



NARI
NATIONAL AGEING
RESEARCH INSTITUTE

Bringing research to life

Western Alliance Ageing Research Forum

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6th Sept 2019



Melbourne
Ageing Research
Collaboration

What we already know

- Ageing population and older people living longer
- Baby boomer cohort – tree-changers
- Higher acuity levels of aged care recipients
 - 50% in resi care have dementia
- Current aged care provision will not meet projected demand
 - Workforce shortages
 - Capped # of packages/places
 - Issues of scarcity and distance in rural areas
 - Fewer family carers
- Resi care not appealing to older people



World's Oldest Person on 03/09/19

Ms Kane Tenaka – 116 years old
Born 2nd January 1903

Royal Commission into Aged Care Quality and Safety

- How can we make sure that aged care homes and services provide **good and safe care**?
- What can be done so there are enough **good quality aged care homes and services** in the community for all the people who need them?
- Are there enough good quality services in **remote, rural and regional** Australia?
- What are the best ways to help and care for people **living with dementia**?
- What are the best ways to help and care for **younger people with disabilities** who are living in aged care homes?

Accepting submissions until at least the end of Sept 2019

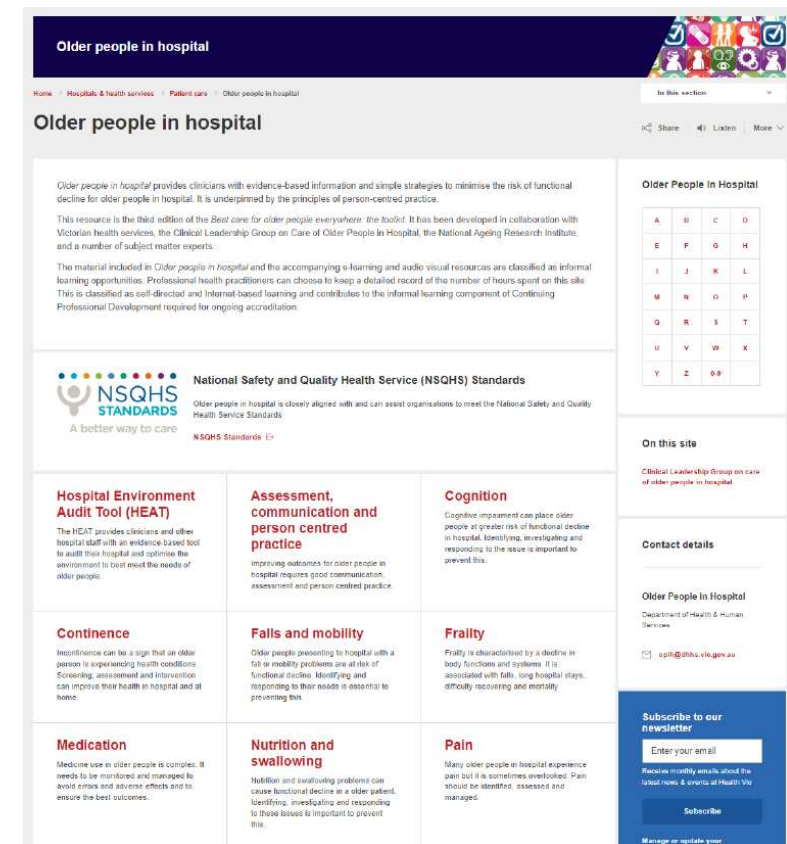
NARI leading a national survey of residents to determine their views of aged care, including responsiveness to complaints.

The National Ageing Research Institute (NARI)

- Independent Medical Research Institute
 - Only one in Australia focused on ageing
- Company Limited by Guarantee
 - 9 member board
- 43 year history
- Focuses on practical, translational research and education in aged care and ageing sectors
- Mission - to improve the health and wellbeing of older Australians

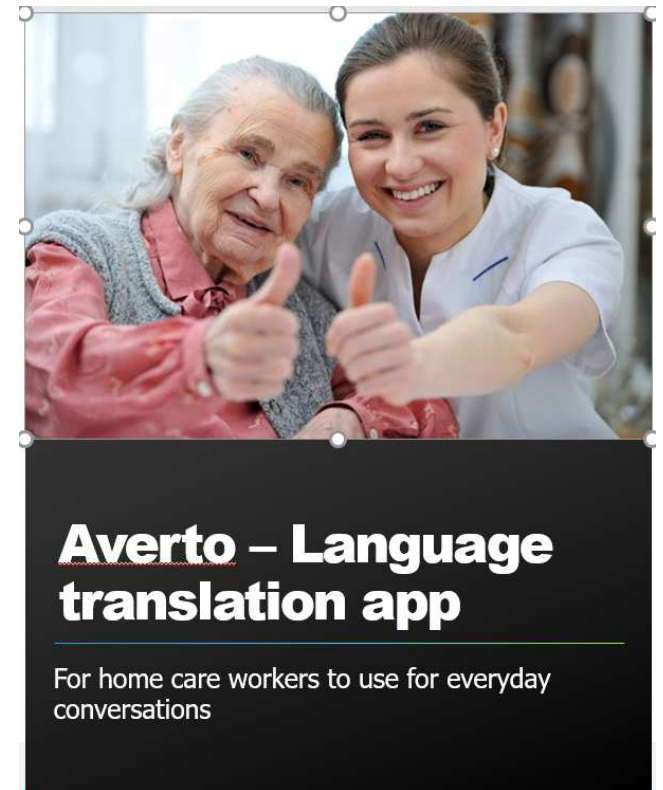
Examples of NARI's system level work

- Analysis of AIHW and ABS data
- Better care for older people in hospital resources
- Audit tools
- Technological solutions – e.g. e-interpreting for dementia assessment
- Retirement village residents survey
- Environmental design
- Conceptual framework and gap analysis of elder abuse



Examples of NARI's aged care work

- Staff-resident and staff-family communication tools
- Education for home care workers (PITCH)
- AVERTO translation app
- Interventions to improve wellbeing of residents
 - Pleasant activities, befriending
 - Pain management
 - Falls prevention



Examples of NARI's Education and Training

- Dementia education (DTA and PITCH)
- Face to face workshops on:
 - Cognition
 - Mental health
 - Falls
 - Pain management
 - CALD dementia
 - Consumer directed care
- Annual summit
- China, Malaysia, Japan, Thailand



Leadership and Health Promotion



Melbourne
Ageing Research
Collaboration

- Collaboration/leadership
 - Melbourne Ageing Research Collaboration (MARC)
 - CaLD Dementia Research Roadmap
 - Aged Care Roundtables
 - Consumer consultations
- Health Promotion
 - Healthy Ageing Quiz
 - Ageing Well with Avatars
 - ENJOY Exercise parks



Our approach

- Co-design
- Focus on impact
 - Policy
 - Practice
 - Behaviour
- Collaborative
- Inclusive



Possible questions/themes for discussion

- Are there enough good quality services in remote, rural and regional Australia?
 - Messages for the RC
- Consumer concerns
 - Ageing well
 - Navigating the system
 - Staying at home for as long as possible
 - Meaningful engagement
 - Ageism
 - Social connectedness
 - Choice and control
 - Ageism
- How are these issues played out in Western Victoria?
- What can the Alliance tackle?



www.nari.org.au