

Research Strategies for Healthy Ageing

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Overview

- International Context
- National Drivers
- South Australian Initiatives
 - Department of Families & Communities
 - Department of Health
- Concluding Observations

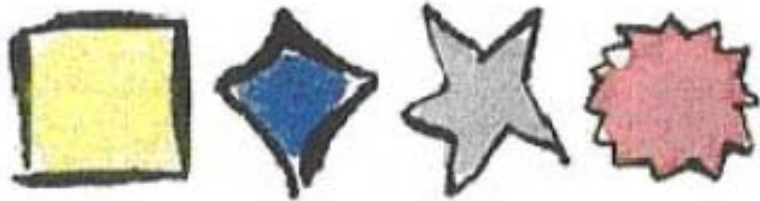


Second World Assembly on Ageing Madrid – 2002

- *International Plan Of Action On Ageing*
- based on the principle of ‘*a society for all ages*’
- Key Priorities :
 - Older persons and development
 - Advancing health and wellbeing into old age.
 - Ensuring enabling and supportive environments
- Value of research:
 - provides essential evidence for effective policies
 - vital for monitoring and evaluating the success of the Plan of Action.



National Institute Aging (USA)



Living Long and Well in the 21st Century – Strategic Directions for Research on Aging

(Draft: May 15, 2007)



NIA Strategic Research Goals

- Healthy Ageing / Disease & Disability
- Reduce disability and improve health and quality of life
- Reduce health disparities and eliminate health inequities
- AD and other dementias & Ageing Brain; prevention, treatment; cognitive, emotional, motor, sensory health
- Consequences of an ageing society



Setting Australian Agendas

- *Promoting Healthy Ageing in Australia*
(PMSIEC, 2002)
- *Intergenerational Report* (Treasury, 2002)
- *National Strategy for an Ageing Australia*
(2002)
- Research Network in Ageing Well (2005)
 - Management Committee & SA Node
- Building Australia's Research Capacity
(BARC; DH&A + AIHW)



Review Of Healthy Ageing Research In Australia (2000)

- Social and cultural diversity
- Improving and maintaining health
- Intergenerational relations and planning for ageing
- Income, employment and voluntary contributions
- Programs and services research
- The baby boom and social change.



Improving with Age: Our Ageing Plan for SA (DFC, OFTA, 2006)

- Key Themes
 - Work
 - Safety
 - Housing
 - Contribution
 - Grandparents
 - Diverse needs
 - Active & Healthy
- Kick Start Initiatives for Research
 - State of Ageing Report
 - Policy Lessons from ALSA
 - Implications of 'gophers'
 - Gambling
 - Ageing Services Atlas



Intergenerational Health

Focus Group (DFEEST/DHA)

- implement and progress **concept** as internationally recognised niche capability for South Australia
- define research themes and focus areas for the capability
- develop a strategy for establishing a National Centre for Intergenerational Health
- Multigenerational Cohort Studies Proposal



SA - Intergenerational Health

- Working Party of DFEEEST –
 - Feasibility of National Research Centre
- The four key research themes include:
 - healthy reproduction
 - **healthy ageing**
 - health weight ;
 - psychological health and wellbeing.



Healthy Ageing Themes (March 07)

1. Maintaining and enhancing mental health and addressing the dementia 'epidemic'

focus on initiatives to enhance control and acceptance via interventions that emphasise compensation through alteration of personal goals

2. Activity and participation

explore how to maintain or enhance mental and physical activity, increase protection against depression, anxiety and chronic disease



Healthy Ageing Themes

3. Healthy communities

explore impact of broad socio-economic factors on ageing well and an emphasis on positive ageing in a wide range of societal circumstances

4. Data linkage and use of secondary data

add value to existing cohort studies (e.g, ALSA, FAMAS) to administrative databases of HIC, MBS, PBS, etc



Concluding Observations

- Themes
 - Diversity & inequalities
 - Primary vs Secondary ‘ageing’
 - Population and Person Focus
 - Translational – lessons & applications
 - Action – interventions, prevention, education
- Collaborations:
 - Multidisciplinary, Cross-sector
- Multi-method:
 - data linkage, bench, fieldwork



Conclusion

- Ageing is definitely on the agenda
- Ageing is a life-long process
- Ageing happens in a context
- Myths still need busting
- Evidence base is robust, but sparse
- State-wide collaborations are healthy, and ageing!

