



Annual Social Policy Conference

Living well in our community as we age

- Opportunities and Challenges

“We thread the
needles eye and
all we do, all must
do together”

WB Yeats

**Croke Park
November 26th, 2019**



Dr Diarmuid O'Shea, Consultant Geriatrician

Personal, Professional and Public Perception



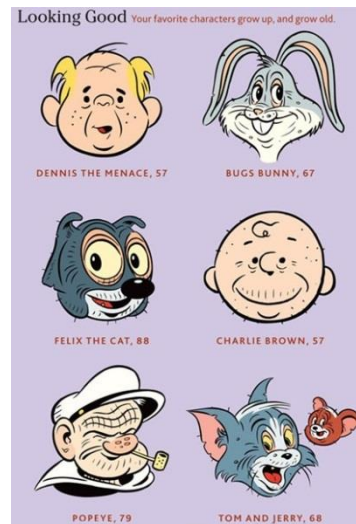
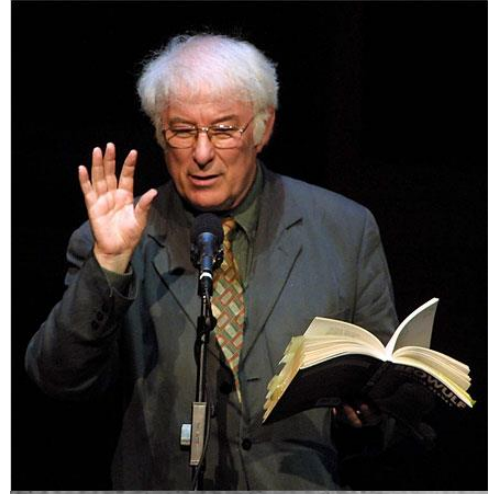
“At every stage seek out opportunities to improve how we age and how we support those who are challenged as they age”



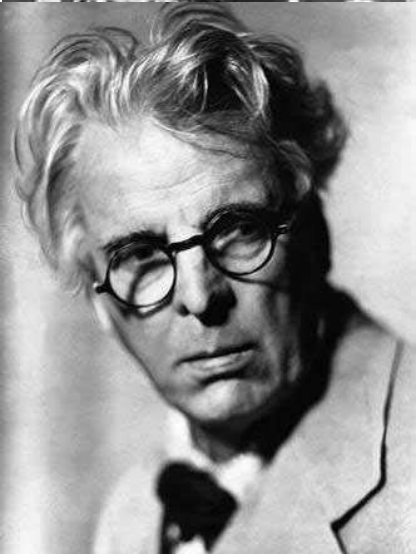
What is Ageing?

When I get older, losing my hair,
Many years from now, will you still
be sending me a Valentine, birthday
greetings, bottle of wine...

When I'm



Beatles 1962



Old age is not a disease, it is strength
and survivorship, triumph over all
sorts of vicissitudes and
disappointments, trials and illnesses



M Kuhn 1978



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

‘When you are old’



OLDER
PEOPLE

Inspiring progress to make our country
a place you want to grow up and grow old in!

and

Living well in our community



When you are old *William Butler Yeats*

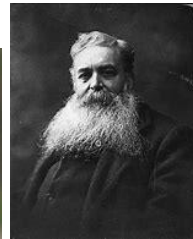
When you are old and grey and full of sleep,
And nodding by the fire, take down this book,
And slowly read, and dream of the soft look
Your eyes had once, and of their shadows deep;

How many loved your moments of glad grace,
And loved your beauty with love false or true,
But one man loved the pilgrim Soul in you,
And loved the sorrows of your changing face;

And bending down beside the glowing bars,
Murmur, a little sadly, how Love fled
And paced upon the mountains overhead
And hid his face amid a crowd of stars.



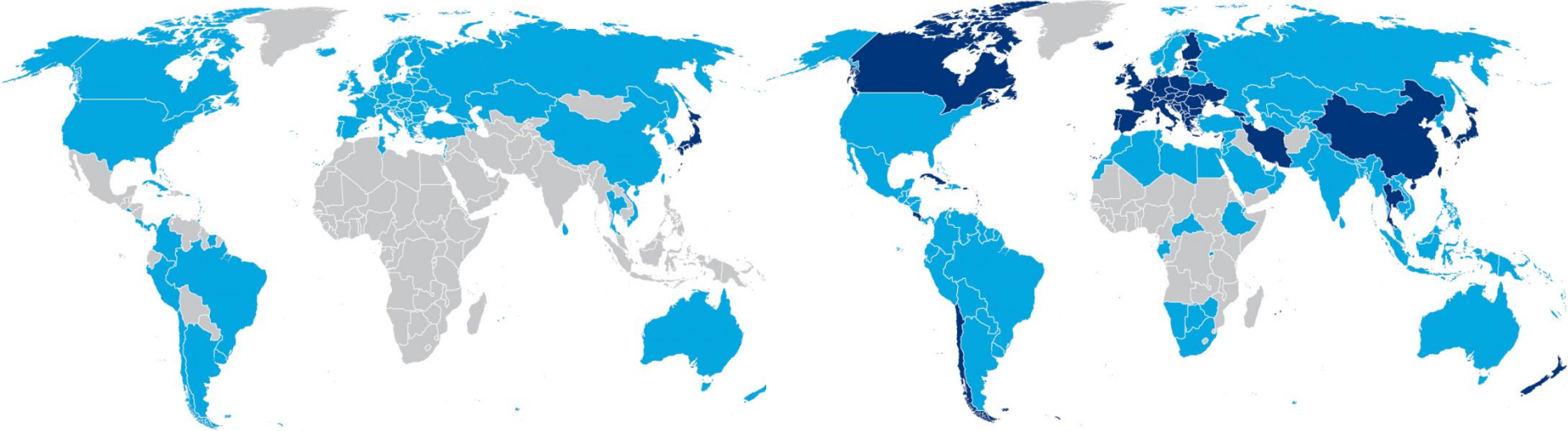
We are all for ever young!
(and if we are lucky we get to grow old!!)



Populations are getting older

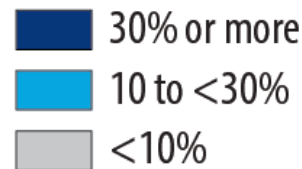
900 million

2 Billion



2015

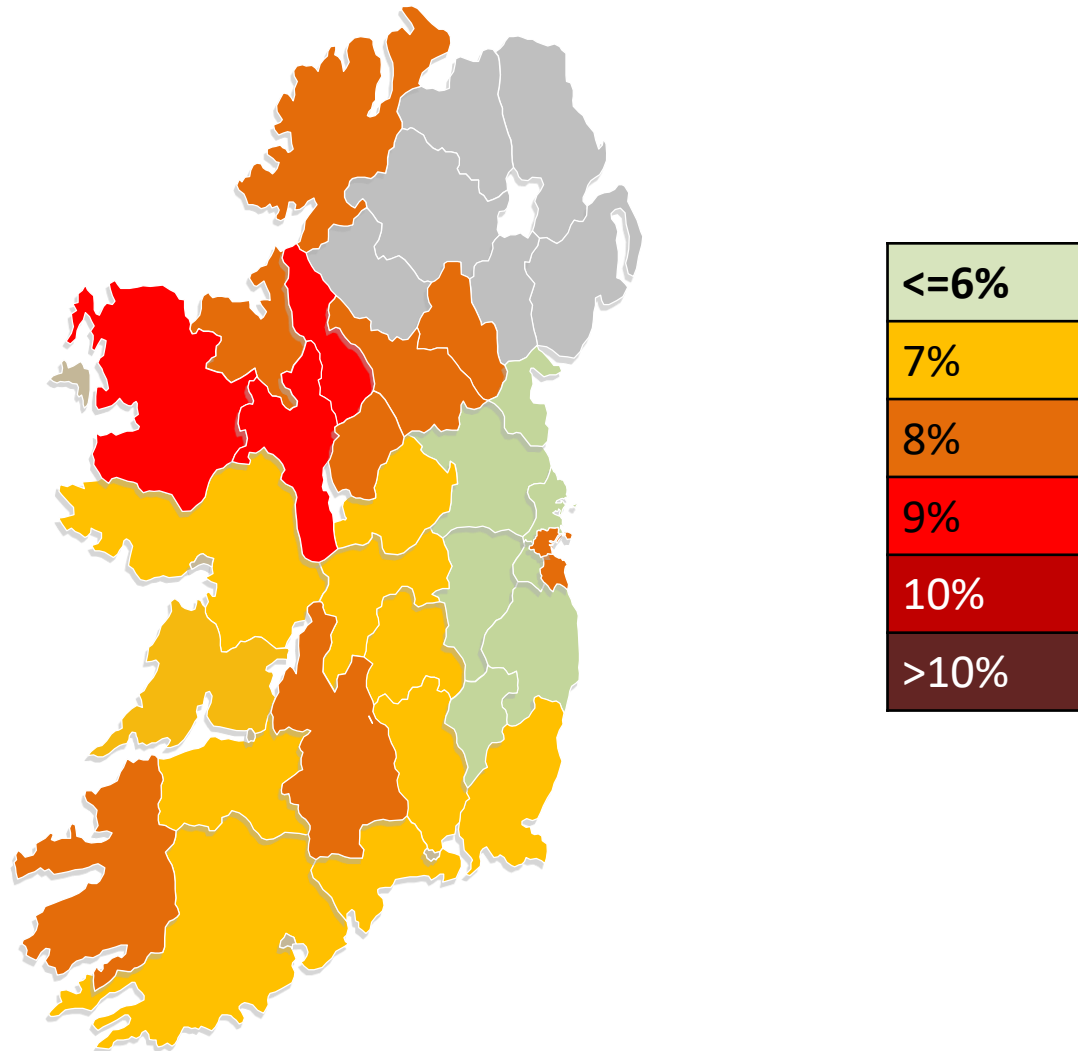
Percentage aged
60 years or older:



2050

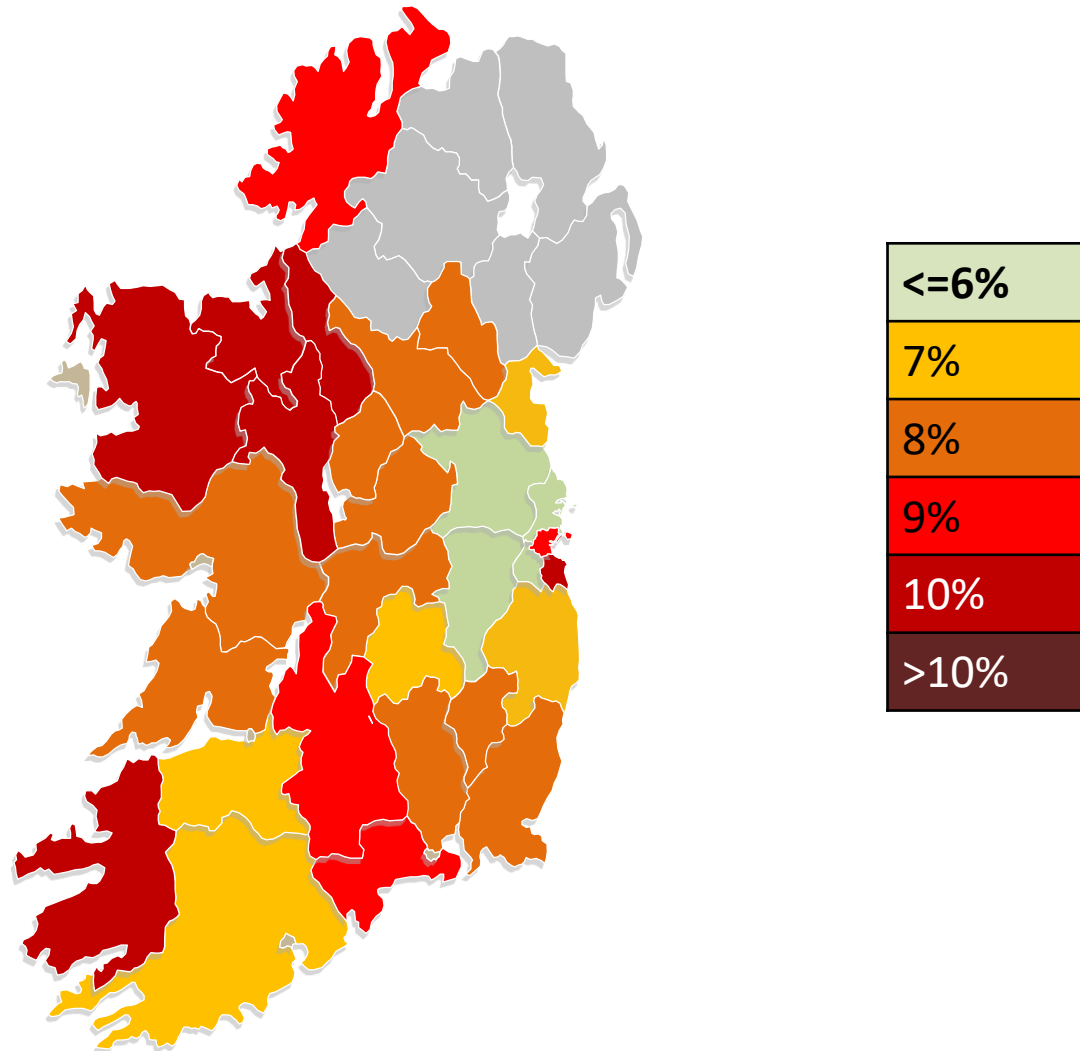
Ireland's Ageing Landscape

Percentage of population aged over 70 years, by county
2006



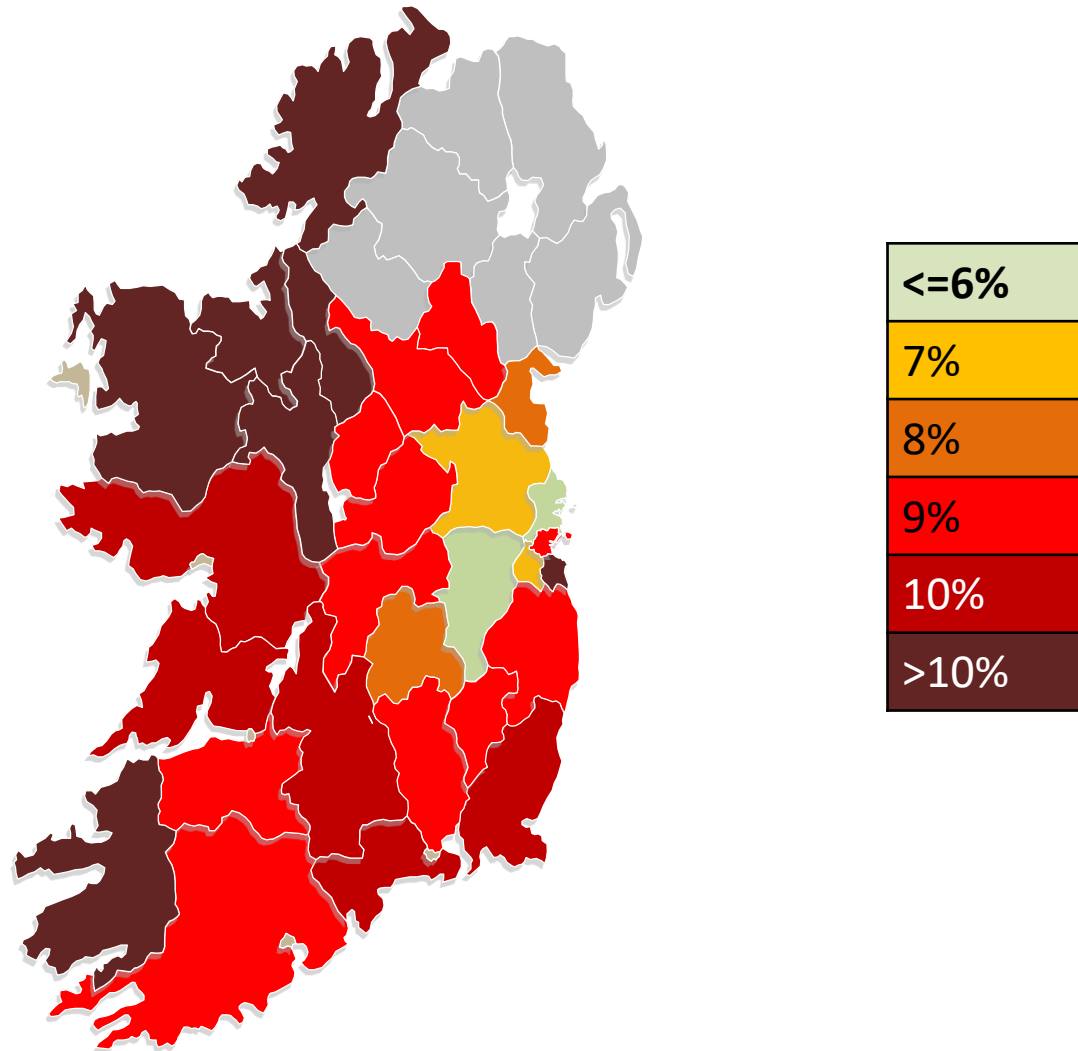
Ireland's Ageing Landscape

Percentage of population aged over 70 years, by county
2011

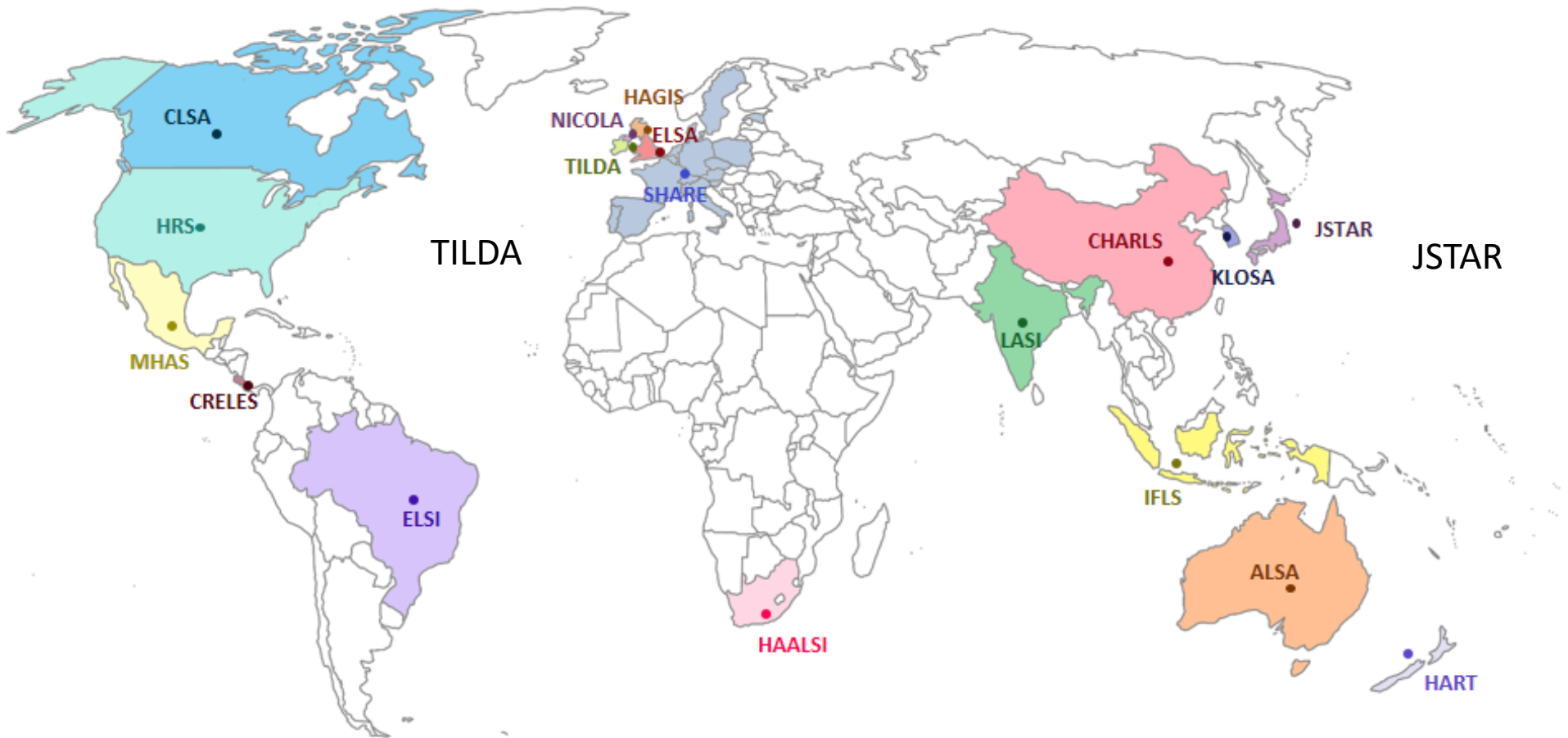


Ireland's Ageing Landscape

Percentage of population aged over 70 years, by county
2016



HRS Family of Longitudinal Studies of Ageing

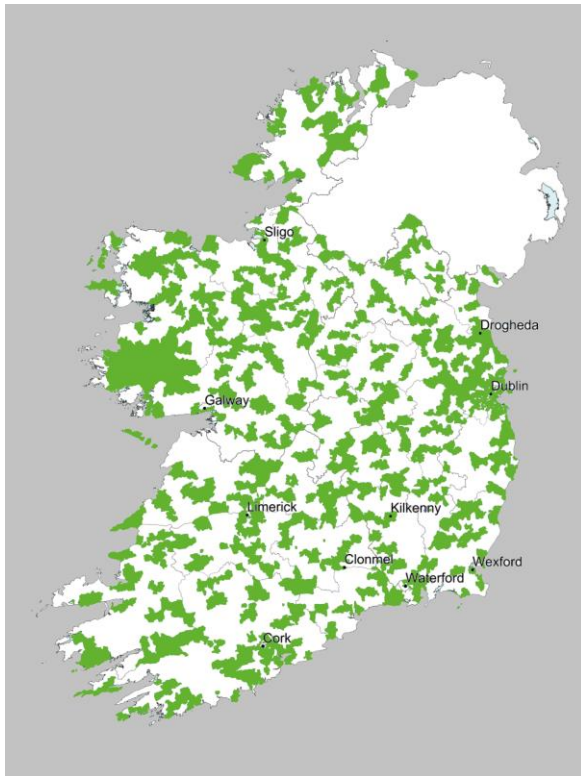


HRS: Health and Retirement Study
 CLSA: Canadian Longitudinal Study on Ageing
 MHAS: Mexican Health and Aging Study
 ELSI: Brazilian Longitudinal Study of Health, Ageing and Well Being
 CRELES: Costa Rican Longevity and Health Aging Study

TILDA: The Irish Longitudinal Study on Ageing
 HAGIS: Healthy Ageing in Scotland
 ELSA: English Longitudinal Study of Ageing
 SHARE: Survey of Health, Ageing, and Retirement in Europe
 NICOLA: Northern Ireland Cohort for the Longitudinal Study of Ageing
 HAALSI: Health and Aging in Africa

LASI: Longitudinal Aging Study in India
 CHARLS: China Health and Retirement Longitudinal Study
 JSTAR: Japanese Study on Aging and Retirement
 IFLS: Indonesian Family Life Survey
 KLOSA: Korean Longitudinal Study of Aging
 ALSA: Australian Longitudinal; Study of Ageing
 HART: Health and Ageing Research Team

*Towards making Ireland the best
place in the world to grow old*



8,504
Participants

50years+

tilda
Staidéar Fadaimseartha na
hÉireann um Dhul in Aois

The Irish Longitudinal
Study on Ageing

**20
19**

www.tilda.ie

*Towards making Ireland the best
place in the world to grow old*

Providing Evidence for Policy

Promote Independent living

Extended life span

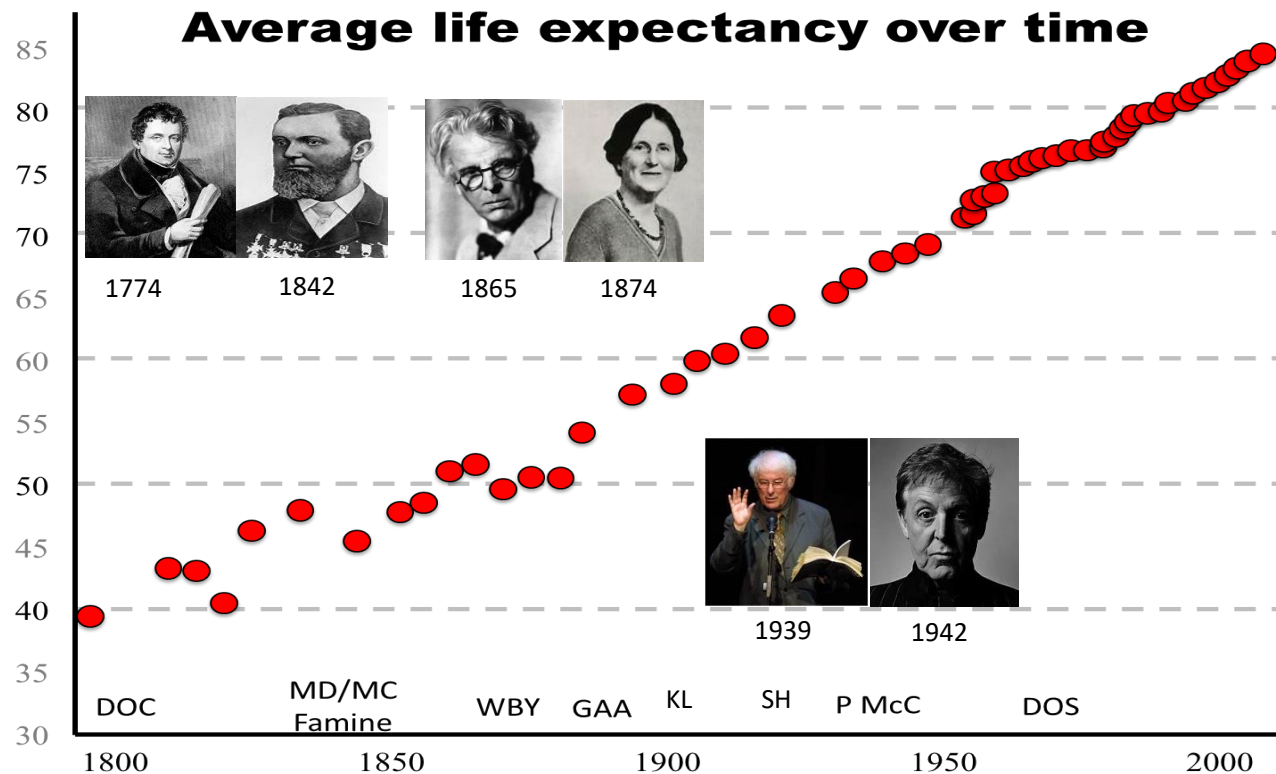
Healthy life years

***Modifiable risk factors for Chronic
Diseases, Stroke,
Heart failure, Kidney disease,***

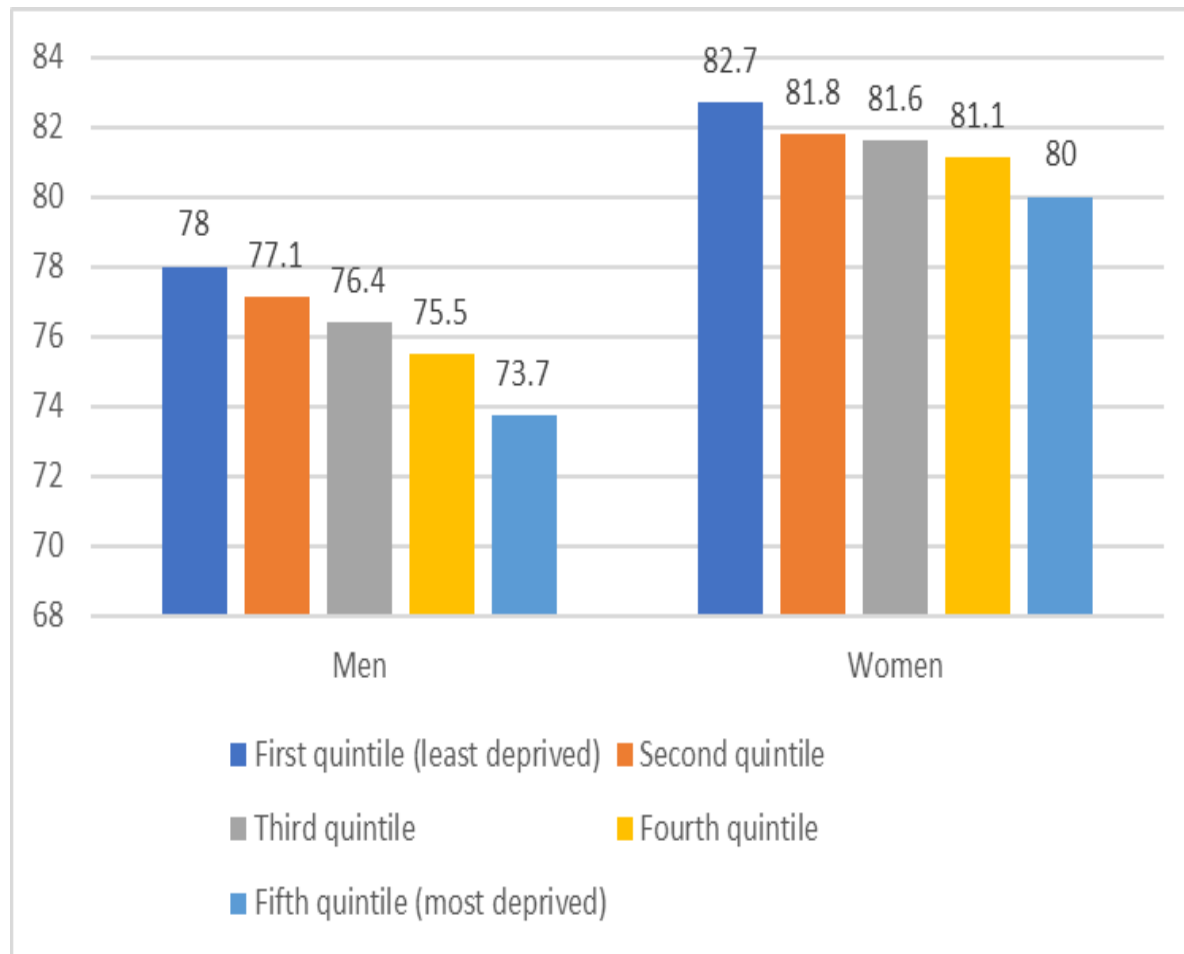
Dementia, Frailty, Falls

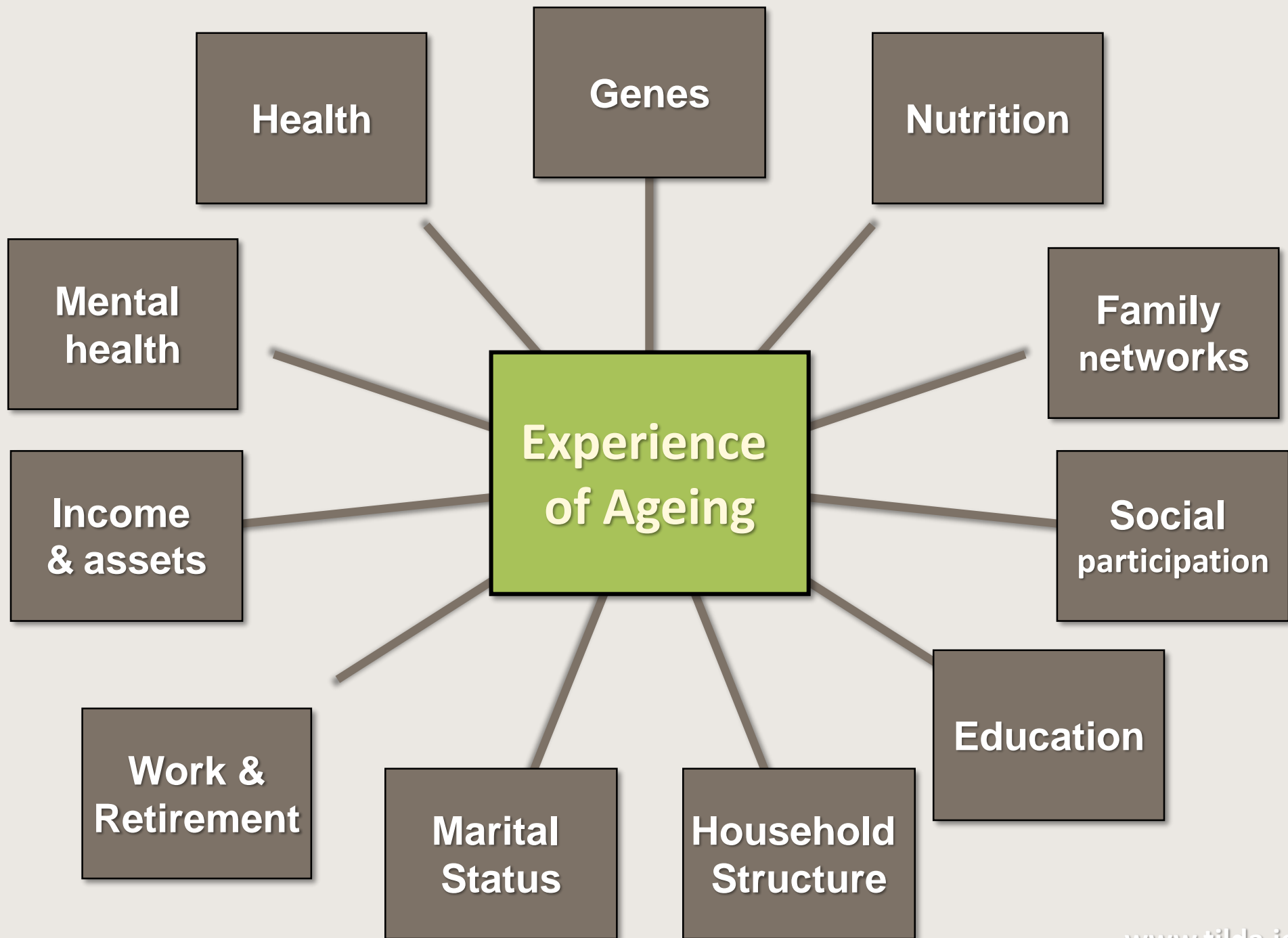
www.tilda.ie

*Towards making Ireland the best
place in the world to grow old*

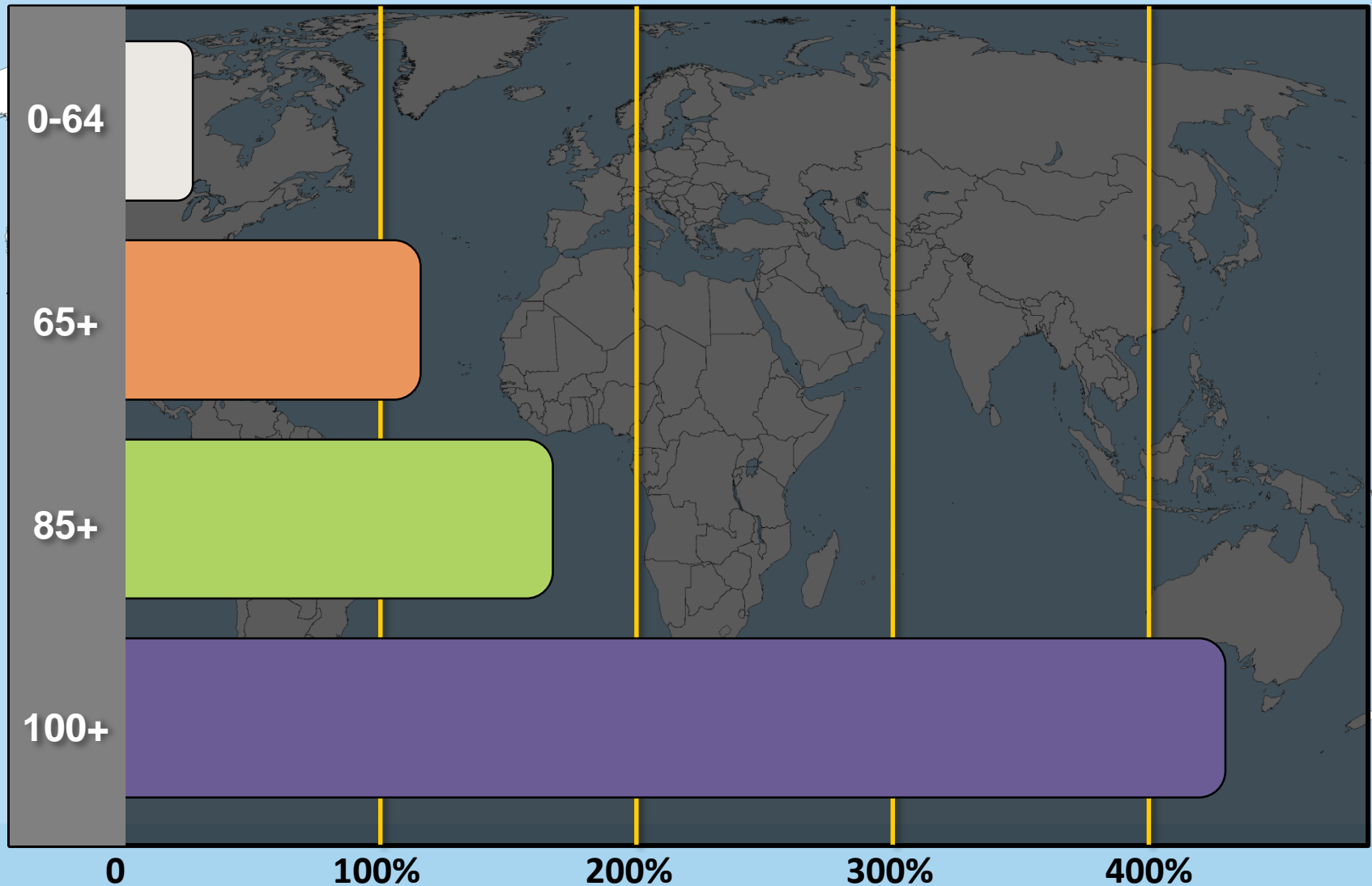


Life Expectancy by Quintile of deprivation (years)





Projected increase in Global Population between 2005 – 2030, by age



Source: UN Dept of Economic & Social Affairs

What do I want as I age?

What do I want as I age?

- Live well, live long
- Be happy
- Be supported when I am challenged
- Focus on “Wellness”

What does this require?

- Information
- Education
- Personal effort
- Societal support
- Government & Policy
- Access to health care

**“Old age is not a disease - it is strength and survivorship,
triumph over all sorts of vicissitudes and disappointments,
trials and illnesses”** M Kuhn

Independent Living – What have older people said.....

Older people want to stay living in their own home and community . .

I want to stay living in my home as long as possible.

My GP surgery is not too far away but I always have to get a lift from my daughter

But in appropriate accommodation . . .

The stairs are terrible; physically I find it hard to climb them

I'm on my own, I worry about what happens if I have a bad fall

And to feel Safe . . .

Even when I am on my own, I lock myself in and make sure all the doors and windows are closed. There isn't a week that goes by where I don't hear 'about a break in'.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Health and Social Care Integration



OLDER
PEOPLE

There's no ward like home

*Supporting people to live
well, and independently at
home, or in a homely setting
in their community,
for as long as possible*



Collaborative ways of working progressing

What does the landscape of Ireland look like today?

95% live at home

5% in NH

25% live alone

4% formal care

8% informal care

Urban/Rural switch



92% visited GP

15% stayed
overnight in hospital

7% known to PHN

What does the medical landscape look like in the Ireland today?

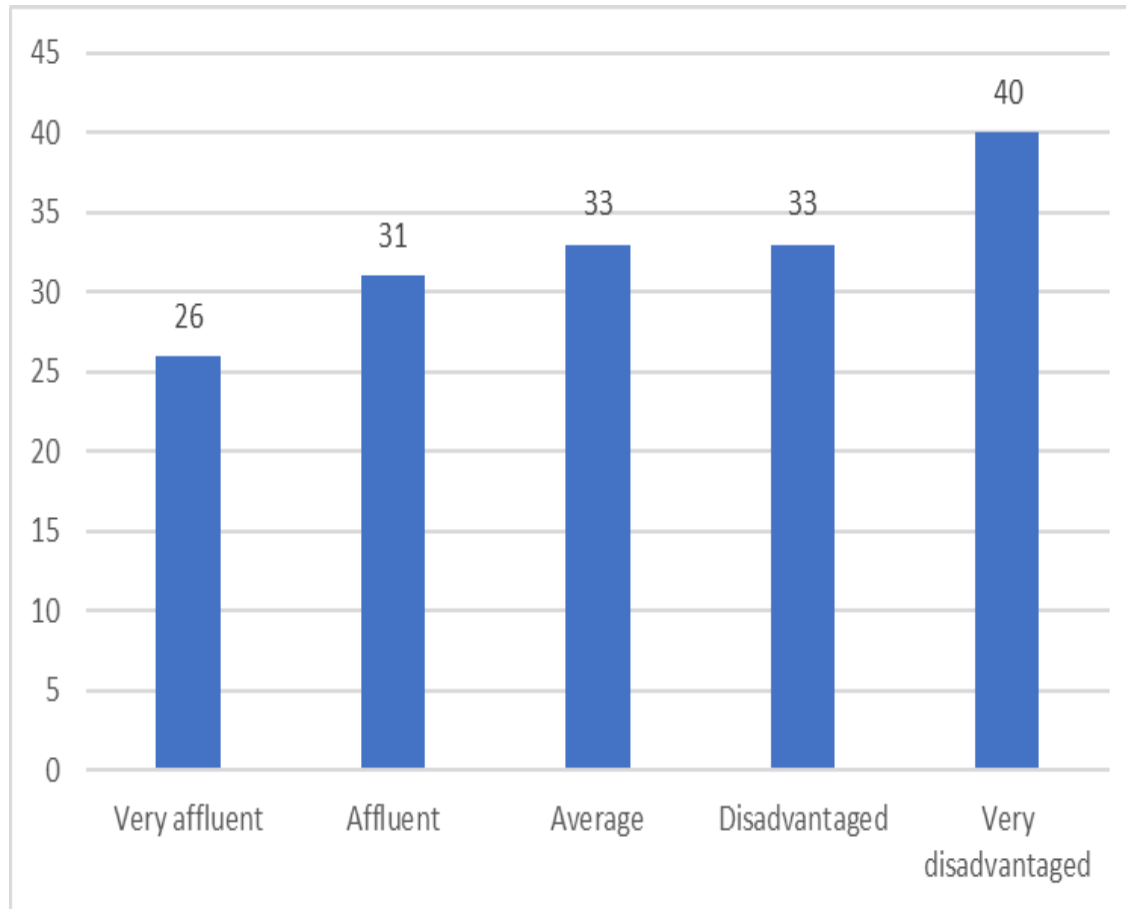
High Blood Pressure
Diabetes
Cholesterol
Stroke
Heart Disease
Cancer



Falls
Frailty
Dementia

37% have three or more illnesses
4% on ten or more medications

Percentage with chronic illness by SE deprivation



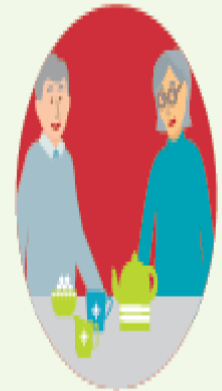
Health care utilisation in Community

(Roe et al 2017, TILDA)

Community

1 in 5 community dwelling older adults are living with frailty

(Approx. 118,000 older persons)



In a 12 month period older adults living with frailty:

Will spend 15 days in hospital in a 12 month period.

Are on 6 medications.

Will visit their GP on 7 or more occasions per annum.

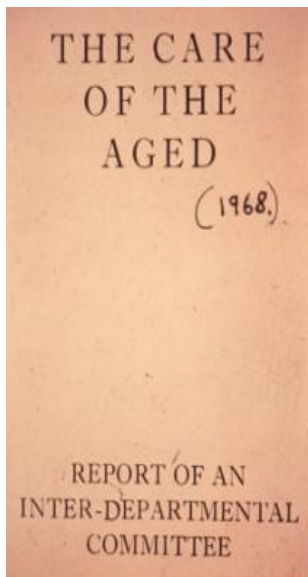
40% of people living with frailty live alone.

96% have two or more chronic conditions.

Comprise 55% of PHN caseloads.

Not short on reports about this!

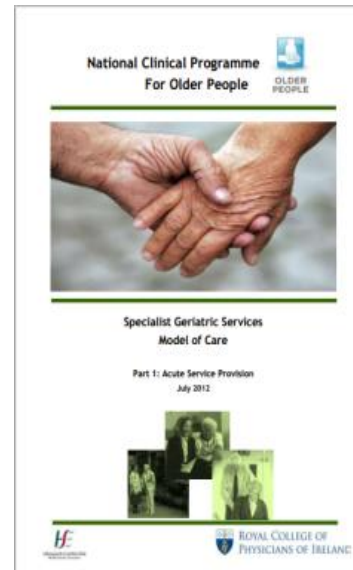
1968



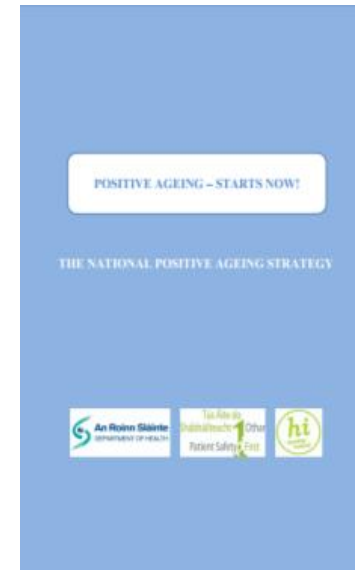
1988



2012



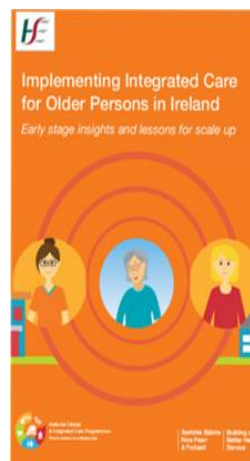
2013



2017



2018



2019



Personal, Societal and Policy Responsibility are all inter-connected



Smoking & Alcohol



Personal, Societal and Policy Responsibility are all inter-connected



Exercise
Smoking
High Blood Pressure
Obesity
Alcohol
Diabetes



Overweight at 40yrs – live 3 years less
Obese at 40yrs – live 7 years less
Obese and smoke at 40yrs – live 14 years less



Diet and Exercise



Personal, Societal and Policy

Social connectedness





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Health Service Executive



OLDER
PEOPLE



ROYAL
COLLEGE OF
PHYSICIANS
OF IRELAND



World Health
Organization

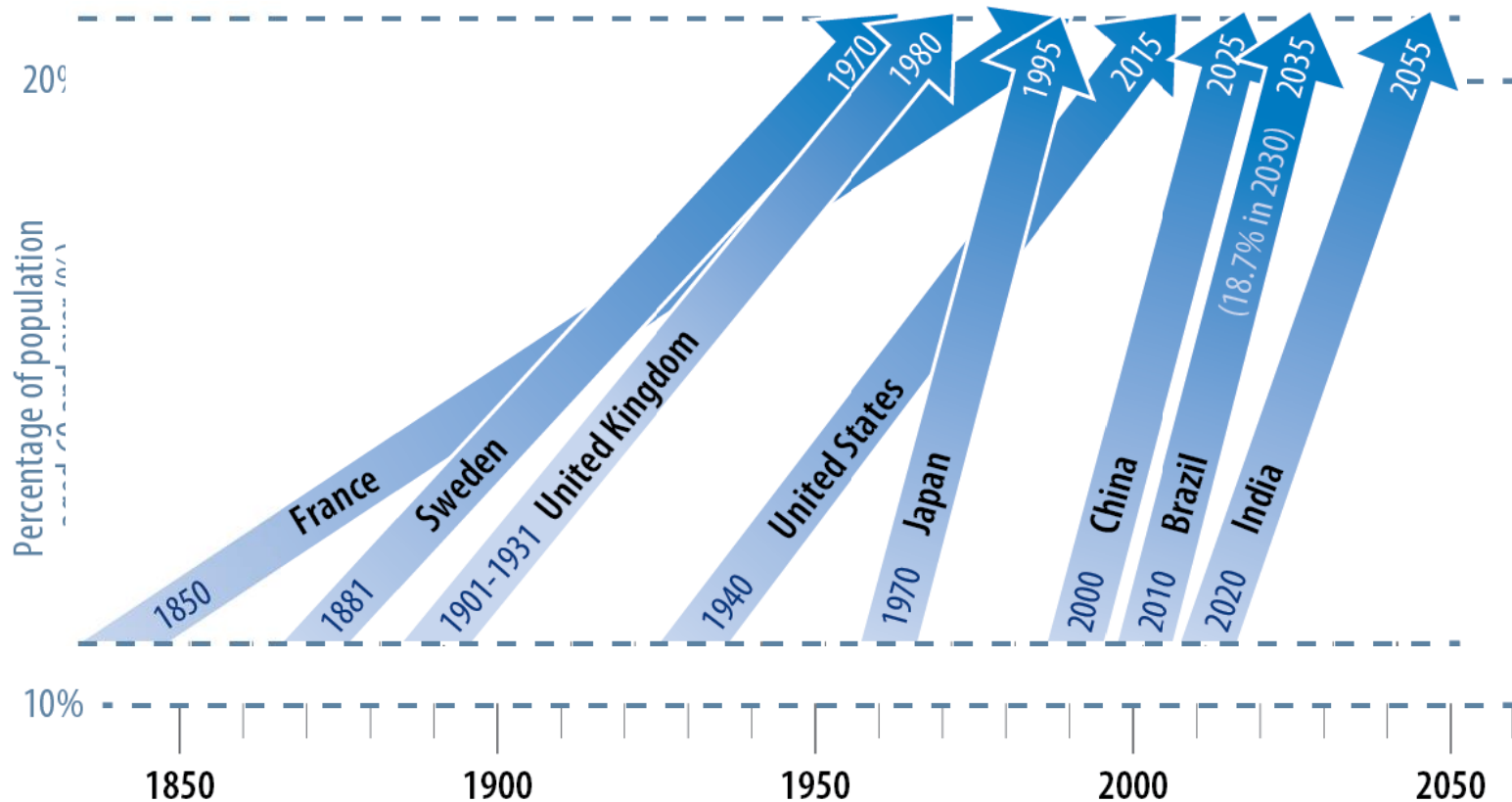
WORLD REPORT ON **AGEING AND HEALTH**



World Health
Organization

Population ageing is happening much more quickly than in the past

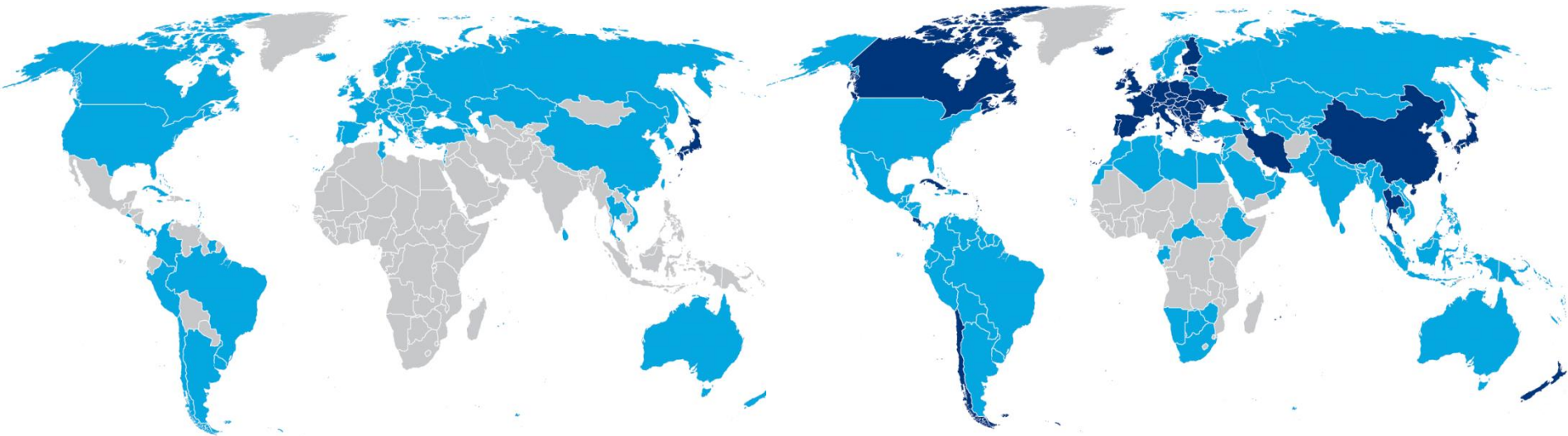
Time for percentage of population **older than age 60** to double



Populations are getting older

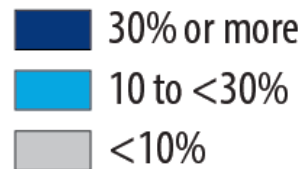
900 million

2 Billion



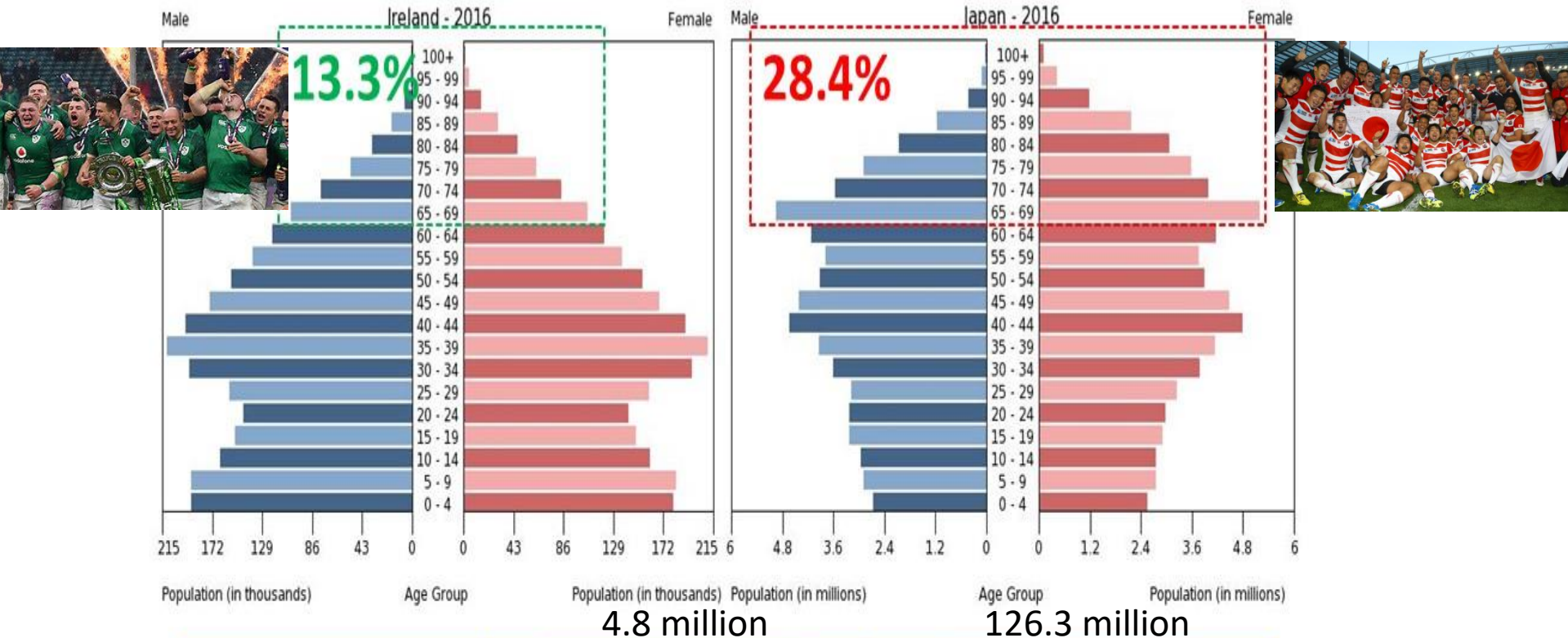
2015

Percentage aged
60 years or older:



2050

The Blue Zones



	Ireland	Japan
Median Age (2018)	37.1	47.7
Life expectancy (2018)	81.0 (F:83.5/M:78.7)	85.5 (F:89.0/M:82.2)
Birth rate per 1,000 (2018)	13.8	7.5

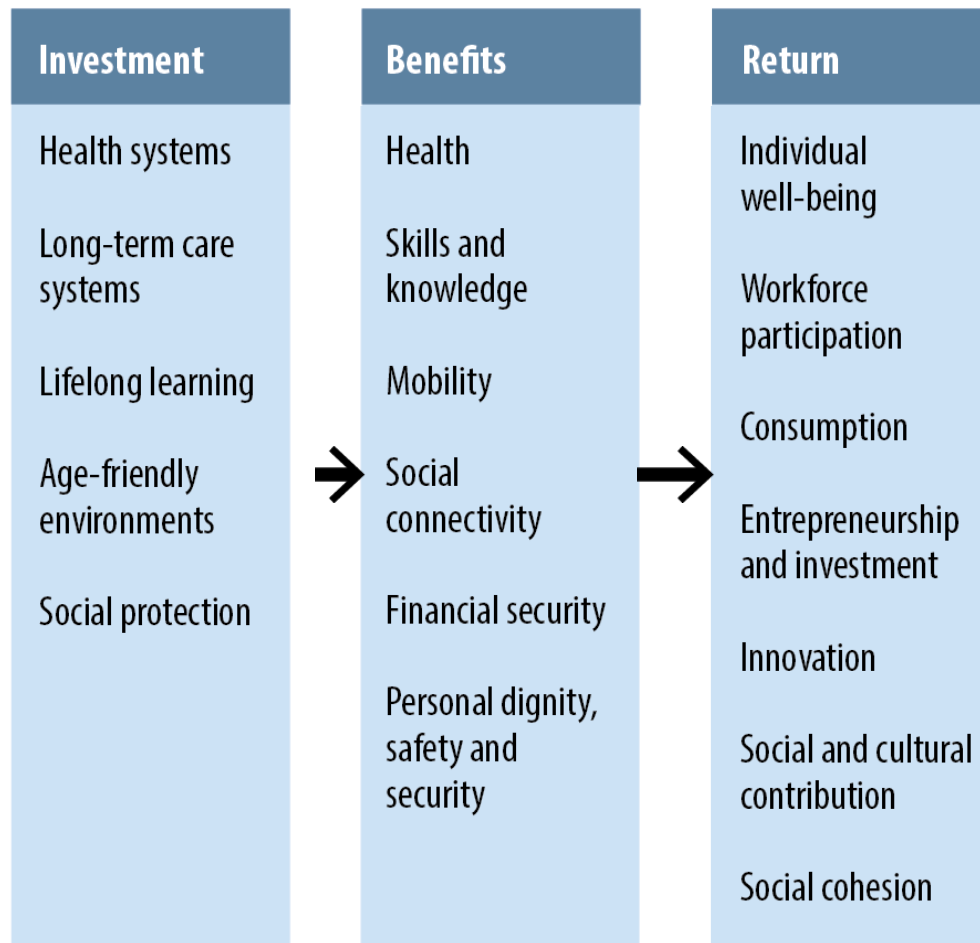
<https://www.cia.gov/library/publications/the-world-factbook/geos/ei.html>

<https://www.cia.gov/library/publications/the-world-factbook/geos/ja.html>



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Healthy Ageing is an investment not a cost



The Blue Zones

Nicoya Peninsula, Costa Rica



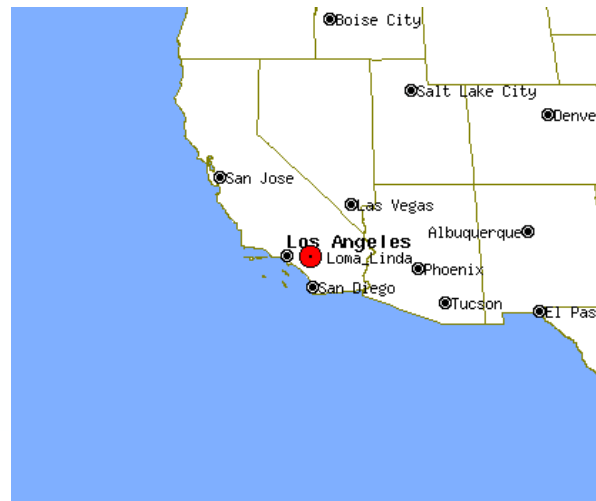
Okinawa, Japan



Sardinia, Italy



Loma Lina, LA, USA



Ikaria, Greece

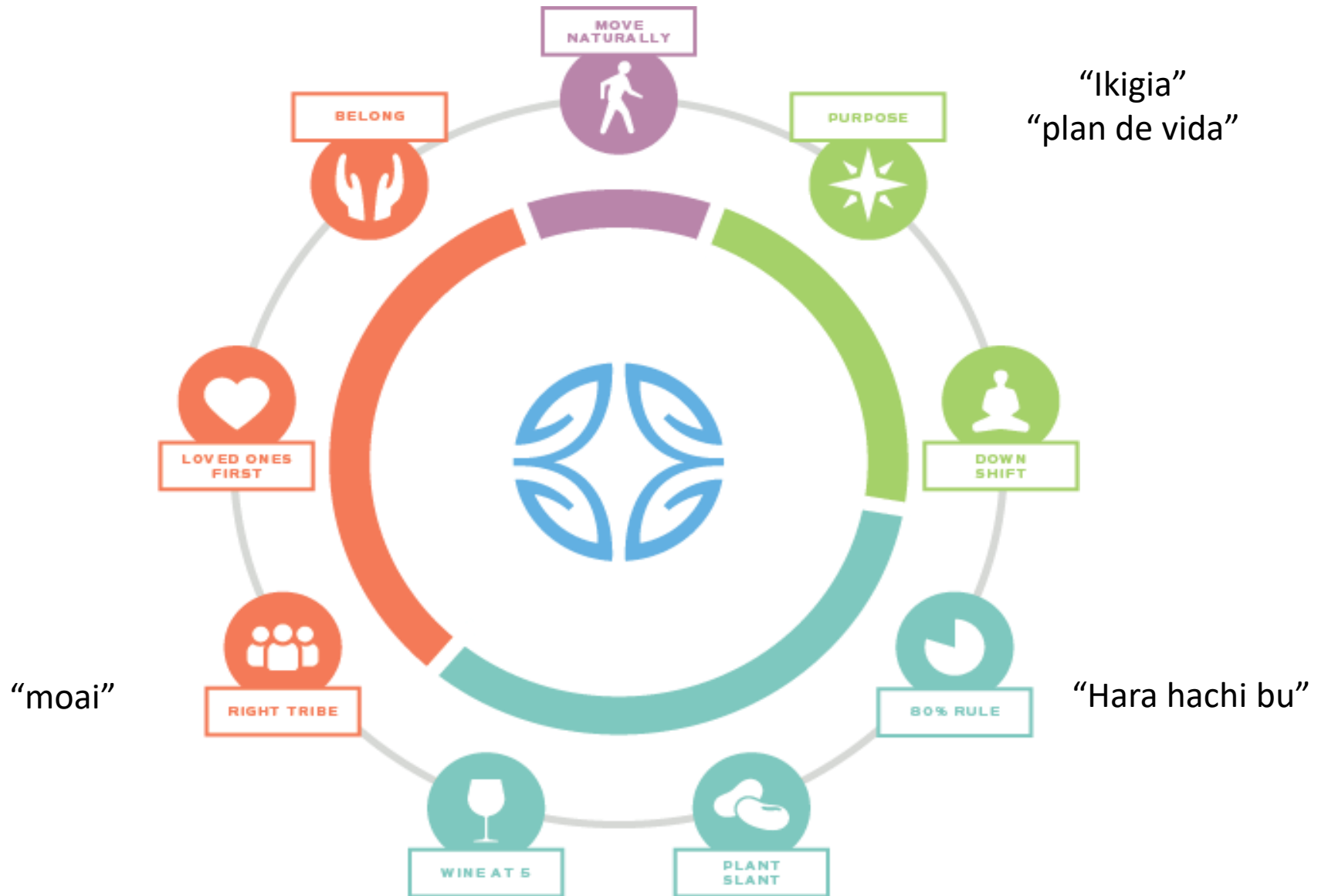


Okinawa, Japan

Specifically, Okinawans have:

- more people over 100 years old per 100,000 population than anywhere else in the world
- the lowest death rates from cancer, heart disease, and stroke, which are the top three killers in the United States
- the highest life expectancy for males and females over 65; females, in particular, have the highest life expectancy in all age groups.
- They take a few moments each day to remember their ancestors – down shift!

The Blue Zone Recipe for Ageing Well



Irish Recipe for Ageing Successfully !



1) Less

Less weight
Less cigarettes
Less alcohol

2) More

Exercise
Correct food groups
Safety awareness
Social Connection

3) Know your rights and fight for them

4) A bit of stress!!

5) Avoid hospitals!!

Looking Good Your favorite characters grow up, and grow old.



DENNIS THE MENACE, 57



BUGS BUNNY, 67



FELIX THE CAT, 88



CHARLIE BROWN, 57



POPEYE, 79



TOM AND JERRY, 68

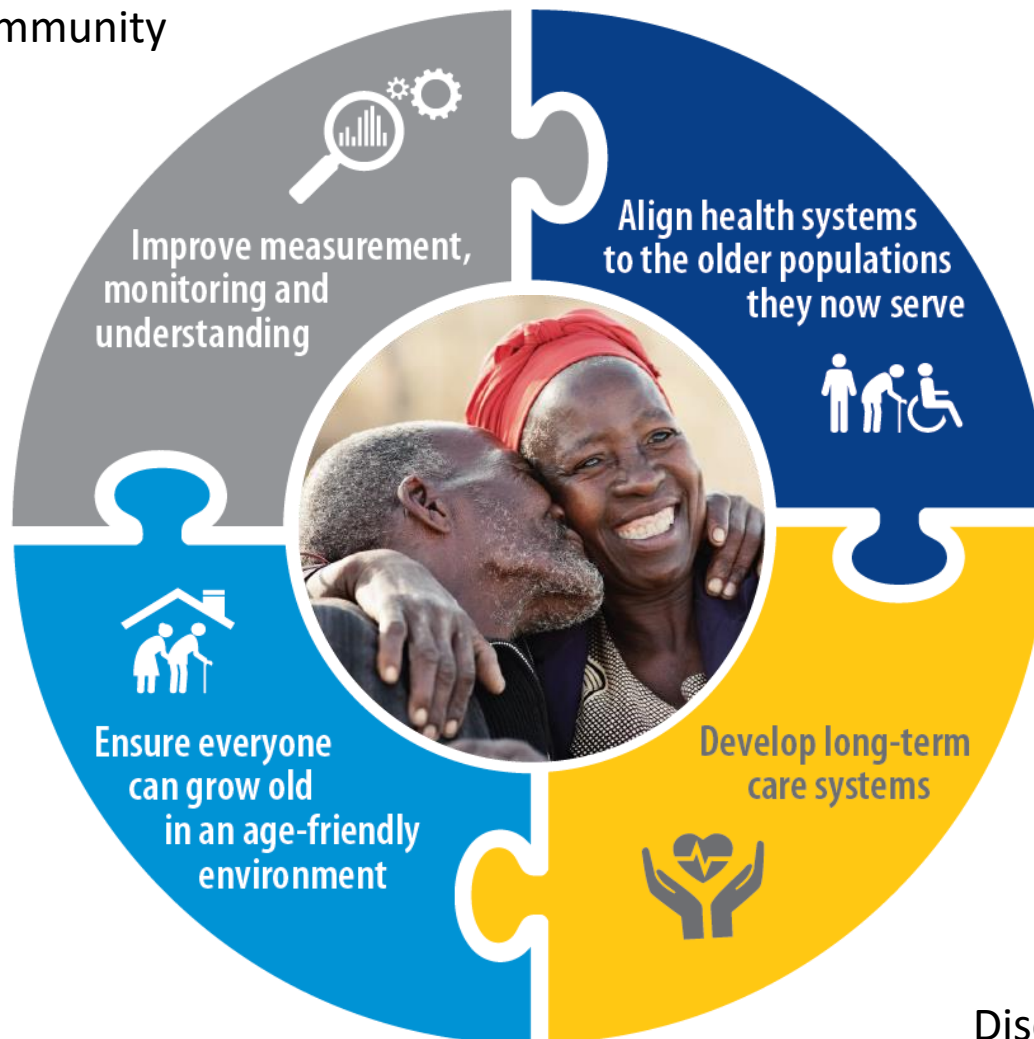


Ageing populations influence social and health systems in multiple ways

- Positive influences and contributions
- Requirements differ due to needs, complexity and higher levels of multi-morbidity
- Higher rates of disability and functional impairment
- ↑↑ Use of health services by older age groups

Priority areas for action

Supports in the community



Discharge support failure

Personal, Professional and Public Perception and Action



“At every stage seek out opportunities to improve how we age and how we support those who are challenged as they age”



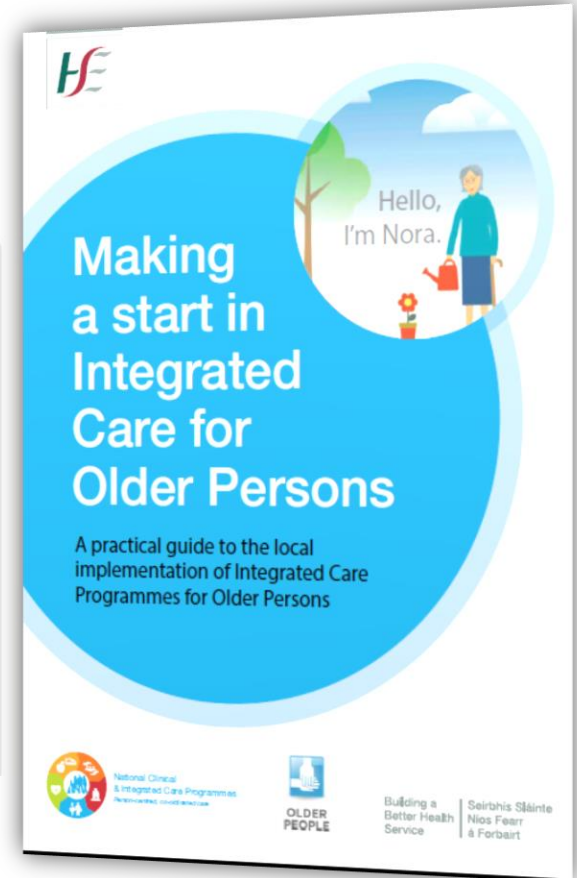
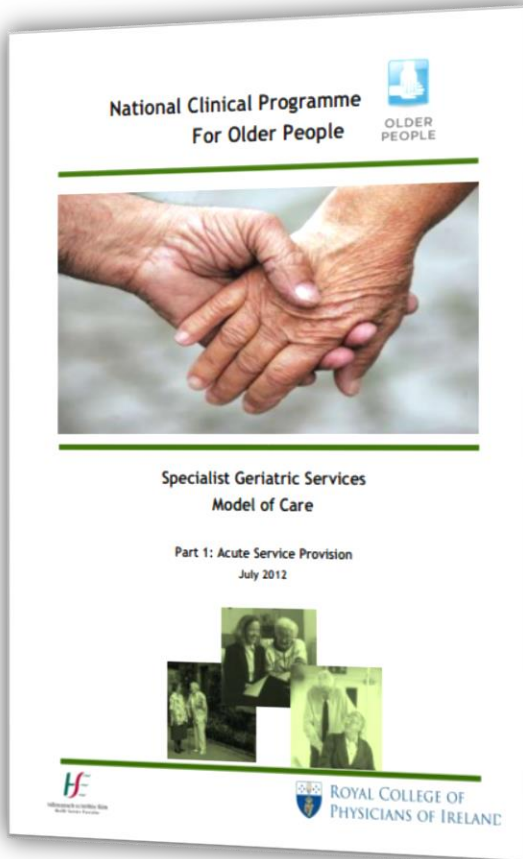
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Specialist Geriatric Services Model of Care (2012)

Making a Start in Integrated Care for Older Persons (2017)

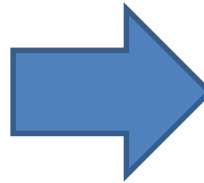
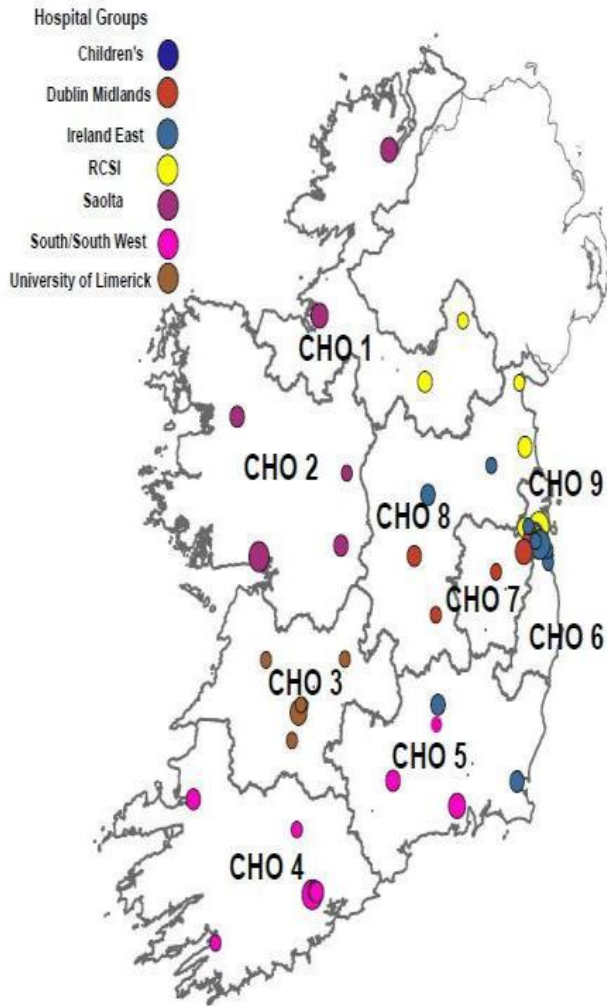


OLDER
PEOPLE



Sláintecare sets out a new model for the delivery of health services

From: A functionally separated and non geographical model



To: An integrated and regionally aligned model





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Health Service Executive



OLDER
PEOPLE



ROYAL
COLLEGE OF
PHYSICIANS
OF IRELAND

'If we design services for people with only one thing wrong at once but people with many things wrong turn up, the fault is not with the users but with the service, yet all too often these patients are labelled as inappropriate and presented as a problem...'

Prof Ken Rockwood



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Health Service Executive

Improving Care for Older People

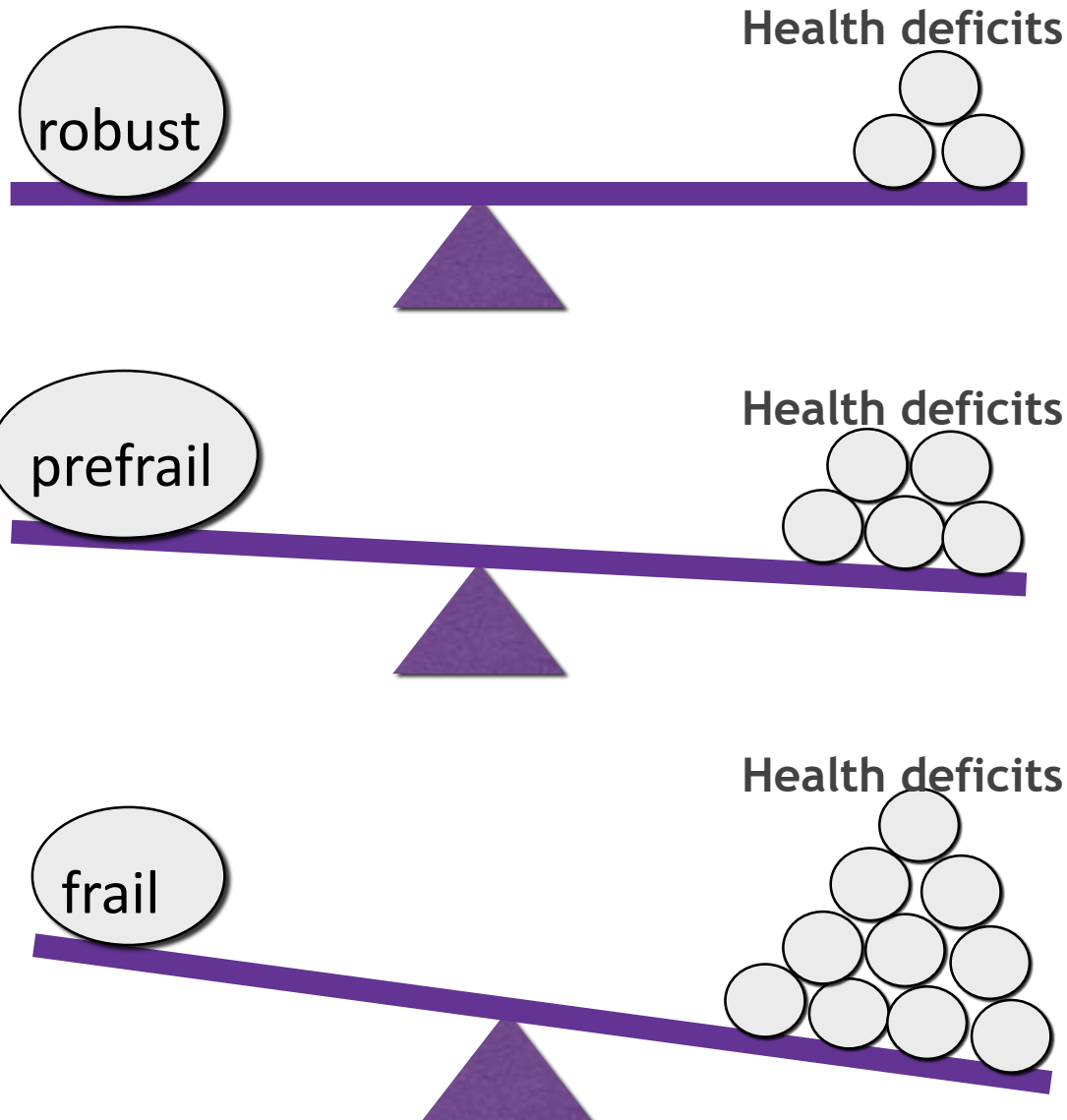


OLDER
PEOPLE

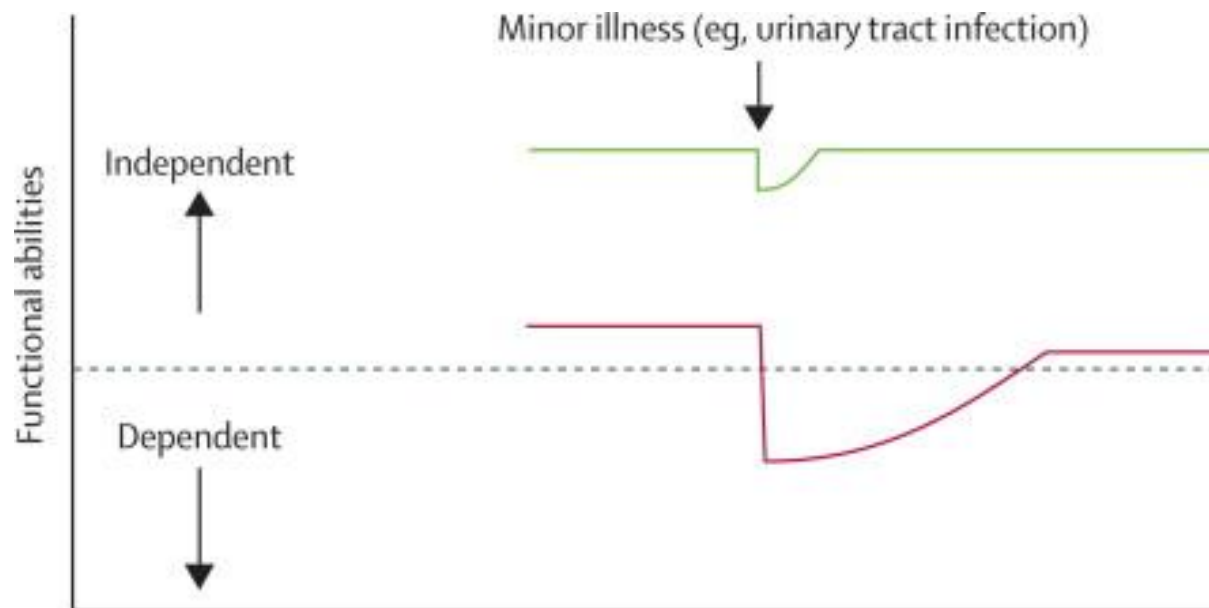


Frailty

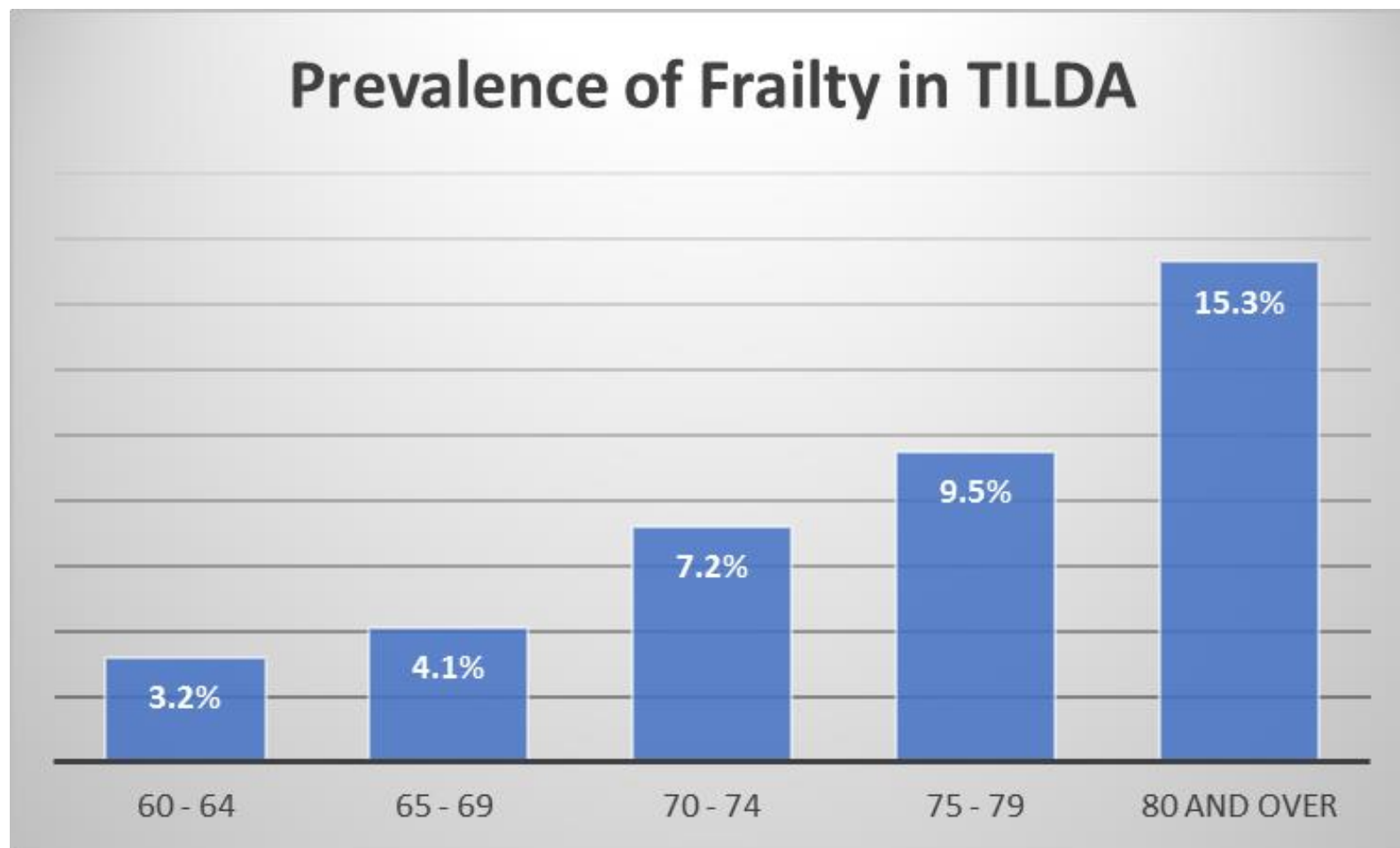
Cumulative Deficit Model (Frailty Index)



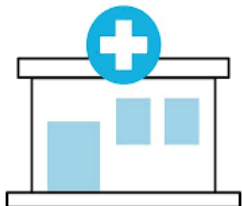
Vulnerability of frail older people to a sudden change in health status after a minor illness



Prevalence of Frailty in TILDA



Developing Aged Attuned Services and Pathways (*NCPOP, Model of Care 2012*)



Ambulatory
Day Care



Outreach
to Long
Term Care



Timely Access
to Home
Supports and
Long Term
Care



Healthcare
Interventions



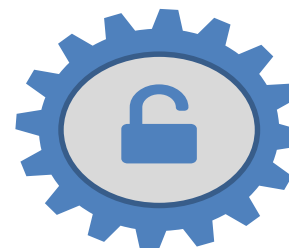
Specialist
Geriatric Team



Dedicated
Specialist
Geriatric Wards



Rehabilitation
of Older People



Education

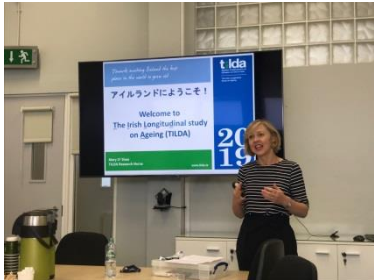
- Multidimensional, Interdisciplinary diagnostic process
- Determine medical, psychological and functional capabilities
- Develop coordinated, integrated plan for treatment and long-term follow-up





Put in place appropriate education and training

Frailty Education Programme Methodology



National Facilitators (250)



**Undertake “Insights into Frailty”
Programme with TILDA (500)**

**Deliver Education
Sessions Locally
(2500 HCPs)**

**Maintain
Database Locally
of Trained Staff**

**Participate in Local
Governance Group**

Frailty Education Methodology

National Frailty Education programme

Education Working Group
Education resource pack and handbook

To 2,500
Health Care
Professionals
(to date)

Fundamentals of Frailty Programme

Delirium

Continence

Polypharmacy

Falls

Cognition

CGA



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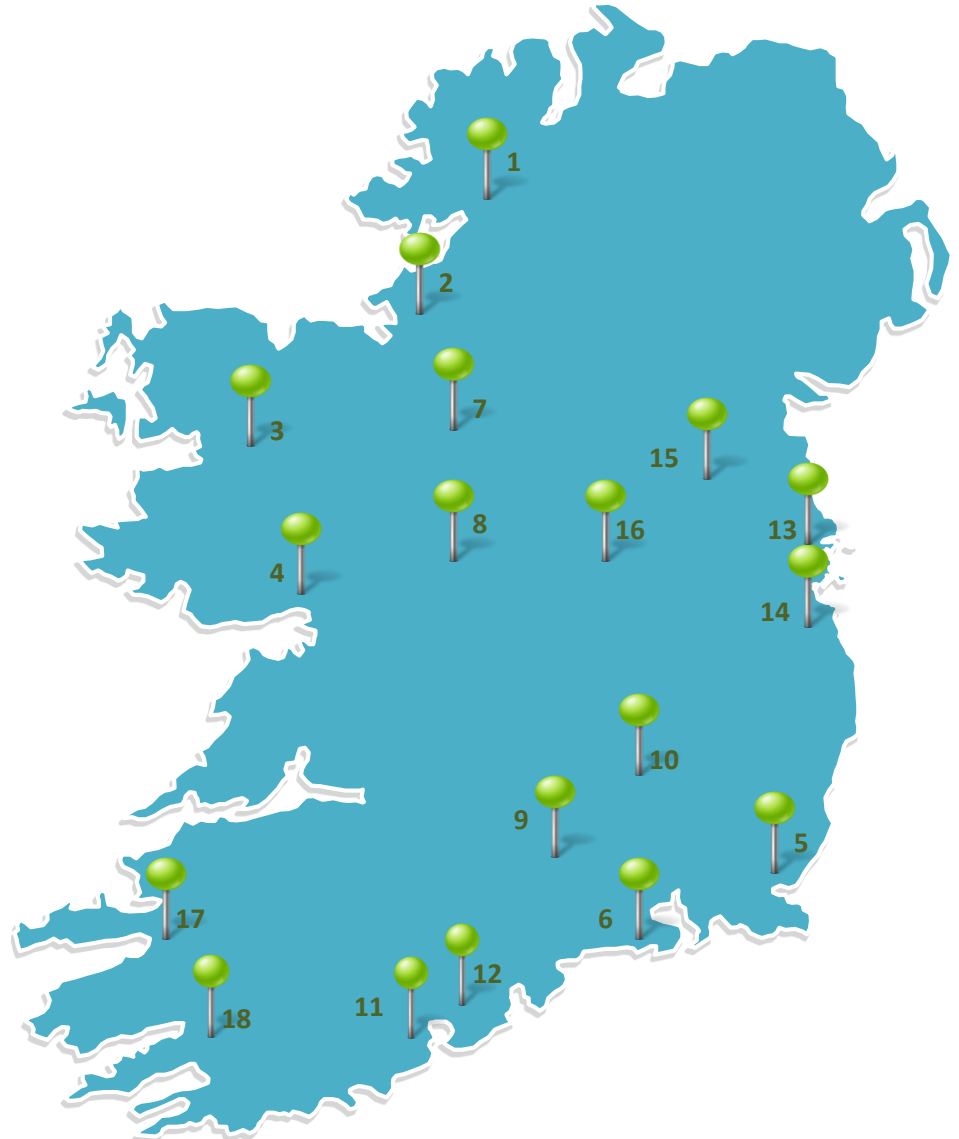
Frailty Education Networks



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PEOPLE

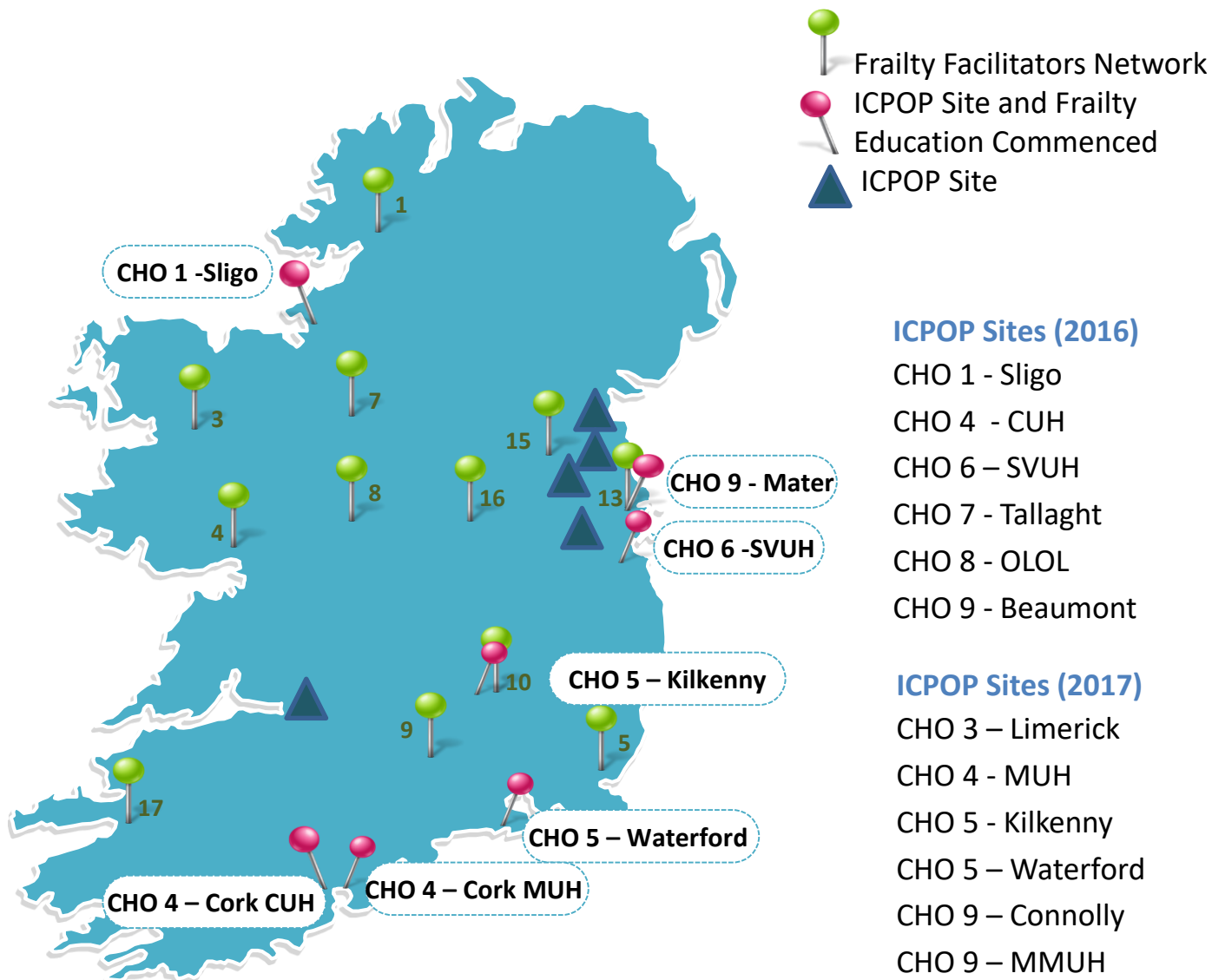
Frailty Facilitators Networks

1. Donegal/CHO 1
2. Sligo & Leitrim/CHO 1
3. Mayo General Hospital/CHO 2
4. University Hospital Galway/CHO 2
5. Wexford General Hospital/CHO 5
6. University Hospital Waterford/CHO 5
7. Roscommon University Hospital/CHO 2
8. Portlincula Hospital Ballinasloe/CHO 2
9. South Tipperary General Hospital/CHO 5
10. Carlow & Kilkenny/CHO 5
11. Mercy University Hospital/CHO 4
12. Cork University Hospital/CHO 4
13. Dublin North/CHO 9
14. St Vincents Hospital Group/CHO 6
15. Our Lady's Hospital Navan/CHO 8
16. Mullingar Regional Hospital/CHO 8
17. Kerry University Hospital/CHO 4
18. Bantry General Hospital/CHO 4

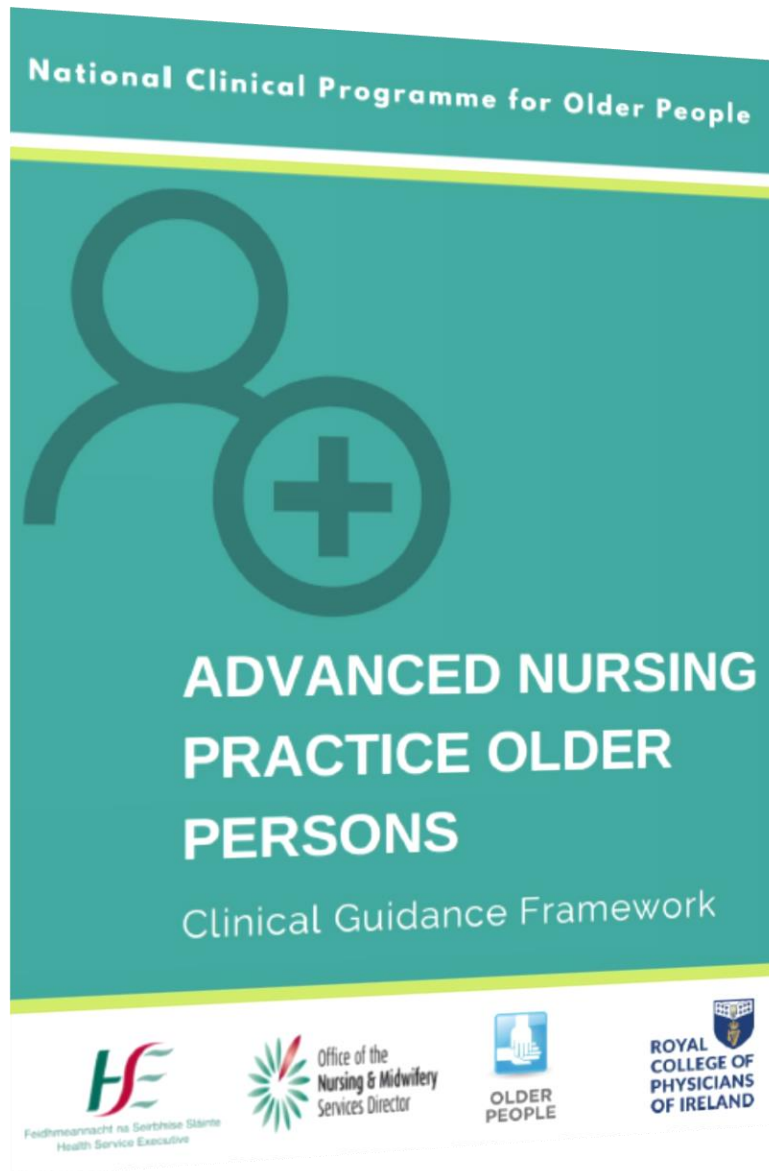


July 2019:

- **15 networks**
7 ICPOP sites
- **250 “Frailty Facilitators”**
completed development programme
- **2300 Healthcare Professionals**
completed programme in local network



Advanced Nurse Practitioner Older Persons Clinical Guidance Framework



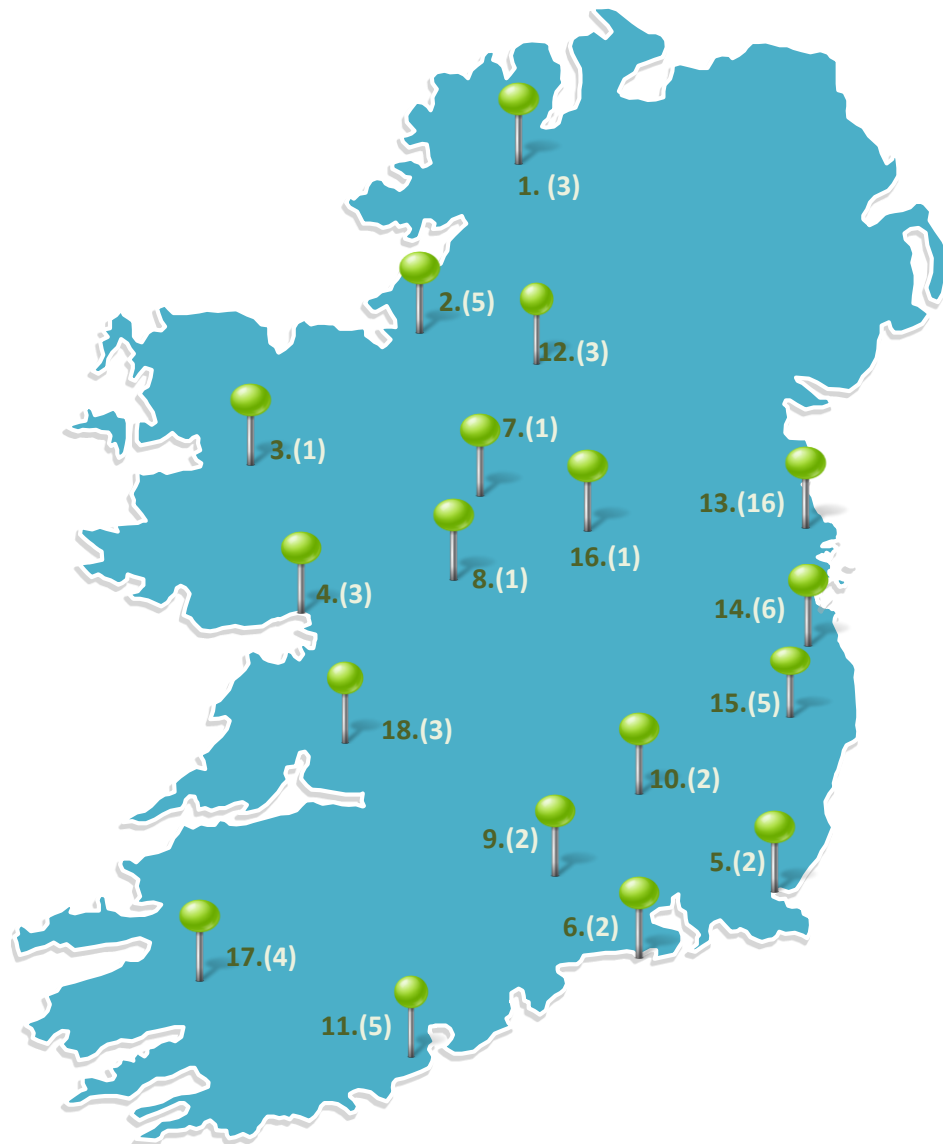
“Advanced Nurse Practitioner (ANP) roles are central to provision of a nursing service to an ageing population. ANPs are employed to complement and enhance the multidisciplinary team’s capabilities. This requires active contribution to developing appropriate local roles and job descriptions for ANPs - they will be most successful in a mutually supportive multi-professional team where there is good understanding of and ‘buy-in’ to their roles. The roles will need local tailoring and specification to include pathways or protocols that ANPS can support to provide less variable and higher quality care for older people”

(Pulford, 2016)

Advanced Nurse Practitioner

cANPs Older Persons x 63

1. Donegal: CHO 1/LUH x 3
2. Sligo: CHO1/St Johns/SUH x 5
3. Mayo University Hospital x 1
4. Galway: GUH/CHO2 x 3
5. Wexford General x 2
6. Waterford University Hospital/CHO 5 x 2
7. Roscommon/ CHO2 x 1
8. Portlincula University Hospital x 1
9. South Tipperary General Hospital x 2
10. Kilkenny St Luke's x 2
11. Cork: MUH/CUH/ St Finbarr's x 4
12. Cavan/Monaghan x 3
13. Dublin:/Mater/Beaumont/Connolly/St James 's/Cherry Orchard/St Columcilles x 16
14. SVUH/St Michaels/CHO 7 x 6
15. Tallaght /CHO 7/St Mary Phoenix Park x 5
16. Tullamore Regional Hospital x 1
17. University Hospital Kerry x 3
18. University Hospital Limerick /CHO 3 x 3



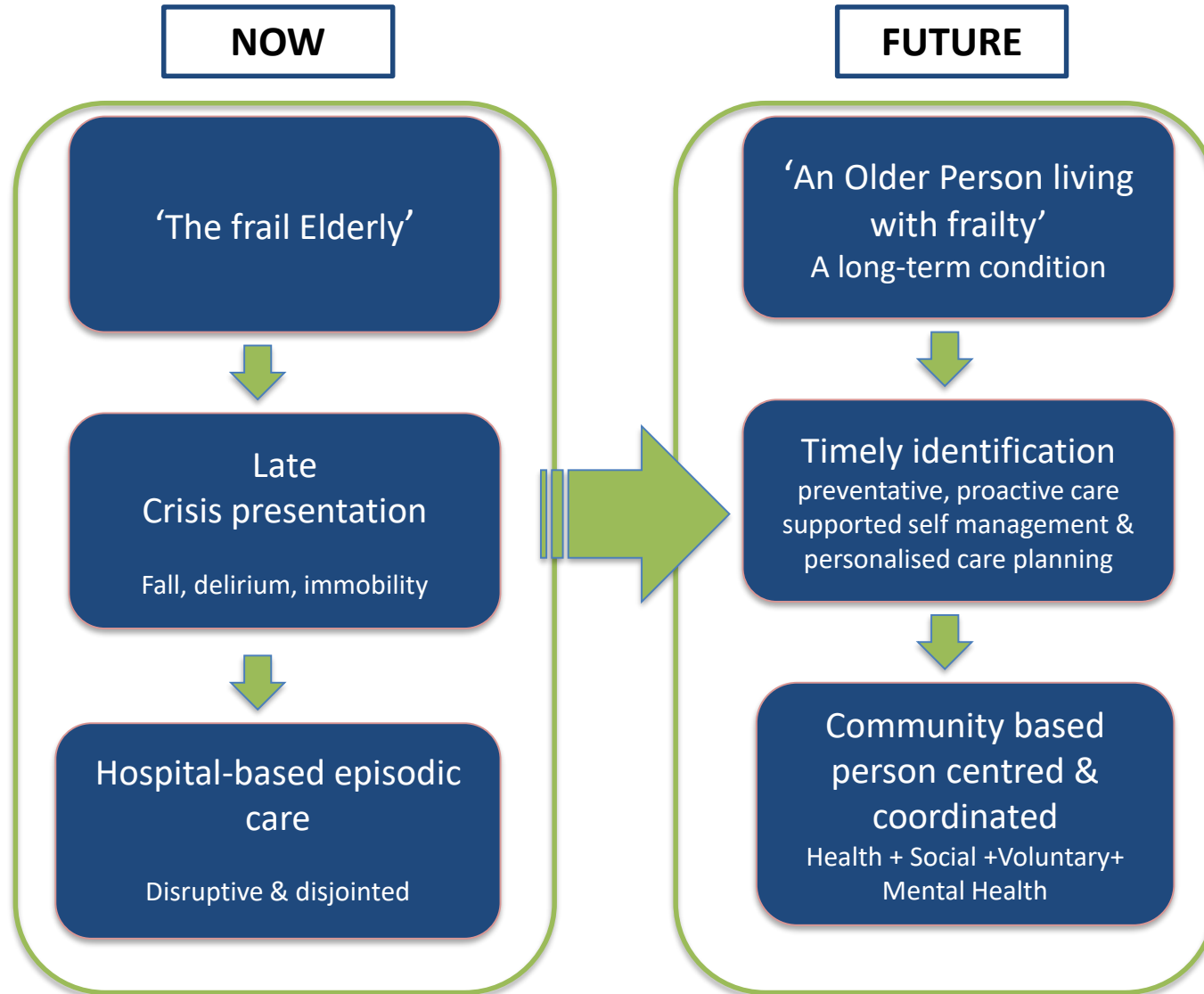


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Frailty as a Long Term Condition



OLDER
PEOPLE



Gerontechnology

A Spectrum of Modalities



Self
contained



Distributed



Software

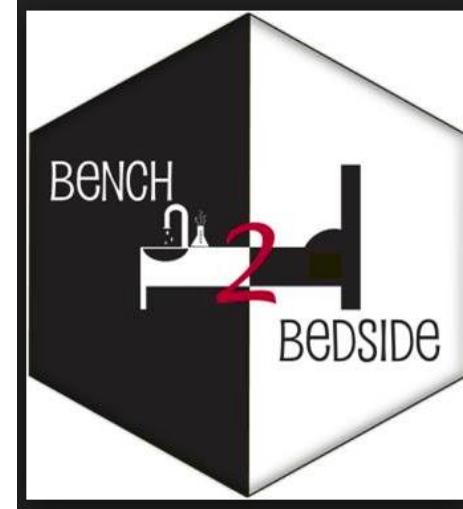
Assistive Technology

Digital Literacy

Digital Technology



Is Technology a solution, aid,
support or threat?

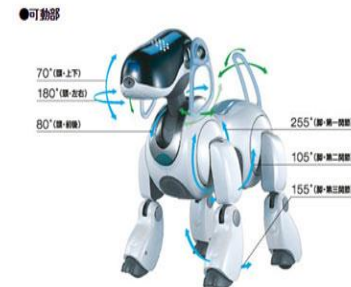


Research in
Assistive
Technology
is *doubling*
every 5
years

Monitoring

Functional

Emotional

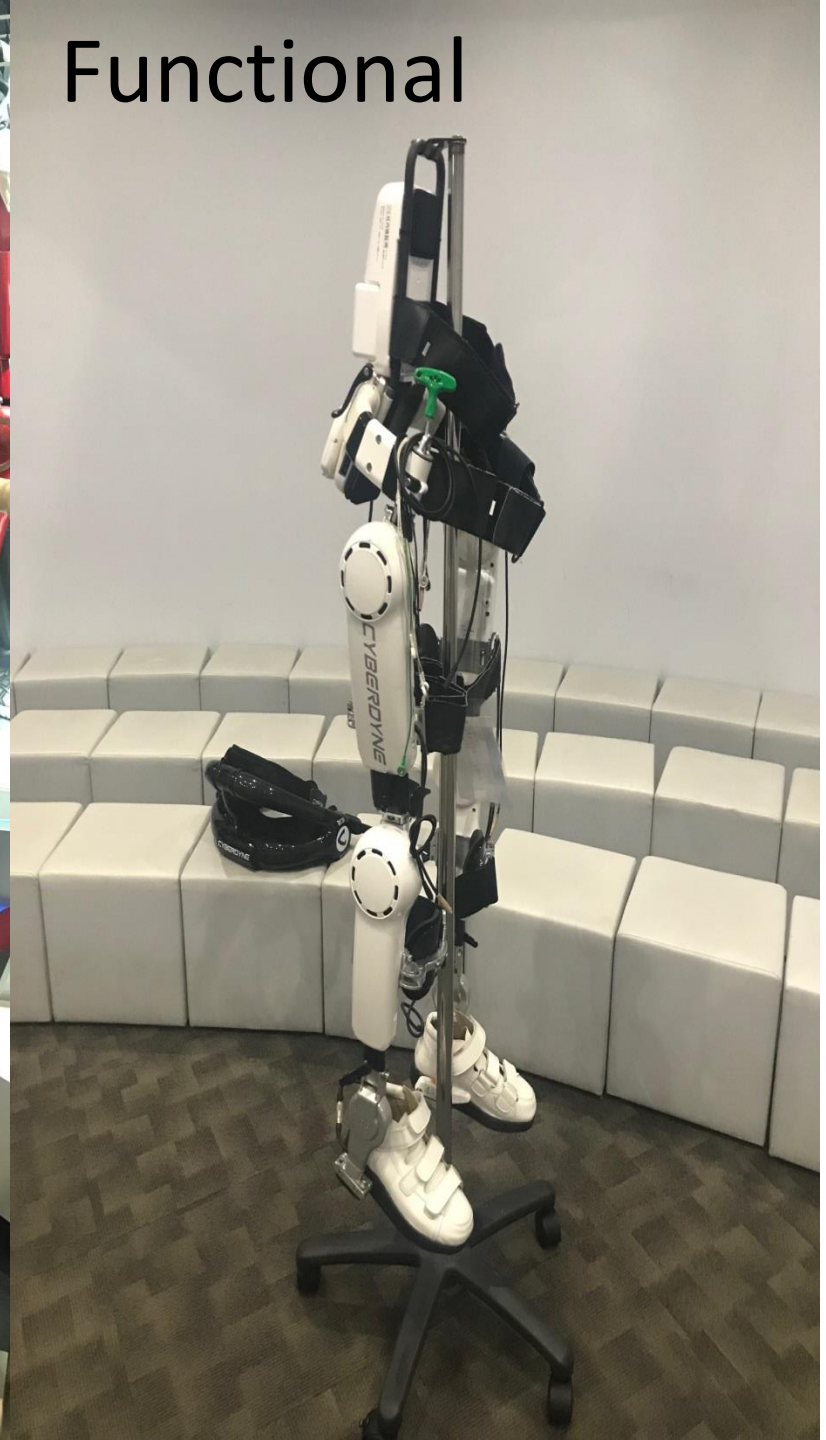


Monitoring – what technology is available to use?

- Emergency response- pendant alarm
- Cameras
- GPS
- Inactivity device
- Smartwatches
- Smart home



Functional



Robear: the bear-shaped nursing robot who'll look after you when you get old

Functional

Japanese robot can lift patients from beds into wheelchairs or help them to stand up, promising 'powerful yet gentle care' for the elderly



▲ Robear is a nursing robot developed by Riken and Sumitomo Riko Company.

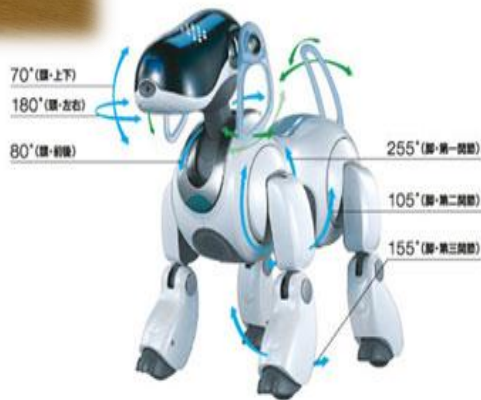
Karaoke-rehearsal time at Knollwood Military Retirement Community Emotional/Social!



Time Magazine, October 4, 2019
Corrine Purthill



Emotional/Social!



We all grow old, but we are all forever young!



Independent Living – What have older people said.....

Older people want to stay living in their own home and community . .

But in appropriate accommodation . . .

And to feel Safe . . .

I want to stay living in my home as long as possible.

My GP surgery is not too far away but I always have to get a lift from my daughter

The stairs are terrible; physically I find it hard to climb them

I'm on my own, I worry about what happens if I have a bad fall

Even when I am on my own, I lock myself in and make sure all the doors and windows are closed. There isn't a week that goes by where I don't hear 'about a break in'.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



OLDER
PEOPLE



ROYAL
COLLEGE OF
PHYSICIANS
OF IRELAND

'Listen now again'

*"Believe that a
further shore is
reachable from
here"*

