her innovative application of economics in health services as well as for developing the prototype for Australia's aged care star ratings system.

“I am honoured to step into the role of Director at NARI, an esteemed institution that I have long admired. I look forward to playing my role in ensuring NARI continues to build on its legacy, working with our staff and partners to deliver improved outcomes for older people across Australia and around the world.”

- Incoming NARI Director, Professor Tracy Comans

Valuing the Voices of Older People

The thoughts, experiences and perspectives of older people and those who care for them are at the heart of all that we do at NARI. We proactively, purposefully and productively involve older people in our work – through individual projects as well as via our over-arching Community Advisory Panel – to ensure that their voices are heard, acknowledged and integrated into our research. NARI is dedicated to reducing obstacles to meaningful consumer and community participation in research, fostering diversity, and promoting inclusive and effective consumer engagement.

NARI Community Advisory Panel

During 2024, NARI was proud to announce the establishment of our inaugural organisation-wide Community Advisory Panel. This is the latest evolution in NARI's commitment to meaningful community engagement that bridges academia, policy and practice.

Chaired by long-time NARI collaborator and advocate Rhonda Day, the panel consists of 10 community representatives. Panel members contribute diverse professional and personal experience of consumer issues related to health and aged care, and have a keen interest in research that seeks to improve the lives of older people.

The Community Advisory Panel supports NARI by providing crucial input into NARI's current and future research programs, including the Melbourne Ageing Research Collaboration (MARC). The panel advises on

the views of consumers and the community to ensure that they are recognised and reflected in the design, development and dissemination of NARI projects. Panel members are advocates and champions of NARI, and work to raise public awareness of the research undertaken within NARI and MARC.

In 2024, panel members have taken on roles as advisors, consultants, and co-researchers across a diverse range of projects. Additionally, many have contributed to the development of grant submissions and the review of seed-funding grant applications. Our Community Advisory Panel also provides guidance on consumer and community involvement and engagement activities within NARI's research, and how to enhance engagement with the broader community.



Photo: NARI's inaugural Community Advisory Panel which held its first meeting in March 2024. From left to right George Papadopoulos, Rhonda Day (Chair), Sue Aberdeen, Primrose White, Margaret Box, Wanda Dopierala, Jenny Ashby, Kay Bodna, Lorraine Harrison, Tony Walsh.

Co-designing Research with Older People

NARI's *No More Shame* project aims to address the stigma of elder abuse by improving its recognition, response, and referral by health providers. It involves a co-designed training program for health providers who work with older people in hospitals, and its efficacy is currently being trialled in 10 hospitals across Victoria, New South Wales, Western Australia and South Australia.

Elder abuse ravages the lives of older people, yet it often goes unreported and undetected. Older people are ashamed to disclose it; and health providers often lack the training and skills to know how to ask about it, and how to appropriately respond.

The *No More Shame* study is overseen by a Stakeholder Advisory Group which includes older people, those with lived experience of elder abuse, health providers, service providers, and representatives from peak bodies and government departments. The group meets 2 - 3 times per year and is co-chaired by consumer advisor Cheryl Durston, who is an older person with a strong background in the aged care sector across a variety of roles and locations. Our co-design approach involves shared decision-making within this group in addition to engaging older people in the development of the resources, tools and education associated with the project to effectively and efficiently improve healthcare systems, processes and outcomes.

“To be engaged as a consumer advisor for the No More Shame project has been a unique and rewarding experience. Co-design provides a sense of empowerment, belonging, worthiness and belief that you, as a consumer advisor, still have something worthy to offer and are recognised as a valued team member. I look forward to the next stage of the project and, like the other consumer advisors, we are ready, willing and able to contribute in a meaningful way.”



Photo: Consumer advisor Cheryl Durston speaking as part of NARI's presentation titled 'Co-designing Clinician Training to Improve Elder Abuse Recognition and Response' at the 2024 Australian Elder Abuse Conference in Adelaide.

ENJOY Champions: Enhancing Capabilities and Strengthening Connections

The *ENJOY* project evaluates the effects of sustained engagement in physical activity on mental health and physical outcomes through the use of a community-based outdoor physical activity program for older people. As part of the project, NARI has trained volunteers from five local councils in Victoria to become ‘*ENJOY* champions’ – providing them with the knowledge and skills to lead and inspire their peers in utilising our specialised Seniors Exercise Parks.

Community-based health promotion involving peer-led programs is a great way to support physical activity. NARI employs this approach by providing 5-week volunteer training programs for older people regarding the use of our Seniors Exercise Parks across Victoria, which enhances their individual capabilities and strengthens community connections.

Volunteering provides many benefits to individuals and to the community. Our *ENJOY* champions highlight the social benefits of attending group sessions at the park including: the value of making new friendships; connecting with people with similar interests; and being with others who are positive and proactive about their health. The joy and laughter they have at the sessions gives them a sense of belonging.

Staff from participating local councils also emphasise the sense of purpose that the *ENJOY* champions get from helping people to improve their fitness. They report that the champions take pride in their local park and delight in giving back to their local community and seeing the facilities being used. They also find reward in sharing what they have learned from the NARI training to help others. This collaborative approach between local councils, older people and the local community is a great way to provide sustainable health promotion programs that support older people’s participation in outdoor seniors exercise parks.



To hear from our *ENJOY* champions, visit:

www.nari.net.au/enjoy-champion-training-train-the-trainer



Photos: NARI’s *ENJOY* champions supporting their peers at one of our Seniors Exercise Parks.

Innovating Care

NARI acknowledges the need for a transformative mindset to review, rethink and redesign traditional care models. We emphasise innovative solutions to enhance the adaptation, integration, effectiveness, outcomes and sustainability of these models in the real world. Our rigorous translational research aims to inspire and enable best practices in care and service delivery, recognising that these complex systems require flexible and responsive models that are informed by those who use them, as well as those who work in them and those who support them.

Improving Catheter Management in Residential Aged Care

IDC-IMPROVE is a 3-year NARI-led project that aims to strengthen the capacity of Australia's residential aged care workforce to care for people with indwelling catheters in aged care homes. The project is a nurse-led interdisciplinary research collaboration funded by the Federal Government's MRFF.

Data from the Australian National Aged Care Classification indicates that, in 2022-23, over 20,000 aged care residents needed support for a catheter of some type – most likely a long-term indwelling catheter. Although these are potentially beneficial, many people experience complications such as infection, particularly if they are used long-term.

After consulting with key stakeholders and reviewing evidence, the project team designed and validated several resources relating to the use of indwelling catheters in residential aged care, including:

- An online course for registered and enrolled nurses about person-centred catheter care
- An online course for personal care workers about person-centred catheter care
- A Catheter Care Toolkit for managers/senior leaders
- A Catheter Care Audit Tool
- Catheter Care Capabilities for nurses and personal care workers
- An Evidence-to-Practice Support Model

The *IDC-IMPROVE* project team is now evaluating whether the resources are fit-for-purpose and feasible to implement. This will be done through a multi-centre, facility-level cluster randomised controlled feasibility trial involving 24 aged care homes in Victoria, South Australia and Queensland.



Project partners:

The Continence Foundation of Australia, The University of Melbourne, The University of South Australia, Central Queensland University, Flinders University, The University of Alberta, Darling Downs Hospital and Health Service, The Australian Prostate Centre, Austin Health, Regis Aged Care, The Australian Nursing and Midwifery Federation, The Continence Nurses Society Australia, The Australian and New Zealand Urological Nurses Society.



Cooling Off from Climate Change

NARI is leading a project funded by the Lord Mayors Charitable Foundation to undertake research in understanding the use and perceptions of cooling centres for older Victorians, and to explore how older Victorians perceive health-related effects of heatwaves.

Climate change is significantly increasing the intensity and frequency of heatwaves in Australia, posing severe health risks, particularly for older adults. Due to physiological and social factors, older people are more susceptible to heat-related illnesses and fatalities during these extreme weather events. Key risk factors include: advanced age; pre-existing medical conditions; chronic mental disorders; social isolation; low economic status; and risk of homelessness.

Cooling centres serve as designated refuges during extreme heat events, providing a safe and cool environment. These centres can be found in local community centres, shopping centres, public pools, and libraries. They are especially crucial for older adults and individuals who lack air-conditioning at home. Despite

their importance, there is limited knowledge about the factors that enable or hinder the use of cooling centres by older people, and how these centres can be effectively scaled up across Victoria and Australia.

The aim of the *Cooling Off* project is to fill this knowledge gap by exploring the perceptions and implementation of cooling centres from the perspectives of older Australians, community organisations and policy-makers. This will provide valuable insights into the facilitators and barriers to the use of cooling centres, ultimately contributing to evidence-based policy development for heatwave emergency preparedness in Australia. Results are expected to be available in early 2025.



Project partners:

*Australian Association of Gerontology,
RMIT University, University of Melbourne,
Austin Health.*



Photo: NARI's *Cooling Off* project explores the use of cooling centres, such as public libraries, to keep older people cool during extreme heat events.

Embracing Diversity

NARI is committed to addressing the unique needs of older people from diverse demographic, cultural and social backgrounds. We collaborate with consumers, communities, policy-makers, and health professionals to reduce disparities in care delivery and outcomes, promote health equity and improve access for all.

Dementia Training for Interpreters

The *Improving Interpreting for Dementia Assessments (MINDSET)* study aims to improve the quality of interpreter communication during cognitive assessments for dementia via online co-designed interpreter training. The project is funded through a partnership grant by the NHMRC and extensive industry support.

MINDSET training was co-designed with input from interpreters, clinicians and culturally and linguistically diverse family members of a person with dementia to ensure it reflected diverse stakeholder perspectives. It familiarises interpreters with all aspects of dementia and its impact on cognitive and linguistic ability; explains the tools used to assess and diagnose dementia; and engages interpreters with effective interpreting strategies for cognitive assessments.

Evaluation occurred through a national randomised controlled trial with 127 interpreters of the six most common languages spoken by older culturally and linguistically diverse Australians – Arabic, Cantonese, Greek, Italian, Mandarin, and Vietnamese. It showed that the training resulted in improvements in interpreters' knowledge of dementia and ability to brief and debrief, with stronger effect for interpreters who completed >70% of the training.

Now in its third and final year, the *MINDSET* training is being rolled out nationally, and is freely available to all interpreters regardless of language, qualification or experience level. To date, over 700 interpreters, working in over 97 languages, have completed the training. We have also conducted qualitative interviews with interpreters, interpreter agencies, managers, and clinicians which highlight the value of the training in preparing interpreters for professional practice, building their confidence in engaging with clinicians, and being better prepared to service their respective multicultural communities.



Project partners

National Accreditation Authority for Translators and Interpreters (NAATI), Australian Institute of Interpreters and Translators (AUSIT), Dementia Australia, NSW Health Care Interpreting Service, All Graduates Interpreting and Translation Services, Translating and Translation and Interpreting Service (TIS National), Televic, the Migrant and Refugee Health Partnership, Australian Government Department of Health and Aged Care.



Image: An example of *MINDSET* Training promotional material for interpreters.

Supporting Ethnically Diverse Carers

The *Drawing Out Care (DrawCare)* project, funded by the Federal Government's MRFF, involves the co-development and evaluation of the clinical and cost-effectiveness of a digital intervention tailored to ethnically diverse carers in Australia.

Ethnically diverse family carers of people living with dementia experience greater psychological distress compared to other carers. To address this disparity, practical support that is evidence-based, multilingual and culturally adapted is needed.

The *DrawCare* intervention was based on the World Health Organisation's (WHO) *iSupport Lite* carer support program but was culturally adapted and user-tested through a rigorous co-design process involving approximately 54 ethnically diverse family carers, people with dementia, and service providers. It is delivered via a website and features six animations and information sheets available in 10 languages: Arabic, Cantonese, Greek, Hindi, Italian,

Mandarin, Spanish, Tamil, Vietnamese, and English. These groups reflect Australia's top established and emerging older culturally and linguistically diverse communities.

Following its development, a randomised clinical trial was conducted with 116 family carers from the nine culturally and linguistically diverse language groups to evaluate the clinical and cost effectiveness of the intervention. The trial will conclude in November 2024.



Project partners

Department of Mental Health and Substance Use – WHO, Dementia Australia, Federation of Ethnic Communities Council of Australia (FECCA).



Images: Online resources developed as part of NARI's *DrawCare* project to help improve the lives of carers and people living with dementia.

Advancing Technological Solutions

NARI continues to leverage technological solutions as powerful tools to promote healthy ageing and inspire best practice in health and aged care for older people. We develop and employ digital and multimedia platforms to address complex or challenging topics in engaging ways, amplifying the voices of those often unheard, driving change, and bridging demographic, cultural, linguistic, geographical, and setting divides. This approach is underpinned by co-design, involving creative and interactive digital media with older people, family carers, and health and aged care professionals.

Enhancing Technology-supported Aged Care at Home

Alongside industry partner Silverchain, NARI has developed a new evidence-based framework to help guide in-home aged care providers as they plan and deliver technology-supported services. This pioneering work was facilitated by the NARI-led Melbourne Ageing Research Collaboration (MARC) and made possible through funding from the Aged Care Research and Industry Innovation Australia grants program.

With older Australians living independently at home for longer, the need for technology-supported in-home models of care is increasing. It is therefore imperative that the in-home aged care workforce is assisted to implement digital tools in an effective, efficient and person-centred way. While general guidelines are available to assist organisations to implement technology into practice, the in-home aged care setting has characteristics that require specific attention.

Officially launched by The Hon Ged Kearney MP (Federal Assistant Minister for Health, Aged Care and Indigenous Health) in August 2024, NARI's *Framework for Enabling Technology-supported Aged Care at Home* aims to support aged care service providers to minimise the barriers to health-based technology implementation, leverage enablers, and inform procurement decisions and in-home implementation plans. It was devised specifically for the Australian context based on the findings from a multi-methods research project conducted by a team of researchers, clinicians, and senior managers from NARI and Silverchain.

The framework is designed to be applied before embarking on the procurement and implementation of new health-based technology to increase the likelihood of successful and sustainable integration. It incorporates seven main themes:

1. Technology design factors and features
2. Privacy, security and trust
3. Training and technical support
4. Organisational design and culture
5. Aspects of client care
6. Digital literacy
7. Perceived benefits of technology

Assistant Minister Kearney praised the collaborative work undertaken by NARI and Silverchain in developing the framework and said it aligned “perfectly” with the Department of Health and Aged Care’s Data and Digital Strategy and its accompanying action plan that was released in July 2024.

The framework, a practical step-by-step implementation checklist and supplementary information regarding the underpinning evidence is available on the NARI website: www.nari.net.au/implementation-framework-fetch



Project partner

Silverchain



Top: NARI's new framework supporting technology use for home-based aged care.

Left: Adjunct Professor Tanya Davison (Director of Research Discovery at Silverchain) and Associate Professor Frances Batchelor (Director of Clinical Gerontology at NARI) presenting the *Framework for Enabling Technology Supported Aged Care at Home*.

Above: Sue Williams (MARC Program Manager), Associate Professor Frances Batchelor (Director of Clinical Gerontology), Dr Kerry Hwang (Former MARC Research Fellow) and Tony Walsh (NARI Community Advisory Panel member) celebrating at the launch event.



To view the framework, visit:
www.nari.net.au/implementation-framework-fetch

Online Self-Assessment of Healthy Ageing

To celebrate United Nations International Day of Older Persons, NARI officially launched a fully digitised version of our existing paper-based *Healthy Ageing Quiz*. Funded by the Victorian Department of Health, this marks a key step forward in promoting the health and wellbeing of Australians as they age.

Healthy ageing requires a shift in focus from merely preventing disease to fostering functional ability. Achieving this goal involves co-ordinated actions across multiple sectors, including health promotion, maintenance of intrinsic capacity (physical and mental abilities), and enhancing the environment (including social, physical, and policy contexts).

Initially developed by NARI in 2010, the *Healthy Ageing Quiz* is an evidence-based, easy-to-use self-assessment tool designed for Australians aged 50 and older that plays a vital role in empowering individuals to take proactive steps towards improving their overall health and wellbeing. It evaluates various lifestyle and health factors, offering personalised recommendations and action plans to help users identify and manage risk areas that impact on healthy ageing.

Although the quiz has undergone regular updates and validation since its inception, in 2022 NARI undertook a thorough review of the structure and content of the resource to incorporate the latest research alongside input from lived experience and academic experts. The updates were field-tested with 794 participants, ensuring the tool's reliability and validity.

The new online quiz includes 26 questions covering physical, psychological, and social factors. Physical aspects assessed include: physical activity; sedentary behaviour; balance and falls risk; weight and waist circumference; smoking; alcohol and drug use; nutrition;

hearing loss; chronic conditions; and sleep quality. Psychological and social factors focus on mental stimulation, social connections, and optimism.

The updated, digitised *Healthy Ageing Quiz* was officially launched by The Hon Ingrid Stitt MP (Victoria's Minister for Mental Health, Ageing and Multicultural Affairs) who reinforced the importance of ensuring that older people are appreciated, respected and empowered to live well later in life:

"We all benefit from the contributions that our seniors make. Ensuring that older people remain healthy, both physically and mentally, is vital to ensuring that older Victorians continue to live engaged and full lives as they age."

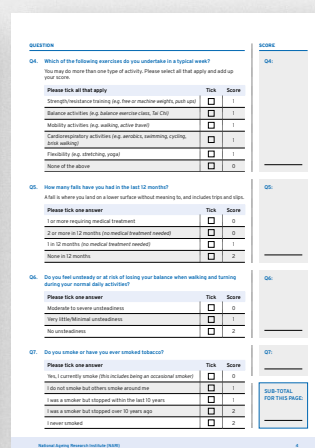
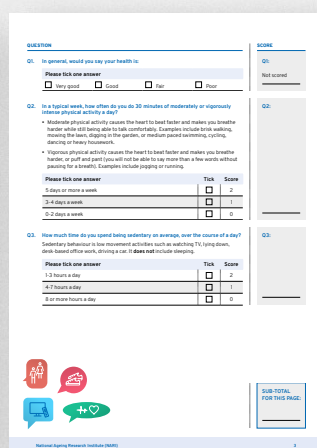
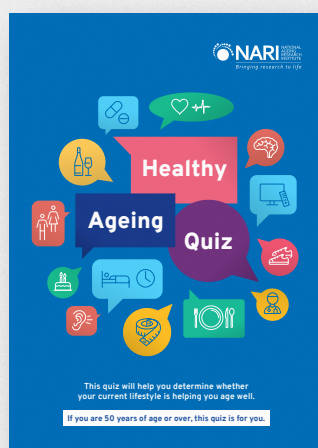
The most recent version of the quiz represents over a decade of research and collaboration, bridging the gap between academia, policy, and practice. By transforming research into accessible knowledge, it equips older Australians with the tools they need to make informed lifestyle decisions and is therefore part of a broader societal shift toward recognising the contributions of older adults and supporting their healthy ageing journey. Minister Stitt praised NARI for producing the digitised quiz and for our ongoing dedication to enhancing the lives of older Australians:

"Congratulations to all involved in the development of this important initiative. I hope that it starts conversations right across the state on what it means to age well."



To take the quiz, visit:

www.nari.net.au/healthy-ageing-quiz



Images: Pages from NARI's *Healthy Ageing Quiz*.

Influencing Policy and Reform Processes

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.

Putting Translational Research in Ageing and Aged Care on the National Agenda

In March 2024, Associate Professor Frances Batchelor (NARI's Director of Clinical Gerontology) and Professor Briony Dow (former NARI Director) travelled to Canberra to attend a Joint Parliamentary Friends event exploring 'Care at home: The next chapter of health reform' hosted by Dementia Australia, Palliative Care Australia and the National Aboriginal and Torres Strait Islander Ageing and Aged Care Council.

Whilst there, they took the opportunity to meet with a range of government officials, policymakers, advocacy organisations and thought-leaders to discuss NARI's research programs and the critical importance of funding translational research into ageing and aged care. Included in these discussions was Natasha Ploenges (CEO of the Health and Medical Research Office within the Australian Government Department of Health and Aged Care), as well as Greg Pugh (First Assistant Secretary, Reform Implementation) and Jane Mussared (Advisor to The Hon Mark Butler MP, Federal Minister for Health and Aged Care).



Photo: Professor Briony Dow (Director of NARI) discussing NARI's work with Ms Natasha Ploenges (CEO Department of Health and Aged Care's Health and Medical Research Office).

Understanding Elder Abuse in Victoria

In May 2024, NARI provided a submission to the *Victorian Parliamentary Inquiry into the mechanisms for capturing data on the profile and volume of perpetrators of family violence in Victoria*, focusing on elder abuse and identifying the barriers to achieving a full understanding of this cohort.

Professor Bianca Brijnath (NARI's former Director of Social Gerontology) also appeared as an expert witness during The Legislative Assembly Legal and Social Issues Committee's public hearing relating to the inquiry, held in August 2024, outlining NARI's recommendations to improve the mechanisms for capturing perpetrator data that are needed to reduce the prevalence and severity of elder abuse.

Increasing Public Awareness of Falls Prevention and Recovery

In September 2024, following the well-publicised injuries sustained by Maggie Beer AO (Australian food-icon and leader of the *Maggie Beer's Big Mission* experiment) as the result of a fall, Associate Professor Frances Batchelor (NARI's Director of Clinical Gerontology) published an open letter to Maggie in support of her personal recovery and highlighting the issue of falls in older Australians.

In light of the new Australian Falls Prevention guidelines that are set to be released in late 2024, the letter also reinforced the importance of translational research institutes, such as NARI, in bridging the gap between research, policy and practice to reduce the rate of falls and subsequent injury for older Australians.

Developing Australia's New Aged Care Act

In October 2024, Professor Tracy Comans (NARI Director) was asked to give evidence to the Senate Standing Committee on Community Affairs public hearing relating to the *Inquiry into the Aged Care Bill 2024*. This was in response to a position statement prepared by NARI earlier in the year regarding the Exposure Draft of the Aged Care Act 2023.

During her opening statement, Professor Comans acknowledged the hard work and dedication of the Federal Government in bringing about these much-needed reforms to aged care, however identified numerous areas in which the Act needs to be strengthened to ensure that it upholds the right to evidence-based care that promotes dignity, maximises quality of life and reduces the risk of adverse events and iatrogenic conditions.

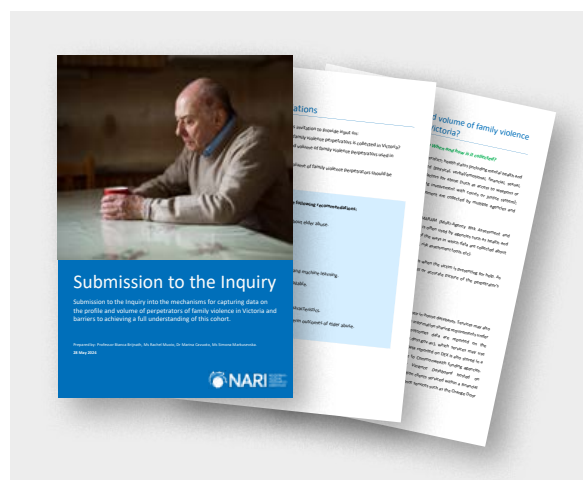


Image: NARI's submission to the *Victorian Parliamentary Inquiry into the mechanisms for capturing data on the profile and volume of perpetrators of family violence in Victoria*.

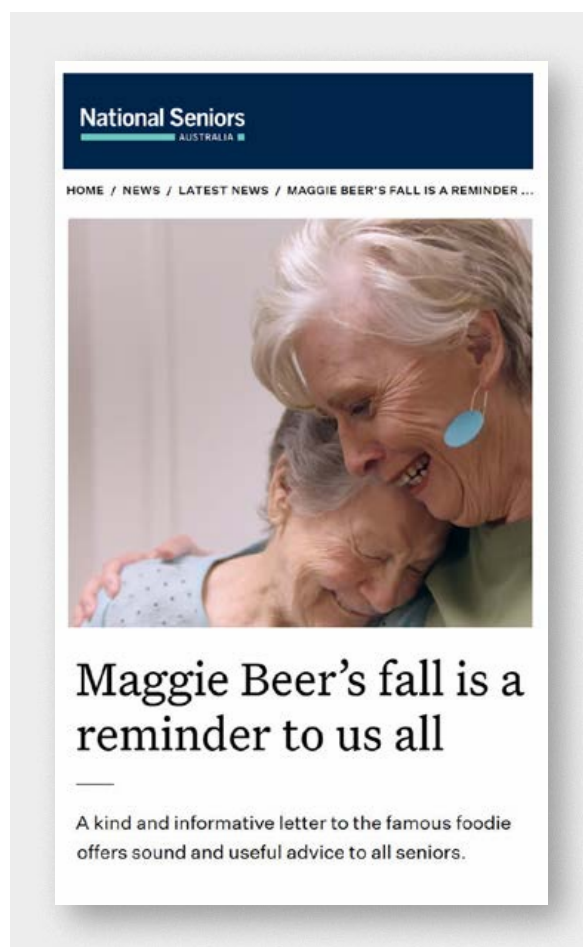


Image: Praise from National Seniors Australia regarding NARI's open letter to Australian chef and food icon Maggie Beer AO regarding falls prevention and recovery.

Shaping the Public Conversation

NARI uses a range of media and communications formats to purposefully engage and interact with the wider community, combat ageism and ageist attitudes, and share the outputs and outcomes of our research in meaningful and accessible terms. This is a powerful way to advance the public conversation around ageing, including developing and shifting narratives that will make a positive contribution to a world where older people are respected, healthy and included.

Conversations on Ageing

The theme for this year's NARI Conversations on Ageing event, *'Understanding, Embracing and Supporting Neurodiversity as we Age'*, highlighted the urgent need to improve awareness, diagnosis and support for older people with Autism and Attention Deficit Hyperactivity Disorder (ADHD).

With over 300 registrations, the conversation took the form of an online discussion featuring Professor Sandra Thom-Jones (Autistic author, artisan, academic and advocate) and Professor Mark Bellgrove (Cognitive neuroscientist responsible for leading the development of Australia's first NHMRC-approved clinical practice guideline for ADHD in 2022).

Both experts identified a lack of national and international research into Autism and ADHD in older people, acknowledging that poor awareness and understanding regarding these neurotypes also limits access to essential social services and supports.



To view the conversation, visit:

www.nari.net.au/conversations-on-ageing-neurodiversity-as-we-age-past-lectures



"The experience of older autistic adults... it's just not there. We know quite clearly that what constitutes a positive experience for an autistic child in school is very different to a non-autistic child. Yet we make assumptions about what healthy ageing looks like for autistic people based on what we know healthy ageing looks like for non-autistic people. I think that's the huge gap."

- Professor Sandra Thom-Jones (Autistic Author, Artisan, Academic and Advocate)



"I think the first thing we have to do is actually ask older Australians with ADHD what their experience is and what their priorities are, either in terms of their unmet needs but also in terms of research. But there are also definite needs in skilling the health and aged care workforce to bring awareness of ADHD and older adults to all the different professional groups that might intersect with them - whether it be nurses, occupational therapists, geriatricians or adult psychiatrists. This is critical in dispelling the myth that ADHD is just a childhood presentation and, instead, putting it on the radar for the older person in front of them."

- Professor Mark Bellgrove (Director of Research at the Turner Institute for Brain and Mental Health and Professor in Cognitive Neuroscience at Monash University)

Annual Summit

On Friday 20th September 2024, we welcomed over 80 distinguished leaders, government officials, advocacy experts, industry representatives, academics, researchers, health and aged care professionals and older people to our 2024 Annual Summit titled: *'Human Rights are Older People's Rights, Too!'*

The summit was opened by The Hon Kate Thwaites MP (recently appointed Federal Assistant Minister of Social Security, Ageing and Women) who praised the efforts of NARI and fellow collaborators, many of whom were in attendance at the summit, for our shared aspiration in improving the lives of older people and those who care for them.

"The work of NARI and the many academics and advocates here today all contribute to helping the Albanese Government deliver on our vision of an Australia where everyone is entitled to respect, dignity and the opportunity to participate in the social, cultural and economic life of our nation."

- Assistant Minister for Social Security, Ageing and Women, The Hon Kate Thwaites MP

In delivering his keynote address titled, *'Participants not Onlookers – The Human Rights of Older People'*, Mr Robert Fitzgerald AM (Australia's Age Discrimination Commissioner) stressed that addressing ageism in our health and aged care systems, empowering age-inclusive workforces and reducing elder abuse requires collective effort that actively involves older people themselves.

Other notable speakers included:

- Andrea Kelly (Interim First Nations Aged Care Commissioner)
- Dr Jill Gallagher AO (CEO of the Victorian Aboriginal Community Controlled Health Organisation)
- Dr John Davis (Aged Care Council of Elders)
- Mr Bryan Lipmann AM (CEO of Wintringham)

The summit also heard from NARI researchers regarding our world-leading projects in elder abuse, dignity of care, consumer engagement and co-design, and involving culturally and linguistically diverse communities in research, as well as an expert panel of leading advocates and lived experience experts committed to promoting the rights of older people.



Photo: Associate Professor Anita Goh (NARI), Associate Professor Frances Batchelor (NARI), The Hon Kate Thwaites MP (Federal Assistant Minister for Social Security, Ageing and Women), Professor Tracy Comans (NARI) and Dr John Davis (Aged Care Council of Elders) at the 2024 NARI Annual Summit.



Top: Dr Jill Gallagher AO, proud Gunditjmara woman, former Treaty Advancement Commissioner, and Chief Executive of the Victorian Aboriginal Community Controlled Health Organisation (VACCHO) presenting at the 2024 NARI Annual Summit.

Above left: Mr Robert Fitzgerald AM (Australia's Age Discrimination Commissioner) delivering the keynote address at the 2024 NARI Annual Summit.

Above right: Dr Marina Cavuoto (NARI Senior Research Fellow) discussing the No More Shame study at the 2024 NARI Annual Summit.

Left: Ms Dilnaz Billimoria (Consumer Advocate), Mr Nikolaus (Niki) Rittinghausen (Centre for Cultural Diversity in Ageing), Ms Anne Muldowney (Older Persons Advocacy Network) and Ms Robin Vote (Consumer Advocate) discuss human rights for older people as part of the 2024 NARI Annual Summit Panel.

Informing Practice

An important and powerful way that NARI promotes accurate information about ageing – and inspires best practice in the health and aged care workforce – is through our portfolio of seminars, professional development workshops and other public forums.

Seminars in Ageing

During 2024, our free Seminars in Ageing series was presented across monthly online lunchtime webinars in partnership with the University of Melbourne's Academic Unit for Psychiatry of Old Age.

Clinical topics have proven particularly popular with our Seminars in Ageing audience, while the online format enables this important knowledge dissemination forum to reach policy-makers, academics and clinicians across Australia. The highest attended seminar for 2024, which coincided with the World Health Organisation's World Patient Safety Day, was presented by the University of Queensland's Professor Alison Mudge who discussed her research into 'Improving Hospital Care for Older People'.

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



To view our webinar recordings, visit:

www.nari.net.au/Pages/Events/Category/seminar-recordings

Professional Development Workshops

This year's professional development program provided customised education and training across a range of key issues relating to the health, wellbeing and quality of life older people and those who care for them.

Providing workshops 'on-request' allows NARI to develop interactive sessions that are specifically tailored to individual organisations, and aligned with their sector's quality and safety standards, and provides an opportunity for researchers, managers, health and aged care professionals to consider how the latest evidence may be applied within their own workplace. Examples of professional development workshops run during 2024 include:

- *Falls prevention in residential aged care: practical tips and strategies* – latest evidence in falls prevention, interactive case studies and practical strategies
- *Introduction to co-designing research with older people* – principles, application, strengths, limitations and considerations for involving older people in co-design
- *Dealing with racism in aged care* – how to identify and respond to cultural conflict and create culturally-safe environments



To view our range of professional development workshop topics:

www.nari.net.au/Pages/FAQs/Category/workshop-topics

Launch Events

NARI hosted a number of launches over the past 12 months, both in-person and online, to inform and involve relevant key stakeholders in our research and research outcomes, attract media attention and generate community interest. These events also provide a forum to support the recruitment, involvement and acknowledgement of collaborators and potential project participants.

In 2024, launches promoting the commencement of new NARI projects, and/or new stages within a project, were held for:

1. *IDC-IMPROVE Catheter Care Bundle*

- Project aim: To improve indwelling catheter care in residential aged care

2. *MINDSET Training*

- Project aim: To improve the quality of interpreter communication in cognitive assessments for dementia in older people from culturally and linguistically diverse backgrounds

Additionally, launches disseminating the knowledge, resources and tools produced, facilitated and translated from our research included:

1. *Framework for Enabling Technology-Supported Aged Care at Home*

- Project aim: To increase the likelihood of successfully integrating technology into in-home aged care by identifying and managing enablers and barriers, and offering practical tips for implementation plans

2. *Digitised Healthy Ageing Quiz*

- Project aim: To increase awareness and starting conversations about healthy ageing as well as inspiring individuals to take action where they can to improve their health and wellbeing



Photo: The Hon Ged Kearney MP (Federal Assistant Minister for Health, Aged Care and Indigenous Health) discussing the future of health and aged care for older Australians at the launch of NARI's *Framework for Enabling Technology-Supported Aged Care at Home*.



Photo: The Hon Ingrid Stitt MP (Victorian Minister for Mental Health, Ageing and Multicultural Affairs) opening the launch of NARI's digitised *Healthy Ageing Quiz*.

Strengthening Collaboration

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



Melbourne
Ageing Research
Collaboration

The Melbourne Ageing Research Collaboration (MARC)

As a flagship model for collaboration in ageing research, the NARI-led Melbourne Ageing Research Collaboration (MARC) celebrated its 10th anniversary this year. The collaboration is a platform that brings together key research, policy, health, aged care, and advocacy organisations to connect and network, to build capacity for research translation and evidence implementation, and to support advocacy for issues of ageing.

It was Debra O'Connor (NARI Deputy Director) who had the innovative idea of MARC and was responsible for leading it for the first 10 years. As Debra moves onto other initiatives, the MARC family thank her for her vision, insights and commitment to the collaboration since its inception back in 2014. As one of NARI's key programs of

work, MARC is now overseen by Ms Sue Williams, Senior Policy and Practice Fellow, who has been involved in multiple MARC projects as a clinician researcher. Amidst the current financial and workforce challenges that exist within the health and aged care sectors in Victoria, the focus of MARC in improving the lives of older people through collaboration is stronger than ever and we look forward to the next 10 years.

As was proposed in the original model, the work of MARC remains informed by its 17 partner organisations and is enriched by voices of older people, now provided through the NARI Community Advisory Panel (which was established from the previous MARC Community Advisory Group).



Above: NARI-led MARC Partners.

Our Local Alliances

In today's interconnected world, collaboration between organisations is essential for driving innovation and making impact.

At NARI, as a translational research institute, we aim to bring research to life and translate our work to practice and policy. Our local alliances and collaborations with other institutions and organisations are essential. Fostering strong partnerships and collaborations leads to NARI's high-quality research, greater impact and improved outcomes for older people, and a more robust research translation system. Our connections enhance innovation and creativity, leading to new ideas, perspectives, and approaches. Our collaborators help us to drive the research questions, implement our research, and disseminate our work. Our relationships are underpinned by a culture of support, open communication and knowledge sharing. We encourage interdisciplinary connections and foster collaboration between people from different fields, backgrounds, and organisations.



Photo: NARI's Professor Colleen Doyle and Associate Professor Anita Goh (front row, right-hand-side) with members of the *Befriending with GENIE* Project Management Group from Edith Cowan University, University of Sydney and University of Wollongong.

In Australia, NARI partners with:

- **Universities and research centres:** Collaborating with research centres can provide access to complementary expertise and resources, and reduce research siloes to avoid duplication of efforts, optimise resource allocation, and achieve faster results. We collaborate with many like-minded organisations across Australia, and have formal partnerships with The University of Melbourne, RMIT, the Western Alliance Academic Health Science Centre, and Edith Cowan University Social Ageing (SAGE) Futures Lab.
- **Consortiums:** The NARI-led Melbourne Ageing Research Collaboration (MARC), a unique partnership of health, research, aged care and advocacy organisations working together to improve the lives of older people, is a prime example of NARI's consortium partnership approach. NARI is also a Collaborating Research Centre of the Australian Association of Gerontology.
- **Advocacy and community organisations:** By engaging with community partners, we better understand the needs and experiences of older adults and tailor our research accordingly. Collaborations with advocacy and community organisations help us increase the reach and impact of our research, leading to positive social change. We value all our community partners, who are varied and diverse. At present, we have partnerships with Professionals with Alzheimer's and related diseases, COTA Victoria and Dementia Australia.
- **Health, aged care and industry partners:** Our partnerships in these sectors lead to innovative research ideas and projects, and the development and implementation of practical applications for findings. Our research involves aged care service providers in home care and residential care, primary health, rehabilitation and hospital partners, and multiple technology partners.
- **Policy-makers:** NARI continues to engage in open communication with all levels of government and provide expertise and advice to local, state and federal policy-makers, so policies are informed by the most recent evidence.

Our ongoing and long-standing investment in collaboration serves to cement NARI's role as a leader in ageing and aged care research and to connect us with the community to make our work inclusive, vigorous and meaningful. Our collaborations foster innovation and sector-wide systems-thinking, enhance policy and practice relevance, and is a key strategic objective so NARI can continue to make significant and impactful contributions to improving the lives of older people.



Photo: Dementia researchers from NARI and Vietnam collaborating as part of a formal international partnership.

Our International Partnerships

In 2024, NARI continues to strengthen its position as a global leader in ageing and dementia research through strategic international partnerships. These collaborations not only enhance research excellence but also drive the development of innovative solutions to address the complex challenges faced by ageing populations worldwide.

One of NARI's most notable partnerships is its ongoing collaboration with institutions across the Asia-Pacific Region. NARI leads a large-scale dementia research consortium in the region that is focused on addressing inequities in dementia care and support for vulnerable populations. This initiative brings together researchers, policymakers, and practitioners from low- and middle-income countries and culturally and linguistically diverse communities in high-income countries, aiming to develop contextually relevant strategies to combat the growing dementia burden. An example of this work is *e-DiVA*; a multinational NHMRC grant program led by NARI's Associate Professor Tuan Anh Nguyen (Principal Research Fellow). Aimed at developing a Virtual Assistant to support dementia carers, it exemplifies our commitment to leveraging technology to meet caregiving needs in diverse and underserved populations.

Alongside this, NARI researchers are part of other global initiatives including implementing and evaluating the Chinese version of the *WHO iSupport Program* in Australia and Greater China. This program, funded by the National Foundation for Australia-China Relations and led by Flinders University, involves researchers from South Australia, Victoria, and New South Wales in Australia as well as Beijing, Xi'an, Taiwan, Hong Kong and Macau in China.

NARI's global outreach also extends to partnerships with National Institute of Mental Health and Neurosciences and St John's Medical College in Bengaluru, India and Queen Mary University of London, UK. Led by NARI, this international team of researchers is working on *Moving Pictures India*, a project that is funded by the Alzheimer's Association US and provides co-designed film and digital content to Indian carers on how to manage dementia care at home. Furthermore, under the leadership of Professor Bianca Brijnath (former NARI Director of Social Gerontology), NARI has also expanded its collaborations to the African continent, where it supports capacity-building initiatives and research programs that address the challenges of ageing in resource-constrained environments.

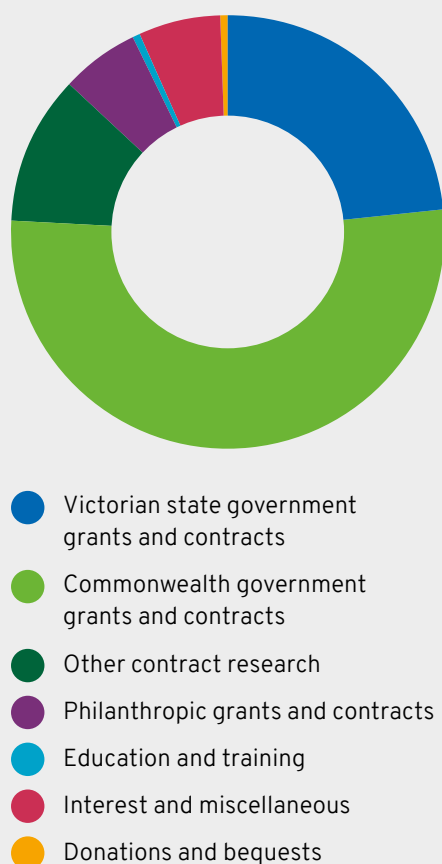
In addition to these region-specific partnerships, NARI plays a pivotal role in global forums such as the WHO Healthy Ageing initiatives, the United Nations' Decade of Healthy Ageing (2021–2030), Alzheimer's Disease International, and the Alzheimer's Association. Associate Professor Anita Goh (Principal Research Fellow) also serves on the International Society to Advance Alzheimer's Research and Treatment Advisory Council. By contributing expertise to these platforms, NARI advocates for policy development and implementation strategies that promote equitable health outcomes for older adults worldwide.

Through its many and varied international partnerships, NARI affirms our commitment to advancing ageing research, reducing health disparities, ensuring that culturally tailored interventions are prioritised in vulnerable communities and fostering innovation in care solutions for older populations. These collaborations ensure that we remain at the forefront of addressing the complex challenges of ageing, promoting healthier, more equitable ageing trajectories on a global scale.

Our Financial Performance

Revenue and Income	2024	2023
Victorian state government grants and contracts	\$1,419,362	\$1,824,446
Commonwealth government grants and contracts	\$3,157,824	\$3,219,736
Other contract research	\$677,552	\$514,578
Philanthropic grants and contracts	\$358,399	\$467,102
Education and training	\$20,734	\$23,853
Interest and miscellaneous	\$377,737	\$204,712
Donations and bequests	\$20,500	\$20,636
Total Revenue	\$6,032,108	\$6,275,063
Expenditure	2024	2023
Employee benefits	\$4,663,956	\$4,480,238
Project costs	\$664,338	\$1,151,889
Research support	\$346,945	\$529,839
Other expenses	\$479,814	\$407,684
Total Expenditure	\$6,155,053	\$6,569,650
Surplus (deficit) for the year	-\$122,945	-\$294,587

Revenue Share



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, knowledge and resources we synthesise, produce and disseminate 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 contributions, whether through participation in research or advisory committees, or lending a helping hand, enrich and enhance our work.

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



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



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.



Donations in Memory

We would like to sincerely thank the families of the following individuals for choosing to support NARI by collecting donations in memory of their loved ones during 2024:

- **Noel Marc Edouard** (1937 – 2024)
- **Efthymia 'Mitsi' Kouris** (1935 – 2024)

Please accept our heartfelt condolences and hope that you find comfort in this lasting legacy that will assist in making a measurable difference to the lives of older people, and those who care for them, through world-class translational research.

**NARI is registered with the Australian Charities and Not-For-Profits Commission and is endorsed as a Deductible Gift Recipient. All donations over \$2 are tax deductible for Australian taxpayers.*





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