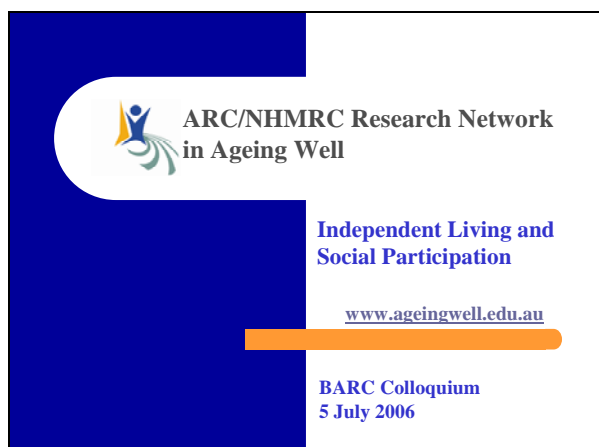


## BARC Policy and Practice on Ageing Colloquium, Canberra, 4-5 July 2006

### ARC/NHMRC Research Network in Ageing Well Research Theme Workshop 2 - Independent Living and Social Participation Theme

#### Presentation Slides:

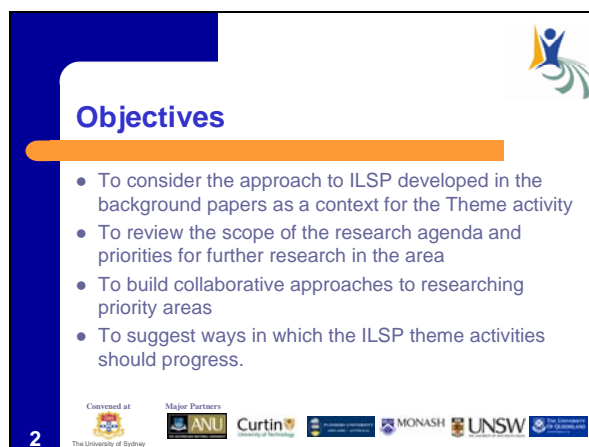


ARC/NHMRC Research Network  
in Ageing Well

Independent Living and  
Social Participation

[www.ageingwell.edu.au](http://www.ageingwell.edu.au)

BARC Colloquium  
5 July 2006



Objectives

- To consider the approach to ILSP developed in the background papers as a context for the Theme activity
- To review the scope of the research agenda and priorities for further research in the area
- To build collaborative approaches to researching priority areas
- To suggest ways in which the ILSP theme activities should progress.

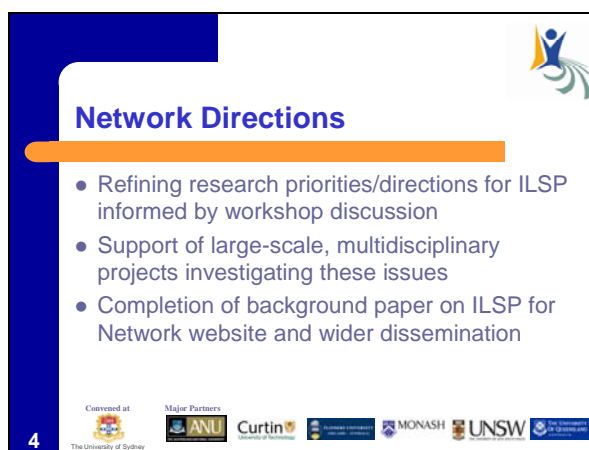
2



Key Issues

1. The nature of independent living and social participation
2. The determinants of independent living and social participation
3. The facilitation of independent living and social participation

3



Network Directions

- Refining research priorities/directions for ILSP informed by workshop discussion
- Support of large-scale, multidisciplinary projects investigating these issues
- Completion of background paper on ILSP for Network website and wider dissemination

4

#### Workshop Summary

##### Workshop Chairs

Professor Helen Bartlett (Theme Convenor)

Foundation Director, The Australasian Centre on Ageing, University of Queensland

Professor Duncan Boldy (Co-convenor)

Centre for Research on Ageing, Curtin University of Technology

##### Rapporteurs:

Professor Duncan Boldy, Centre for Research on Ageing, Curtin University of Technology

Dr Mair Underwood, Research Manager, The Australasian Centre on Ageing, University of Queensland

##### Attended by

The Workshop was attended by a wide mix of participants from state/federal policy, aged care, and the research sector:

Helen Bartlett  
Duncan Boldy

Australasian Centre on Ageing, University of Queensland  
Centre for Research on Ageing, Curtin University of Technology

Mair Underwood  
Tony Coles  
Peter Brady  
Desley Hegney  
Helen Flaherty  
Amy Goyer  
Trevor Fleming  
Barbara Squires

Australasian Centre on Ageing, University of Queensland  
Office for an Ageing Australia, Department of Health and Ageing  
National Seniors  
Blue Care Research & Practice/University of Queensland  
Department of Health and Ageing  
AARP Grandparent Information Centre  
Office for Senior Victorians Communities  
Centre of Ageing, The Benevolent Society

Lydia Ross	Ageing and Aged Care Unit, AIHW
Branko Celler	Centre for Health Informatics, University of NSW
Felicity Barr	Ministerial Advisory Committee on Ageing
Susan Dann	National Seniors Productive Ageing Centre
Taylor Dong	Faculty of Health Sciences, University of Sydney
Dot Jacks	Rehab Research & Development Group, Department of Veterans' Affairs
Glenn Rees	Alzheimer's Australia
Catherine Bridge	Occupation & Leisure Sciences, University of Sydney
James Mac Isaac	Office for Senior Victorians, Communities
Jeni Warburton	Australasian Centre on Ageing, University of Queensland
Maree Petersen	Australasian Centre on Ageing, University of Queensland
Lindy Clemson	Occupation & Leisure Sciences, University of Sydney

### **Objectives of the workshop:**

- To consider the approach to ILSP developed in the background papers as a context for the Theme activity
- To review the scope of the research agenda and priorities for further research in the area
- To build collaborative approaches to researching priority areas
- To suggest ways in which the ILSP Theme activities should progress

### **Summary Notes:**

#### Scope of theme

- The Convenor gave an overview of the previously circulated ILSP Key Issues Paper. The framework it provided was supported as a useful starting point, although it was acknowledged to be very broad.
- Overlap with 'Healthy Ageing' theme was also noted and need to link across.

#### Key Issues

- The nature of ILSP
  - What constitutes a life lived independently and with social participation?
  - What constitutes quality of life at different ages?
- The determinants of ILSP
  - Connection between micro & macro
- The facilitation of ILSP
  - How successful have we been, and how can we improve our success?

#### Participants highlighted the areas that they believed defined ILSP:

- Quality of life underpins entire theme
- "Age friendly" environments including technology, the built environment, ageing in place, residential care, transport, legal issues and mature aged employment
- Transitions – retirement, lifecourse, care trajectories
- Options/ choice
- Diversity (disadvantaged, CALD, etc)
- Social isolation – understanding / interventions/ capital
- Consumer directed care
- Includes residential care ('participation' and 'independence' also relevant)

#### Areas for future research were discussed and focused on the following:

- Transitions (understanding why, when, how, etc)
  - How do we prepare for transitions, and how can we assist people to prepare?
  - How can we assist people to make decisions (not just assist them after the fact)?
  - What makes a person change their mode of living? What are the push and pull factors? What are the triggers?
  - Can anything be done to influence, or indeed stop, a particular transition?
  - When do transitions become losses/undesired changes?
  - What are the market implications?

- Navigating the system
  - How do people navigate the system at the moment?
  - How could we assist them to utilise services/resources more effectively?
  - Does the system need to change?
  
- Diversity
  - What makes people different regarding these issues?
  - CALD communities
    - How similar or different are they?
    - Do they require a different approach?
  - Disadvantaged older persons
    - How do we define disadvantage?
    - What are the indicators of disadvantage?
    - What are the dimensions?
  
- Support/infrastructure
  - How does/can the built environment impact?
  - How does/can technology assist?
  
- Options/ choice
  - What are they choosing now? Does it match their wants/needs?
  - What will they be choosing in the future?
  - How can we facilitate choice when it is desired?
  
- Evaluation/ outcomes
  - What are we evaluating?
  - How do we assess?
  - What are our indicators?
  - How do we evaluate?
  - Needs to be consistent and ongoing to assist comparison of interventions etc
  - What are the desired outcomes?

### **ILSP Theme Directions**

- The ILSP theme requires further unpacking, including: prioritising of issues, development of an agenda and objectives to guide further work, and clarification of the network's role.
- Requires qualitative exploration with older people themselves and those closest to the market place. This would not only illuminate the issues, but also provide clear examples of the issues that mean something to people.
- Requires research on experimentation with models (even where a lot of investment has already been made), and not just those designed by planners, but those emerging models in communities that are the result of individuals/ groups lifestyle choice and preference.
- Requires more efficient use of existing evidence/knowledge base, and bringing together of isolated pockets of activity in this area.
- Call for expressions of interest to develop collaborations/proposals on priority areas within the ILSP theme. Technology in community and aged care was used as an example of how the network might help bring together leading researchers to scope progress and generate better collaborations between industry, care providers and researchers to generate major new programs of work.