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Introduction

“...within the global conversation, there is growing recognition of the critical need to be more rigorous both in the employment of evidence for the development of policy, and in the assessment of its implementation.”

Sir Peter Gluckman

We are at the beginning of a new age – never before will we have had a world with so many older people – or such a high proportion of our society being older. While many people may think of our ageing society as a burden, it’s actually one of our greatest achievements.

People are living significantly longer and healthier lives than they did 50 to 100 years ago. In 1966, just over 8 percent of New Zealand’s population was aged 65 or older. By 2035 the number of people aged 65 and over is projected to almost double from 675,000 today to around 1.2 million. Alongside this, the number of people aged 80 or over is projected to increase by 130 percent.

Older people are key contributors to our economy, our communities and families across New Zealand. They are our skilled workers, volunteers, caregivers, mentors and leaders. They are part of our families, and social fabric. Their contribution is significant and growing. Older people make a significant economic contribution as business leaders, employees, taxpayers and consumers.

1 September 2013, The role of evidence in policy formation and implementation, Office of the Prime Minister’s Science Advisory Committee
We also know that in the future, older people in New Zealand will be a more diverse group, with different expectations and aspirations for their lives. For example, in twenty years’ time it is projected that for the over 65 age group the:

- New Zealand European population will increase by 63 percent to 960,000
- Asian population will increase by 281 percent to 150,000
- Māori population will increase by 184 percent to 117,000
- Pacific population will increase by 163 percent to 48,000.

Where we live, whether in rural communities, or in cities, will also affect the way we experience ageing, whether we are part of an extended family or live alone. The way that older people live is also changing with a declining number of older people owning their own home. There are many variables which influence people’s lives, and we need to understand those when planning, developing policy or looking at service design and delivery.

But central to good decision making is access to good data and evidence. This bibliography provides an easy reference resource for those, especially in social policy, who want to be informed about the latest research on older people in New Zealand. Not only is it important for work underway today, but it is also vital to recognise that older people are an important part of our future.

The Office for Seniors thanks all those involved in the development of this bibliography, in particular Judith Davey. Through this compilation of research, we hope to raise awareness of both the challenges and opportunities presented by our ageing population. Our path forward can be supported by this wealth of evidence.

Sarah Clark, Director, Office for Seniors
Ageing population

Demographic and general implications


New Zealanders once had the highest recorded life expectancy in the world and now experts believe a few simple measures could put us back on top.


The 2014 report on the Positive Ageing Strategy shows how New Zealand is doing in meeting the Positive Ageing Goals.


Considers NZ’s ageing population; solicits comments from older experts in mental health about how people can prepare mentally for old age.

Economic and business implications


Policy implications


Encourages continued employment on the basis that longer working lives should enable older people to earn more, save more and accumulate more wealth for their eventual retirement.


**Social Implications**


Examines issues which may impact older people, as well as social workers. Looks at discrimination, culture and ethics as they inform social work practice.


Includes age-sex profiles.


Examines suggestions that inequalities in health related to socioeconomic status will increase in older age.
Care of older people


Much attention in New Zealand has been focused on integrated care within primary care services.


Proposes a social insurance approach which combines a life-time annuity with long-term care insurance. Argues that state leadership is required because solutions will not arise spontaneously in the private market.

**Home Care (professional)**


Discusses the long-term needs of the elderly at home and obstacles to providing effective home support including workforce and costs.


Provides insights into elders’ perceptions of policy, which advocates both for ‘ageing in place’ and for targeting support to those with higher-level need.


Outlines the requirements for conformity assessment bodies (CABs) that are auditing and certifying providers of home and community support services (HCSS).


Sought to determine whether provision of restorative home care to a sample of community-dwelling older people in New Zealand would result in an improvement in physical function and social support when compared with a group receiving standard home care.


**Informal (Unpaid) Care**


Institutional (long-term) residential care


Surveys of rest homes and hospitals licenced for long-term care of older people in Auckland.


Uses New Zealand to ascertain the extent different reports provide consistent and accurate information.


Current systems of funding the provision of in-home and institutional long-term care will be a considerable pressure point as the proportion of the population aged 65+ grows rapidly over the next 20 years.


Longitudinal study in three New Zealand cities


Assesses the effectiveness of an activity programme in improving function, quality of life and falls in older people in residential care. Concludes the programme had a minimal impact for people with normal cognition but was not beneficial for those with poor cognition.


Looks at issues involving mainly Pacific healthcare assistants and mainly Pākehā residents at a large hospital-level older people care facility in Auckland.


Proposals to allow premium-only aged residential care facilities within safeguards and proposals for mixed facilities (which have premium and standard-charge rooms) when the only vacancies they have are in rooms that have an additional charge.


Explains both the needs assessment process for aged residential care and the financial means assessment for eligibility for the Residential Care Subsidy.


Education


Elder abuse and neglect

Age Concern New Zealand (2008) Elder Neglect – A qualitative study of neglect cases referred to Age Concern Elder Abuse and Neglect Prevention Services during the period 1 July 2002 to 30 June 2006. Age Concern New Zealand, Wellington.


Employment/Older paid workers


Survey undertaken by the EEO Trust in 2008.


This paper develops a conceptual framework to better understand the motivations, experiences and outcomes for older women who exit the labour market and undertake a ‘foreign experience’ as a catalyst for renewal in life and career development.


http://wes.sagepub.com

Participants were five Māori and 20 Pākehā.


Argues that local conditions require local approaches to research on elders’ (65 years and over) paid and unpaid work.

Attitudes towards older workers


Examines why age discrimination happens and offers solutions in terms of formal policy and legislation, education, and information.


A study of 954 mature job-seekers: participants reported that age was the main barrier to employment, with many employers thinking younger people would be cheaper to employ and should be “given a chance” at work.

Patterns of Participation


Reasons for retirement, contextual factors.


The past two decades have seen a significant increase in labour force participation by older workers, particularly by women and those aged over 65. Decisions around work continuation are influenced by financial preparedness for retirement and health status.


For our own health – and for the good of the economy – there is an urgent need for more New Zealanders to delay leaving the workforce and to think of 70 as the new 50, researchers say.


Similar topic without statistical detail.

**CFLRI Paper** (2013) *Workforce participation of older workers (PDF 1.02 MB, Mar 2013)*


Reviews the relevant international and NZ literature regarding the occupations of people 85 plus.


A review of recent trends in older age (55+ years) employment, followed by implications of these trends for income.


A summary of the results from a nationally representative survey, which aimed to provide information on what motivates older people to continue in paid work or retire from it, the barriers they face in the labour market, and the supports and services needed by them to continue in work.

Plimmer, G., Wilson, J., Bryson, J., Blumenfeld, S., Donnelly, N. and Ryan, B. (2013) *Workplace Dynamics in New Zealand Public Services*. A survey report prepared for the Public Service Association. The Industrial Relations Centre (IRC) and the School of Management, Victoria University of Wellington. www.victoria.ac.nz


The goal of this study was to find positive predictors of workforce participation for older workers, therefore assisting in retaining and prolonging participation of this group in the labour force.


**Workplace change and adjustment**


Points to ways that organisations can better prepare for an ageing workforce.


The New Zealand Work Research Institute and their research partners from Massey and Waikato Universities conducted a survey of almost 300 organisations which are EEO Trust members. The majority of respondents currently had or planned to implement flexible work arrangements for older workers, or to use older workers in a training or mentoring capacity. Further research in 2015 will examine the perceptions of individual older workers from a sub-sample of the organisations who participated in this study.


Comments on topics such as flexibility, a range of ages in an organisation, mentoring, retirement and business culture.


Looks at diversity in the workplace and the work of the 40+ Employment Support Trust in helping older workers back into the workplace.


In 2013, the New Zealand Work Research Institute partnered with the EEO Trust and the Chamber of Commerce, Northern, to survey New Zealand organisations about a broad range of diversity issues. The New Zealand Diversity Survey has been conducted on a quarterly basis. This report presents the main findings from the first year of the survey, providing an up-to-date baseline of diversity practices in New Zealand organisations. This will assist the EEO Trust in developing their diversity initiatives, while supporting the Institute in planning its future research projects.


Concerns the ageing workforce, the strategies that businesses will need to develop to address the risks and challenges this poses, and the leadership role of the human resource management profession.


Examines the need for employers to cater to mature workers in the labour force. Mentions the benefits for both employers and employees of enabling a gradual exit of baby boomer and other older workers.


Considers the challenge for businesses of balancing loyalty to ageing long-serving staff with ensuring the organisation's needs, such as technological competence, are not being undermined.


How New Zealand employers will have to deal with the ageing workforce. Suggests that chronological age is not necessarily an accurate indicator of whether one is ‘old’, and that upskilling older workers is a viable option.

**Work Research Institute** (undated) *Managing an Ageing Workforce*. A Future of Work Programme report in conjunction with the Equal Employment Opportunities Trust, Work Research Institute, Auckland University of Technology, Auckland. [www.workresearch.aut.ac.nz](http://www.workresearch.aut.ac.nz)

This briefing document provides guidance for managers implementing or reviewing systems and practices for engaging older workers within their organisations.

**Work Research Institute** (2014) *Aged Care Workforce Survey*. A Future of Work Programme report in conjunction with the Equal Employment Opportunities Trust, New Zealand Work Research Institute, Auckland University of Technology, Auckland. [www.workresearch.aut.ac.nz](http://www.workresearch.aut.ac.nz)

The survey data is being analysed. The final report is expected to be launched early in 2015.
Family and relationships/grandparenting


Gender

Older men


This was published before 2008, but is one of the few NZ articles on older men.

Older women


Health


Health anxiety is a universal experience ranging from concerns about physical health to debilitating worry that may merit clinical diagnosis. Physical health predicted health anxiety, but contributing variables differed between cohorts. Consistent with prior studies, older adults reported lower levels of health anxiety than the younger cohort.


Live long enough and you’ll probably get osteoarthritis, but there are ways to cope.


Cognitive functioning and Dementia


This report provides estimates of dementia prevalence, incidence and costs in 2011. It updates earlier estimates provided in 2008 in a report which contains more detailed background information regarding dementia, its effects and treatments.


Dementia numbers are expected to skyrocket as we age, but the good news is it appears possible to delay the disease’s onset.

Knowing who is at risk of cognitive decline and what those risks may be is imperative for targeting interventions. This thesis develops New Zealand norms using data from the New Zealand Longitudinal Study of Ageing, examining the impact of age, gender and ethnicity on measures of cognitive functioning.


The number of dementia patients is expected to rise rapidly, but too many are being drugged up and treated thoughtlessly, say advocates of a new wave of “person-centred” care that is making a big difference.


Outlines nine key areas the Ministry of Health will support over the next three years to maximize the health, independence and wellbeing of people with dementia.


A guide that District Health Boards can use as they to develop dementia care pathways. The aim is to help people with dementia and their families and whanau to maximise their independence and wellbeing.


As well as references the report includes articles – overview by Kathy Peri, models of care by Stephen Jacobs.


Compares the cognitive health of older adults in New Zealand and the USA, and examines differences in known risk factors. Concluded that older New Zealand adults displayed better cognitive function than those in a USA sample. This advantage can be partially explained by age and sex differences and, to some extent, by differences in known risk factors. However, the national advantage remained even when all measured risk factors are statistically controlled.


**Exercise**


How ageing influences the decisions people in later life make in relation to adopting a physically active lifestyle, and how advocacy needs to look beyond the physical experience.


Quantifies the objective benefits, participant perceptions and retention rates of the Never2old Active Ageing programme.


Falls


The New Zealand fall prevention strategy addresses injury from falls in all age groups and not just in older people.


This review looked at which methods are effective for older people living in the community, including exercise programmes; vitamin D supplements; interventions to improve home safety and an anti-slip shoe device.


### Geriatric assessments


This booklet provides information to older people and their families and whānau on how to access needs assessment and home support services.


### Health Promotion


Three Dunedin programmes promote positive ageing: public classes in aqua fitness, Age Concern groups in Tai Chi, and a Women’s Mind-Body Wellness programme.

If occupational therapy is to have a significant presence in the health care of older people, practitioners need to provide primary health promotion in the community.

Health Services


Previous research has concluded that many acute admissions to hospital in the over 75s can be avoided through identifying risk factors and targeting resources to the older population.


Health Workforce Issues


Examined the profile of paid caregivers, including their training needs. There is a policy to support people with a disability at home, and yet the workforce to facilitate this is itself highly vulnerable.

Showcases initiatives to better support nurses working in aged residential care, including forming strong partnerships with district health boards.


Heart


Identifies a significant opportunity to reduce future CVD morbidity and mortality disparities in New Zealand.


Explores the experiences of older people living with heart failure and their transitions from independence to dependence and, for some, death. Understanding the complex issues related to transition to dependence can provide health professionals with a framework for assessment and approaches to providing the support required.

Hip fractures


Joint replacement


Anticipates yet further increases in demand in the future as a result of the ageing population. Considers the implications for public funding and waiting lists.
Mental health


Nutrition


We’re never too ancient to improve our eating habits.


Ministry of Health (2013) *Food and Nutrition Guidelines for Healthy Older People: A background paper*. Ministry of Health, Wellington. A background paper to assist health practitioners to provide advice that enables the majority of older people in New Zealand to lead longer, healthier and more independent lives.

**Oral Health**


Problems exist in the provision of affordable oral health care for the older population. Health professionals and policy decision-makers’ challenge is to bridge this gap.


Older people are retaining their natural teeth for longer than before but there is continuing profound oral disease experience in the older population. There are currently no data describing the oral health of older people admitted to hospital in New Zealand and how their treatment needs are being met.


Little is known about older persons’ perceptions of oral health and oral health care. This study explored the viewpoint of older adults’ regarding their oral health care practices. The findings challenge oral health care practitioners to be sensitive to the contexts affecting their older clients’ oral health care status.


An overview of topics that are of particular relevance to providing oral health care for older people.

**Palliative Care/End of life**


**Macfie, R.** (2015) Dying wishes, *New Zealand Listener*, Health, Issue 3896, 8th January. Polls show most New Zealanders support assisted dying for the terminally ill, yet our politicians seem unwilling to confront the issue. Should the law be changed to give us the choice of an easier death?


Looks at health literacy barriers to palliative care for Māori patients and their whānau and explores ways to improve the quality of services.

Levels of palliative care required in New Zealand including the resources and capabilities needed to support service delivery.


How close hospice and hospital providers of specialist palliative care services were to meeting the new draft service specification for specialist palliative care.

**Pharmacology/Medication**


The aim of the Medicines Care Guides is to provide a quick medicine management reference tool for all care staff working in residential aged care in New Zealand.


Findings from a study of records of all prescription medication dispensed in Te Tairawhiti over a one year period. The study examined patterns of psychotropic medication use amongst older people, by age, gender and ethnicity.


Modifiable lifestyle changes can discourage the progression of cardiovascular disease. This exploratory study aimed to investigate how medication use relates to health-related quality of life.
BIBLIOGRAPHY


This thesis examines older participants’ self-management of medications and what medication-taking means to them. Health services need to respect strategies and coping methods which older people have developed to self-manage medications and other aspects of their daily living.


Explores how New Zealanders aged 65 years and older manage their medicines in their own homes, and the problems and concerns they might have with taking them. The people in this study felt that they could access, afford and manage their medicines well and their beliefs about medicines were mainly positive.


Stroke


Vision

Housing/Urban environment


Discusses a CRESA research programme which looks at how New Zealanders can age well within their own homes and reduce maintenance issues.


This paper considers the role of house condition, comfort and safety in assisting older people to stay in their own homes and connected to their communities. It reports on a five year research programme exploring the repair and maintenance investments and practices of older people. Data is presented on participants’ perceptions of the condition of their homes and their maintenance and repair investments. Home maintenance and repair issues identified by providers of services to older people are also discussed.


How Auckland’s draft Unitary Plan has responded to the expected increase in ageing population and their need for suitable accommodation.


Looks at BRANZ research into whether residential building fire safety design parameters are appropriate for an older population.


Ageing in place operates in multiple interacting ways, which need to be taken into account in both policy and research.
Retirement villages


Outlines the response by the Retirement Villages Association to aid displaced retirement village residents after the 2011 February earthquake.


**Listener** (2014) How well are our elderly protected as the retirement village industry booms? *New Zealand Listener*, Issue 3887, 30th October.


Our ageing population has created a tsunami of development and record profits in the retirement village industry, but how well are the interests of its elderly residents protected?

Income and living standards


Law and Legal Issues


The Government is tightening the screws on recovering rest home costs, with family trusts set up decades ago now considered fair game.


Māori and other ethnic groups

Asian


**Māori**

Butcher, E. (2012) ’This is my ideal life’: the importance of place for how Māori elders understand a good life. Master’s thesis, Psychology, Massey University, Palmerston North. http://hdl.handle.net/10179/3937


With the ageing Māori population and the reported importance of kaumatua roles in the wellbeing of Māori communities, the findings of this study provide an insight into the possible future direction of these roles. The roles of kaumatua still exist but may have diminished over time.


Identifies the need to better understand alcohol use among older Māori people. Research indicates that a) alcohol use among older people is becoming an increasing area of concern and b) Māori people in particular are more likely to be engaging in hazardous alcohol use.

Discusses how understanding the context of ageing for Māori can help medical practitioners to deliver more appropriate forms of treatment. The first of a series of articles to come out of the LiLACS NZ project.


Presents a snapshot of the health of Māori aged 50 years and over in New Zealand. It is a companion document to Tatau Kahukura: Māori Health Chart Book 2nd Edition which was released in 2010.


Pacific Island


There is anecdotal evidence that older members of Pacific families commonly use traditional healers and there are possible language and cultural barriers between clients and health services and health workers.
Retirement


Retirement income


Littlewood, M. (2010) Why it is still a bad idea to make it compulsory to provide privately for our retirement. The Listener, Commentary, Issue 3668, 28th August.

Ministry of Social Development (2013) Description of New Zealand’s current retirement income policies.


Retirees living on National Super without other savings will struggle to have a healthy lifestyle, new research shows.
Research methodology and theory


CHALICE aims to develop a comprehensive and flexible database of important determinants of health to inform new models of health and disability services delivery to the ageing population.


Technology/communication


A series of trials were conducted in an independent living facility at a retirement village. Results show that the robot could successfully interact with people and gain their acceptance.


Residents at a retirement village in Auckland and trialling the future of aged care.


Reports on research conducted by Massey University’s Health and Ageing Team (HART) which discloses the long-term physical and psychosocial benefits of older people engaging with the Internet.


Robots are starting to be developed for aged care populations and some of these have been made into commercial products. However, little is known about the psychological factors that promote acceptance or rejection of robots by older people.


This research highlights older people’s relationships with computers, including an appreciation for the complex and often tension-filled process by which determinations of rejection are made.
Transport


Sets out the main recommendations of a study on the effects of an ageing population on transport network planning.


An update of an earlier study of travel patterns of people age 60 and older in New Zealand.


People without functional access to a car are at a disadvantage. Alternative modes of travel often do not meet people’s mobility needs, creating barriers to participation in work, education, social activities, sport and leisure, and to accessing goods and services.


Anxiety and fear about driving can have a marked impact on mobility and independence, although there is no data on the prevalence of this problem. Women reported higher levels of anxiety and fear about driving than men, but there were no age differences.
Wellbeing, quality of life, lifestyle


Towers, A., Yeung, P., Stevenson, B., Stephens, C. and Alpass, F. (2015) Quality of life in indigenous and non-indigenous older adults: Assessing the CASP-12 factor structure and identifying a brief CASP-3. *Quality of Life*, Vol.24, 193-.. While CASP items coalesce to provide a robust QOL indicator of indigenous and non-indigenous QOL in a single-country setting the actual factor structure underpinning this CASP indicator (i.e., the NZCASP-11) is not entirely reflective of that found in the United Kingdom.


Research shows that ability to get around (AGA) is significantly associated with perceived quality of life (PQOL) among older persons with self-reported visual impairment. The purpose of this study is to investigate the extent to which AGA interacts with items which affect PQOL.

Disasters and Loss


Published online 7 Jan 2015. Socio-cultural norms of independence have recently become associated with successful ageing. Many older adults seek to remain independent within their communities, while coping with age-related decline, and living alone with decreased social connectedness. These characteristics have also been associated with personal and social vulnerability and explain why older adults are at higher risk of experiencing disproportionate negative outcomes during disasters.

**Lifestyle**


With the Rolling Stones, average age 69, touring this year, attention turns to the generation in their wake. What fuels the boomers’ insatiable appetite for life?


Discusses alcohol consumption by older people. Provides guidelines on how to deal with this issue at a consultation.


Explores the motivations of older New Zealanders who live alone and the strategies they adopt to make their solo lifestyle meaningful. Also related policy.


If you want to relish the later stages of life, it pays to change your mind-set well ahead of time.


Social networks


Examines the impact of socio-demographic factors on the relationship between marital status and social support and marital status and psychological well-being among adults aged 55-70 years old.


Research has highlighted social integration as a protective factor against depression among older adults. This thesis examines whether specific features of social networks are particularly important. It also describes the social networks and prevalence of depression among older people in New Zealand, including older Māori.


This report is based on interviews with older people who face significant challenges living in a place they call their own. It tells the stories of five individuals, their families, friends and communities, outlining how they have together met the challenges of supporting an older person in need.


This article examines elders’ interactions with a range of organisations, using a combination of diaries and focus groups, to identify factors that enabled or constrained elders’ participation.

Spirituality


Reid, G. (undated) *The state of current research into ageing and spirituality*. Selwyn Centre for Ageing and Spirituality, Auckland. [www.selwyncare.org.nz/50/research](http://www.selwyncare.org.nz/50/research)
Volunteering


Highlights issues associated with understandings of different forms of work and examines the culturally-constructed and socially-negotiated notion of productive ageing. Illustrates how Anglo-Western views alone are not able to account for experiences of older people’s paid and unpaid work within the local context.


Social policy applications of ‘active ageing’ ideals have recently focused on volunteering as a beneficial and valuable contribution that older people can make to their communities. In this paper we draw attention to the positive and negative effects of a general imperative to contribute.

Appendices

Appendix 1: Bibliographies of Research on Ageing

This will be the seventh bibliography of New Zealand research on ageing, covering over 40 years –

- *Aging and care of the aged: a preliminary bibliography of New Zealand* (Creswell and Wade 1971), Department of Social Administration and Sociology, Victoria University.
- *Older people in New Zealand* (Gilling and Gilling 1997), covering 1986 to 1996, BERL, the New Zealand Association of Gerontology and Age Concern New Zealand.
- *Bibliography of New Zealand research population ageing June 2005 – March/April 2008*, Ministry of Social Development (Virginia Wilton)

A more recent addition is:


This is focused mainly on dementia and health issues, but has a fairly wide scope.
Appendix 2: Scope of the 2015 Bibliography

**Aim** – To produce an annotated bibliography of New Zealand research on population ageing, published since 2008, for the Office for Seniors, as part of its work on the Positive Ageing Strategy.

**Guidelines and limitations**

- Only New Zealand research is included.
- Material is either published or close to publication.
- The focus is on social science research (excluding bio-medical material) but includes research on health services for older people.
- Annotations are added, sparingly, to expand on the title of the item.
- The headings used in the 2008 bibliography have been used as a basis, with some significant additions and adaptations. The main headings are arranged alphabetically and within main headings sub-headings are also listed alphabetically.
- Items are included under the most appropriate heading, even if they have some relevance to other sections.
- Wherever possible, an internet link to the full text, or to an abstract, is included. In some cases full texts are available only to subscribers. There is no guarantee that these links will be stable and accessible over time.
- The listings cover the period from 2008 to 2015 (January to March). Further items may be in press and it is inevitable than some have been missed, despite rigorous searching.

**Sources**

- Index NZ
- Google Scholar
- Web-sites of research groups/institutes
- Web-sites of government and quasi-government agencies which publish research
- Contents of relevant journals
- Published conference proceedings
- **Prasadarao, P.** (2014) *Ageing and Dementia: A compendium of New Zealand Research Literature*
- Author’s personal resources.
Appendix 3: Current capacity for research on ageing in New Zealand

The information for this summary comes from web searches and, like the 2015 bibliography itself, it is inevitably incomplete. Significant research in geriatric medicine is being carried out through the Otago and Auckland Medical Schools. This type of research is not covered here.

University Sector

Faculty of Medical and Health Science, University of Auckland – this group has an extensive research programme on health and related services for older people, as well as preventive interventions, such as falls research. Some of the research involves older people in residential care and their caregivers. There has been work on exercise programmes, cultural issues in caring and rest home care, and on gerontological education for caregivers. Important initiatives include:

- ASPIRE (Assessment of Services Promoting Independence and Recovery in Elders), supported by the Ministry of Health, and carried out through the Clinical Trials Research Unit.
- Evaluation of the INTERAI assessment tool
- LiLACS NZ – Māori and non-Māori in advanced age
- Health Workforce and Labour Market Research, started in 2010
- The BRIGHT trial: factors associated with nutrition risk
- Evaluating a Supported Discharge Team; a randomised controlled trial
- The impact of the intervention among older people following injury, commenced November 2013, funded by ACC
- The health impacts of the Canterbury earthquakes.

The Retirement Policy and Research Centre (RPRC) University of Auckland – produces working papers, publishes articles and holds seminars and conferences. Its staff often comment on current issues in the news media. Recent research topics include:

- Pension portability and overseas pensions.
- Decumulation of assets in retirement
- KiwiSaver.

Health Care of the Elderly Group at the Christchurch School of Medicine, University of Otago – the main research areas:

- Geriatric medicine service delivery evaluation
- Predictors of outcomes from rehabilitation
- Stroke rehabilitation and outcomes
> Needs assessment
> Sociological aspects of ageing
> Interdisciplinary models of care.

**National Institute for Demographic and Economic Analysis (NIDEA), formerly the Population Studies Centre, Waikato University** – large-scale projects have been carried out by this group:


**School of Psychology at Massey University Palmerston North**

The Health and Aging Research Team (HART) has undertaken a number of projects since its establishment in 2004.

**New Zealand Longitudinal Study of Ageing (NZLSA)**

In 2008 the Foundation for Research, Science and Technology awarded 5 years funding to develop NZLSA. The research team comprised investigators from HART, from the Family Centre Social Policy Research Unit and from the New Zealand Institute for Research on Ageing.

NZLSA has now been funded for several data collection waves to establish a nationally representative longitudinal study of ageing. This is a population-level study which aims to identify the health, wealth and social factors underpinning successful ageing in New Zealand’s community dwelling population aged 50 plus. ([http://www.massey.ac.nz/hart](http://www.massey.ac.nz/hart)).

**Themes:**

> Pacific perspectives on ageing
> Earthquakes and disasters
> Volunteer and unpaid work
> Quality of life
> Caregiving
> Health
> Income, assets, poverty and housing tenure
> Alcohol.
Recent Projects


Te Pumanawa Hauora (Research Centre for Māori Health and Development) at Massey University, Wellington, has interests in research on the health of kaumatua and kuia, linked to the longitudinal Te Hoe Nuku Roa study, led by Mason Durie and Chris Cunningham. This is a 25-year study of Māori households, started in 1992. More than 650 families are involved.

University of Otago, School of Physiotherapy – healthy ageing research encompasses both quantitative and qualitative research into the health and wellness of people across the lifespan. http://www.otago.ac.nz/physio/research/ageing/

Current projects are focused on:
- Postural stability of older adults with Alzheimer’s disease
- The prevention of falls in older adults and in adults with intellectual disability
- Posture and balance performance
- Improving the health and wellness of support workers and caregivers in the aged-care sector
- The role of mobility scooters in community mobility
- Hauā mana Māori: Living unique and enriched lives
- Multiple sclerosis research.

The National Science Challenge – Ageing Well – Kia eke kairangi ki te taikaumātua

The School of Physiotherapy, University of Otago is the base for this new research funding initiative, recently launched by the Minister for Science and Innovation, see: http://www.msi.govt.nz/update-me/major-projects/national-science-challenges/, http://www.otago.ac.nz/news/news/otago087987.html

The Challenge will be funded for a 10-year period, with $14.6M available through to June 2019 in the first tranche of funding. A network of stakeholders is being developed and the first meeting of this group will be in April 2015.

The Challenge will work on science to reduce and moderate the impact of dementia, strokes, depression, impaired vision and hearing, and physical disability. It will develop new techniques and technologies that improve the ability of older people to live independent lives by researching innovations in housing, transport and care services.


Other research centres and institutes


The HOPE (Health of Older People) Foundation for Research on Ageing – established in 1996 as a non-government funded Charitable Trust. Supports graduate research at Master’s and Doctoral levels by way of scholarships. The Foundation also supports Summer Research Studentships at an undergraduate level in the University of Auckland. The Foundation arranges educational programmes – seminars for people working in legal, advisory and policy-making capacities with older people, the business community, and people caring for older relatives and friends, and health professionals. http://www.hopefoundation.org.nz/overview1.html

Mission
› To lead and resource the funding of people doing research on ageing
› To disseminate research-based information about the effects of ageing on individuals and society
› To develop the pool of researchers in New Zealand
› To influence decision-makers to improve the quality of life for ageing New Zealanders.

The Selwyn Centre for Ageing and Spirituality – research on spirituality in New Zealand, publishes research, holds conferences and seminars. http://www.selwyncare.org.nz/10/the-selwyn-centre-for-ageing-and-spirituality
Centre for Research Evaluation and Social Assessment (CRESA) – http://www.cresa.co.nz/ – has recently undertaken several projects on housing and community issues for older people. Projects include:

> Community Resilience and Good Ageing: Doing Better in Bad Times
> Ageing in Place: Empowering housing decisions as we age
> Older People’s Home Repairs and Maintenance: Ageing Well in Place in New Zealand.

Research in Central Government Agencies

Ministry of Social Development – publications on:

> Work intentions of 65 year old New Zealanders
> Older New Zealanders living in relative hardship
> Support Networks of Older People Ageing in the Community.

Office for Seniors – produces the Positive Ageing Strategy and Business of Ageing reports and information for older people on power of attorney, driving, equity release, etc.

Treasury – published papers are mainly economic, such as the effect of population ageing on health and pension expenditure.


Statistics New Zealand – produces a range of population projections, with age, gender and ethnicity breakdowns, which are essential background to forward-looking research, plus periodic sample surveys. Numerous published reports, for example, New Zealand’s 65+ Population: a statistical volume (2007), and news releases.

Ministry of Health – regular and numerous reports on health services and health care, listed in bibliography. Also commissions research.

District Health Boards occasionally undertake and publish research, e.g. Counties Manukau District Health Board, Health of Older People in Counties Manukau: Population Health Needs Analysis. The Waikato District Health Board, with the Universities of Waikato and Auckland, recently founded the Institute of Healthy Ageing in Hamilton. This will cover areas such as mental health, older people in the community and best practice in clinical care.