

CRE in Frailty & Healthy Ageing Newsletter

Issue 1 - March 2017



Welcome Message from the Chair

Emeritus Professor Derek Frewin, AO, Independent Chair, CRE Management Committee

Welcome to the first newsletter for 2017 of the NHMRC Centre of Excellence in Frailty and Healthy Ageing.

The past year has been a busy one for the Centre with the highlight being its formal launch on September 30, 2016, by the Hon. Kevin Scarce, AC the Chancellor of the University of Adelaide. Over 120 invited guests were present at the ceremony which was held in the Sanctuary at Adelaide Zoo. It was compered by Ms Anne Wills, the well known South Australian television personality and the audience included a number of leaders in the field of health and aged care. Special presentations were made by Professor Renuka Visvanathan, the Centre's Senior Principal Investigator, Hon Mark Butler, MP the Chair of the Centre's Advisory Committee and Professor Jean Woo, the Research Professor of Gerontology and Geriatrics at the Chinese University of Hong Kong. A further highlight of the launch was the showing of video clips with a number of special 'goodwill' messages sent by colleagues and friends overseas.



Hon Kevin Scarce AC, Chancellor, University of Adelaide



Hon Mark Butler, MP, Independent Chair CRE Advisory Committee.



L-R: CRE Researcher Prof Renuka Visvanathan & guest Joan Hage

During 2016, the members of the Centre continued to consolidate and expand their research activities, their collaborations with other local and international investigators as well as doctorate student recruitment, conference presentations and their publications in the international literature. The year ahead looks even busier and we look forward to providing you with further updates and highlights on the Centre and its activities during the course of this year.

New CRE Image

Dr Mandy Archibald, Postdoctoral Research Fellow CRE in Frailty & Healthy Ageing Knowledge Translation

The CRE in Frailty & Healthy Ageing is a transdisciplinary collaboration, but how can this concept be communicated in just one image?

Through our new branding image (above), we sought to represent the complex notion of bringing together diverse persons, ages, and disciplines for a common cause, and to communicate how the individual research arms of the CRE and our collaborators provide support for one another for a common purpose. Diversity characterises both the ageing process and the CRE team, and we were fortunate to have willing participants from The Queen Elizabeth Hospital and the CRE to help us achieve our vision of strength through unity, continuity and collaboration.



Dr Mandy Archibald, CRE Research Fellow

A Reflection on the CRE Launch

Rosa Colanero – CEO, Multicultural Aged Care, South Australia

It was a delight to be part of the launch of the Centre of Research Excellence in Frailty and Healthy Ageing on 30 September 2016. With grey skies, wind chasing the clouds and rain pelting down outside, we were sheltered by elegant surroundings, charmed by musicians and dancers, inspired by the various speakers, enthused by possibilities of engagement, tantalised by stylish hors d'oeuvres and entertained by our shared learning and dialogue. The event showcased multiculturalism in action.



Prof Jean Woo presenting at the CRE launch

Participants agreed that Adelaide is splendidly placed for developing a hub for these conversations, research and innovative practices. People present and those who sent video messages, were excited at the promised potential positive outcomes for everyone as we age. Clinicians and researchers and others, were committed to endorsing healthy ageing and managing frailty. For the delivery of the Commonwealth Home Support Programme activities, with an emphasis on Wellness, Reablement and Restorative Care approaches, these developments were a symphony of ideas to inform practice. As we focus on the over 65 years cohort, rich with diversity within diversity of narratives and meanings about ageing, wellness, healthy ageing and frailty, this Centre will become a beacon for an inclusive, integrated methodology on healthy ageing and managing frailty for older people from culturally and linguistically diverse backgrounds. We are watching this space! We have some ideas to further explore.



*Classical guitarist
Aloysius Leeson*



*CRE advisory members
Jeanette Walters and Jane
Mussared*



*Rear L-R: CRE investigator Prof Jon
Karnon & Prof Jean Woo,
Front L-R: CRE investigator A/Prof Simon
Bell and Prof Sue Kurlle from the
Cognitive Decline Partnership Centre*



*Tarina Lallyette, Katrina
Karlalina Power
(Kaurna Elder) & Anne
'Willsey' Wills (MC)*



*L-R: CRE investigator Prof Ian
Cameron, Prof Jean Woo (keynote
speaker) & Emeritus Professor Derek
Frewin, AO (Independent Chair CRE
Management Committee)*

COTA at Launch of the CRE

Jane Mussared – Chief Executive, Council of the Ageing (COTA).

COTA SA was thrilled to be part of the launch of the CRE in Frailty and Healthy Ageing. The Centre's focus on frailty, and therefore the opportunity to live and value living throughout life, is not before time. The launch of the CRE marks the beginning of serious work by the Centre partners to buck the trend that accepts that frailty is an inevitable part of marking time at the end of life.

There are elements of frailty that could and should be reversible and that could and should be better managed. We are beginning to acknowledge that the aspirations and goals of older people are as valid as those of citizens at any other stage of life. A focus on frailty research, teaching and practice is thus overdue.

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Just as it takes a community to raise a child, so it takes a community to invest in hopeful, positive research and teaching. The Centre emphasises the importance of contributing to lives that continue to participate and influence rather than accepting that all decline is inevitable and tolerable.

The CRE is the epicentre of collaboration between disciplines, between universities, between places and between people. It is also committed to involving as part of the partnership, older people and their families and networks. As a South Australian, I am just a bit proud too that this great initiative has its home here, reinforcing the leadership position of South Australia in ageing well.



Front L-R: Prof Alastair Burt, CRE Investigator Prof Renuka Visvanathan, CRE Advisory Group member Prof Julie Owens.
Second Row from R: CRE Investigators Prof Alison Kitson and A/Prof Simon Bell

Improving Geriatric Healthcare from Adelaide to India

Dr Naresh Makwana, international observer from MP Shah Medical College (Jamnagar, Gjarat, India) with the CRE Frailty and Healthy Ageing

Spending a year as a research observer at the Adelaide Geriatrics Training & Research with Aged Care (G-TRAC) centre and TQEH Aged and Extended Care Services has been a great opportunity for me to enhance my knowledge and understanding in geriatric health care, health planning and medical research. I have been exposed to various studies on older people including an exercise and nutrition intervention to help frail older people to live an independent healthy life, and a novel approach to prevent falls among hospitalized older patients. I was given the opportunity to attend important meetings, seminars and be involved in multiple research projects focusing on the improvement of health and quality of life in older people. This involvement has given me the experience, confidence and enthusiasm to start my own research in this area when I return home.



From L– R: Ms Leonie Baker, Ms Agathe Jadczyk, Dr Naresh Makwana, Dr Kandiah Umaphysivam, A/Prof Solomon Yu, Dr Sally Ahip, Dr Beatriz Martins, Dr Joanne Dollard and Prof Renuka Visvanathan

When I return home to India I plan to use my new skills and knowledge to improve the health of senior citizens by conducting evidence-based high quality research that focuses on the health of older people. As a Professor in the Medical College, my aim will also be to expand and strengthen the knowledge that my undergraduate and postgraduate students have in this field. I would like to take this opportunity to thank my mentor, Professor Renuka Visvanathan, and the team at the University of Adelaide for providing me with the opportunity to visit high quality research and clinical institutions like the CRE in Frailty and Healthy Ageing, the G-TRAC centre and Aged and Extended Care Services at the Basil Hetzel Institute, TQEH. I also wish to thank MP Shah Medical College (Jamnagar, Gjarat) for their support of this visit.

CRE Higher Degree Student Highlights

Built Environment and Frailty: Understanding the influence of neighbourhoods on older people's health

Dr Beatriz Martins, a geriatrician from Brazil & a University of Adelaide Beacon Scholarship PhD student supervised by Prof Renuka Visvanathan, Dr Helen Barrie and Prof Masafumi Kuzuya (Nagoya University, Japan).



Maintaining and promoting health means that we need to focus not only on individual biological factors for disease but also look at environmental factors that might affect our health. For instance, we know that air and water pollution can affect our health, but do we really look at our cities as potential promoters or barriers to healthy ageing.

Dr Beatriz Martins The study *"Built Environment and Frailty: Understanding the influence of neighbourhoods on older people's health"* will investigate how the physical environment of our neighbourhoods can influence being active and ultimately the nutrition and frailty levels of older South Australians. We have created a comprehensive health assessment that can be answered by post or email, and we will ask participants to come to a clinical assessment of their body composition, gait, and strength. They will wear a physical activity monitor to determine how much activity they do. By correlating health information with their neighbourhood characteristics, we can map where are the areas that can really promote healthy ageing in Adelaide.

The ultimate goal for our research is to define a solid scientific approach to developing healthier neighbourhoods for an ageing active society, and hopefully improve on current policies and guidelines.

Dr Kareeann Khow awarded National Health and Medical Research Council (NHMRC) Postgraduate Scholarship

Dr Kareeann Khow, geriatrician undertaking a PhD with the CRE supervised by Prof Renuka Visvanathan, Dr Solomon Yu and Prof Mellick Chehade.

During February 2017 the NHMRC announced funding for Australia's world-leading medical researchers and scientists to support their work in making the next major medical breakthrough. Dr Kareeann Khow received a Postgraduate PhD scholarship to support her project *'Fragility fractures and outcomes in older people'*. In Australia, about 1 million older people have at least one fall each year and 40–60 per cent will sustain major injuries including broken bones. Dr Khow's research will identify effective ways to reduce falls and improve outcomes of those who break a bone, especially of the hip.



Dr Kareeann Khow

Introducing the CRE Research Fellows



Dr Hossein Afzali
Health Economics



Ms Rachel Ambagtsheer
General Practice and Reform



Dr Mandy Archibald
Knowledge Translation



Dr Ivanka Hendrix
Pharmacy & Use of Medicine



Dr Maarit Jaana Korhonen
Pharmacoepidemiology

Contact Us

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