

The logo for Tilda, featuring the word "tilda" in a lowercase, sans-serif font. The letter "i" is highlighted in yellow, while the other letters are white.

Staidéar Fadaimseartha na
hÉireann um Dhul in Aois

The Irish Longitudinal
Study on Ageing

TILDA Conference: Evidence for Policymakers

Mansion House, Oak Room
10 November 2015

In partnership with



Welcome Message



Welcome Message from Professor Rose Anne Kenny, Principal Investigator, TILDA

The role of research in responding to the challenges and opportunities of an ageing society requires a multidisciplinary, multi-centre, and integrated approach. In order to understand how to target prevention and intervention strategies, and identify the most effective technologies or innovations, the ageing process must first be understood. This can be undertaken at a population level by gathering repeated observations on the same cohort over long periods of time – a longitudinal study.

Repeated observations through a longitudinal study allow us to identify developmental trends across the life span of citizens, providing invaluable information which informs health and social care, while illustrating the consequences of policy changes on people and society. A representative survey of the older population serves as the foundation on which to plan and assess appropriate health, medical, social, built environment and economic interventions.

The Irish Longitudinal Study on Ageing (TILDA) is a large-scale nationally representative study of 8,500 people aged 50 and over, and is one of the most ambitious studies on ageing ever carried out in Ireland. TILDA, through its extensive database of the health, social and economic characteristics of older persons, is establishing a comprehensive and accurate picture of the ageing process. An important contribution of TILDA has been in documenting the prevalence and incidence of disease among the over 50s. With each wave of data collection, researchers are sharing these findings widely.

Thank you to Age Friendly Ireland, the Dublin Age Friendly City Alliance, Dublin City Council, and the Lord Mayor for hosting the 2015 TILDA Conference. Thank you to all of the presenters and attendees taking part in today's activities. Finally, many thanks to the TILDA participants who are teaching us so much.

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| Noon – 12.30pm | Registration & Lunch |
| 12.30pm – 1pm | Welcome & Opening Remarks <i>Welcome</i> Brendan Kenny, Assistant Chief Executive, Dublin City Council & Chair, Age Friendly Ireland <i>Opening Remarks</i> Kathleen Lynch, TD, Minister for Older People and Social Care, Department of Health |
| 1pm – 2pm | Health Policy <i>The HRB, Ageing & TILDA</i> Dr Graham Love, Chief Executive, Health Research Board <i>TILDA Findings Relevant to Health Policies</i> Professor Rose Anne Kenny, TILDA Principal Investigator, Trinity College Dublin <i>TILDA – A Policy Perspective</i> Dr Tony Holohan, Chief Medical Officer, Department of Health |
| 2pm – 3pm | Transport Policy <i>Age Friendly Transport Policies and Initiatives</i> Brendan O’Brien, Head of Technical Services (Traffic), Dublin City Council <i>TILDA Findings Relevant to Transport Policies</i> Dr Orna Donoghue, TILDA Project Manager <i>Accessible and Sustainable Transport Policies</i> Martin Diskin, Principal Officer, Sustainable Transport Policy Division Department of Transport, Tourism and Sport |
| 3pm – 3.15pm | Tea/Coffee & Refreshments |
| 3.15pm – 4pm | Economic Policy <i>Introduction to Economic Policy Session</i> Dr Anne Nolan, Senior Research Officer, Economic and Social Research Institute <i>The Impact of Voluntary and Involuntary Retirement on Mental Health: Evidence from Older Irish Adults</i> Professor Alan Barrett, Director, Economic and Social Research Institute <i>Pensions and the New Ageing</i> Jane Williams, Chair, Pensions Authority & Dublin Age Friendly City Alliance |
| 4pm – 4.45pm | Smart Ageing: Technology, Enterprise & Innovation <i>Introduction to Smart Ageing Session</i> Dr Diarmuid O’Brien, Director, Trinity Research & Innovation, Trinity College Dublin <i>TILDA Impacting Science</i> Professor Richard Reilly, Neural Engineering and Ageing, Trinity College Dublin <i>Excellence and Impact: Scientific Research Programmes from Science Foundation Ireland</i> Professor Mark Ferguson, Director General, Science Foundation Ireland |
| 4.45pm – 5pm | Closing Remarks <i>Closing Remarks</i> Críona Ní Dhálaigh, Lord Mayor, Dublin City Council |

Speaker Profiles



Brendan Kenny

Mr. Brendan Kenny is Deputy Chief Executive with Dublin City Council and has responsibility for Community, Culture, Economic and Emergency Services. He is the Chairperson of Age Friendly Ireland. From 2007 to 2012, Mr. Kenny worked as Chief Executive of the Limerick Regeneration Agencies. Prior to 2007, he was Assistant Dublin City Manager with responsibility for Housing and Community Services.



Minister Kathleen Lynch TD

Minister Kathleen Lynch is accountable for developing and articulating Government policy on Primary Care, Social Care (Disabilities & Older People) and Mental Health. Minister Lynch is leading a fundamental Mental Health Reform Programme in Ireland, Vision for Change. In 1994, Minister Lynch was first elected to the Irish Parliament (Dáil Eireann) for the Labour Party. She was subsequently elected again in 2002 and has retained her seat since. In March 2011, the Labour Party formed a new coalition government with the Fine Gael Party with an agreed programme for government, including major Health Care Reform. Minister Lynch was a member of the Joint Parliamentary Committee on Health 2007; the Joint Parliamentary Committee on Justice, Equality, Defence and Women's Rights 2002-2007; and the Joint Parliamentary Committee on Enterprise and Small Business 2002-2006.



Dr Graham Love

Dr Graham Love is Chief Executive of the Health Research Board, an agency of the Irish Government's Department of Health. The HRB manages an investment portfolio in excess of €100 million, spanning clinical, population and health services research. It also manages key health information systems and provides evidence-based policy support to the (Irish) Government's Department of Health. Previously, Dr Love worked in Science Foundation Ireland, covering a variety of areas including strategy, communications and programmes, where he filled senior roles such as Head of Strategy, Director of Policy, and Interim Director General. Before entering the Public Service, Graham was in the private sector for many years working for management consulting firm Accenture. There, he worked with international clients such as Microsoft, Vodafone and Norsk Hydro on a range of projects including IT system implementations, strategic reviews and transformational change.



Professor Rose Anne Kenny

Rose Anne Kenny is Professor of Medical Gerontology at Trinity College and the founder and Principal Investigator of The Irish Longitudinal Study on Ageing (TILDA), Trinity's flagship research project in ageing. Established in 2006, TILDA is now one of the most comprehensive longitudinal studies on ageing worldwide, rapidly influenced policy and practice around the world. Professor Kenny's research focuses on the causes and consequences of ageing processes governing neurocardiovascular stability in particular locomotion, falls, syncope,

autonomic signals and mental health. Professor Kenny's team is investigating early risk determinants of cognitive decline, novel measures of autonomic function in ageing, risk factors for mobility impairment, new models for frailty diagnosis, and implantable devices in falls prevention. In 2012, she founded and is now Director of Trinity EngAGE Centre for Research in Ageing. Trinity EngAGE brings strategic leadership across ageing research, education and innovation, knowledge translation, and public engagement, linking national and international stakeholders. Professor Kenny is Director of Mercer's Institute for Successful Ageing at St James's Hospital - the first purpose built clinical research facility on the island of Ireland dedicated to ageing. Prior to her present appointments, Professor Kenny held the Chair of Cardiovascular Research at the University of Newcastle Upon Tyne, UK, where she was Head of the Academic Department of Medical Gerontology for 12 years and co-founder of the Institute for Health and Ageing. Professor Kenny is Director of the Falls and Blackout Unit at St James's Hospital – the largest falls and syncope facility in Europe. Her work has led to new methods for assessment of falls and syncope risk which have been adopted internationally and the head-up-tilt-test, which Professor Kenny first described, is now the gold standard for vasovagal diagnosis. Professor Kenny is widely published, with over 300 peer reviewed papers, 4 textbooks and 53 book chapters. She has supervised 24 PhDs, 8 MScs and 8 MDs to completion. Since 2006, Professor Kenny has secured more than €156M in research funding. In 2014, she was elected as a Member of the Royal Irish Academy (M.R.I.A.), the highest academic honour in Ireland and a public recognition of academic excellence. She is a Fellow of Trinity College Dublin and of the Royal College of Physicians in London, Ireland and Edinburgh.



Dr Tony Holohan

Dr Tony Holohan was appointed as Chief Medical Officer in December 2008. His responsibilities include leading on patient safety and quality in health care, as well as leading on public health (health promotion, health protection including emergency planning and health improvement). Dr Holohan provides expert medical evidence, analysis and advice to the Ministers of State and to the Department, contributing to the development and implementation of policy and services in relation to the health services as a whole. He works with the medical profession on policy and professional matters and plays a lead role in maintaining good working relationships between the Department and the profession. Additionally, he and his team build relationships with relevant external agencies and stakeholders, both nationally and internationally, particularly the HSE, HIQA and the Medical Council. Dr Holohan communicates Departmental positions in the media and at national and international fora, in addition to providing a high quality training environment and experience for the Specialist Training Programme in Public Health. Dr Tony Holohan qualified from UCD in 1991 and trained initially in General Practice and subsequently in public health medicine. He was appointed as Deputy Chief Medical Officer at the Department of Health and Children in 2001 where he worked on the Health Strategy, Primary Care Strategy, and National Health Information Strategy. He has more recently worked on the new National Cancer Control Strategy as a member of the National Cancer Forum. He is a member of the National Cancer Registry Board and the Health Research Board. He has been a member of the Board of the Faculty of Public Health Medicine.

Speaker Profiles



Brendan O'Brien

Mr. Brendan O'Brien (M.Sc. Bask Dip IT.) is Head of Technical Services (Traffic) at Dublin City Council. He is responsible for traffic management, traffic systems and traffic planning in the City as well as the Public Lighting services. Mr O'Brien has been 15 years with Dublin City Council and was responsible for introducing the HGV ban in the City Centre, Port Tunnel Traffic Management, and the design and introduction of the Real Time Passenger Information service across Dublin Bus, Bus Eireann, Luas and the Country-wide roll out of digital passenger information signs and the nationwide mobile Application.



Dr Orna Donoghue

Dr Orna Donoghue is Project Manager for The Irish Longitudinal Study on Ageing (TILDA) based in Trinity College Dublin, since August 2014, having joined TILDA as a Health Research Fellow in 2011. She is responsible for the overall planning, execution and management of the TILDA data collection process to facilitate TILDA research and policy objectives. Her current research interests focus on the factors influencing walking and mobility in older Irish adults, with a particular focus on how these can predict adverse outcomes such as falls, disability and cognitive decline. Previously, Orna lectured at the University of Limerick and University of Edinburgh. She has a BSc in Sport and Exercise Sciences from the University of Limerick, a PhD in Biomechanics from the University of Limerick, a Diploma in Physical Therapy from the Institute of Physical Therapy and Applied Sciences, and an Advanced Diploma in Project Management from Dublin Business School.



Martin Diskin

Mr. Martin Diskin is the Principal Officer of the Sustainable Transport and Freight Policy Division and Road Haulage Division of the Department of Transport, Tourism and Sport. He is involved in the development of sustainable transport policy that will enable economic growth in a context of challenging climate change objectives while meeting the needs of transport service users. Of central importance to that agenda is the planned transition to a low carbon economy via a transport sector that is as energy efficient, environmentally clean, and as customer-focussed as possible. Prior to this, Martin has worked on Maritime Policy, Transport Services regulation and Sustainable Energy policy. He has a BA in Economics and Politics from UCD and a MBS from the UCD Smurfit Business School.



Dr Anne Nolan

Dr Anne Nolan is a Senior Research Officer in the Social Research Division, and joint Research Area Coordinator for Health and Quality of Life Research at the ESRI. She is also a Research Affiliate at The Irish Longitudinal Study on Ageing (TILDA) at Trinity College Dublin. Between September 2013 and August 2015, she was on secondment to TCD as Research Director of TILDA. Her main research interest is health economics, with a particular focus on healthcare financing and access, socio-economic inequalities in health and Irish health policy. She is currently working on a number of programmes of health research funded

by the Health Research Board, including the project ‘Inequalities in Access to GP Care in Ireland: An Analysis using Longitudinal Data’ which uses data from Growing up in Ireland (GUI) and TILDA to examine the influence of the current system of healthcare entitlements on access to GP care in Ireland. She has also carried out research examining pharmaceutical pricing and delivery policy in Ireland, and has worked with the European Observatory on Health Systems and Policies and the WHO on analysing the impact of the economic crisis on the Irish healthcare system. She has BA and PhD degrees in Economics from Trinity College Dublin.



Professor Alan Barrett

Professor Alan Barrett is the Director of the Economic and Social Research Institute, since July 2015. He joined the ESRI in 1994, upon the completion of his doctoral studies at Michigan State University. His main research areas are labour economics and population economics. His work has been published in Labour Economics, Journal of Population Economics, Oxford Review of Economic Policy, Economics Letters, Industrial and Labor Relations Review, British Journal of Industrial Relations, European Journal of Population, International Migration Review, Population Research and Policy Review, Economic and Social Review, and National Institute Economic Review. In 1997, he co-authored a book on environmental policy, *The Fiscal System and the Polluter Pays Principle: A Case-study of Ireland* (Ashgate). Between 2005 and 2010, he was a co-author of the Institute’s Quarterly Economic Commentary. Between 2001 and 2003, Professor Barrett was seconded to the Department of Finance to work on the long-term fiscal implications of population ageing. Between 2011 and 2013, he was seconded to The Irish Longitudinal Study on Ageing (TILDA) at Trinity College Dublin where he worked as Project Director. He was a member of the Irish Fiscal Advisory Council from 2011 to 2015. He is Co-editor of the IZA (Institute for the Study of Labor) Journal of European Labor Studies and was the founding Editor of the Policy Section of the Economic and Social Review from 2009 to 2011. He is a Research Fellow with IZA in Bonn, Germany, and an Honorary Fellow of the Society of Actuaries in Ireland. He is also a member of the National Expert Advisory Council on Climate Change.



Jane Williams

Ms. Jane Williams is an experienced businesswoman with senior management, owner-management and board directorship experience, over 37 years. She has in-depth experience in the private, public and not-for-profit sectors from executive to top management and Board levels. Jane has served on 15 public and private boards over the last 20 years. Her consulting practice, Sia Partners, spans a wide range of business sectors and not-for-profit organisations from manufacturing and service businesses, to utilities and regulated industries, membership and representative organisations, charities, arts and sporting bodies. Jane holds an honours Business Studies degree from Trinity College. She obtained a Masters in Psychology from Columbia University, New York. She is a qualified banker and an accredited mediator. Jane currently Chairs The Pensions Authority and has recently taken up the Chair of the Dublin City Age Friendly Alliance.

Speaker Profiles



Dr Diarmuid O'Brien

Dr Diarmuid O'Brien is the Director of Research and Innovation at Trinity College Dublin. Prior to this role, he was the Executive Director of CRANN – an internationally recognised centre of excellence for nanotechnology research. During his time as Executive Director, CRANN was awarded >€250M of competitive research funding and produced research outputs which resulted in Ireland's global ranking of 6th and 8th for nanotechnology and material science, respectively. He also developed significant linkages with industry and a strong commercialisation culture within CRANN and supported the development of the AMBER centre. Prior to CRANN, he worked in senior management roles in a number of start-up companies: Ntera, an electrochromic display company; Xoliox, a high power battery company based in Lausanne, Switzerland; and Deerac Fluidics, a company developing tools to support the drug discovery process. He has a degree in Materials Science from Trinity College Dublin and PhD in Physics from the University of Sheffield, UK. He has worked as a research fellow at Kyushu University, Japan, and Princeton University, United States. His research on displays has resulted in a licensed technology which is utilised in millions of OLED displays today, including Samsung Galaxy mobile devices.



Professor Richard Reilly

Professor Richard Reilly focuses on Neural Engineering at Trinity College Dublin, a joint position between the School of Medicine and School of Engineering. He is also a Director and a Principal Investigator of the Trinity Centre for Bioengineering and at the Trinity College Institute of Neuroscience. He is Program Director of the MAI and BAI educational programmes in Biomedical Engineering at Trinity College. His research focuses on the processing of signals that diagnose the human physiological and cognitive state: non-invasive electrophysical biomarkers for cognitive function, patient-oriented neurodiagnostics methods, neural prosthetics and therapeutic neuromodulation devices. He is a member of the Royal Irish Academy, Fellow of the Royal Academy of Medicine of Ireland, Fellow of the Royal Society of Medicine, Fellow of the European Alliance for Medical and Biological Engineering & Science, and a Senior Member of the Institute of Electrical and Electronics Engineers. He is a former President of the European Society of Engineering and Medicine. He is currently a member of the Board of Tallaght Hospital in Dublin and a member of the Health Products Regulatory Authority of Ireland's Advisory Committee on Medical Device. He was awarded the Haughton Medal from the Royal Academy of Medicine of Ireland in 2013. In 2004, he was awarded a US Fulbright Award for research collaboration into multisensory integration with the Nathan Kline Institute for Psychiatric Research, New York. He is a former Silvanus P. Thompson International Lecturer for the Institution of Engineering and Technology. He has established two companies based on his research activities. Professor Reilly received his BE degree in Electronic Engineering, an MEngSc and a PhD in Biomedical Engineering from University College Dublin. He has authored and co-authored 378 publications in peer reviewed scientific journals and conferences. He has successfully supervised 76 PhD/MSc researchers to completion.



Professor Mark Ferguson

Professor Mark W.J. Ferguson commenced as Director General of Science Foundation Ireland in January 2012 and as Chief Scientific Adviser to the Government of Ireland in October 2012. Previously, he was Professor in Life Sciences at the University of Manchester (since 1984) and co-founder, CEO and Chairman of Renovo Group plc (1998-2011). Professor Ferguson is the recipient of numerous international research awards including the 2002 European Science Prize (jointly) and he is the author of 327 research papers and book chapters, 60 patent families, and author/editor of 8 books. Mark graduated from the Queens University of Belfast with degrees in Dentistry (BDS 1st class honours), Anatomy and Embryology (BSc 1st class honours, PhD) and Medical Sciences (DMedSc). He holds Fellowships from the Royal Colleges of Surgeons in Ireland (FFD) and Edinburgh (FDS), and is a Founding Fellow of the UK Academy of Medical Sciences (FMedSci). He is a member or Fellow of a number of learned Societies, and was made a “Commander of the British Empire” (CBE) by the Queen in 1999 for services to Health and Life Sciences.



Lord Mayor Criona Ní Dhálaigh

Sinn Féin Councillor Criona Ní Dhálaigh was elected Ardmhéara Bhaile Átha Cliath/ Lord Mayor of Dublin at the Annual Meeting of Dublin City Council on Monday 29th June 2015. She was first co-opted to the City Council on 3rd April 2006 to represent the Crumlin-Kimmage Ward of the South Central City Electoral Area and was re-elected in the Local Elections of 2009 and 2014.

The Lord Mayor serves on the following Committees:

- Housing SPC
- Planning SPC
- Dublin City Joint Policing Committee
- South Inner City Drugs Task Force
- St. Teresa’s Garden’s & Dolphin House Regeneration Board

Her priorities for her term as Lord Mayor are:

- Addressing the housing crisis, in particular homelessness;
- Ensuring social clauses in Local Authority procurement;
- Trying to make the Irish language more visible in the capital city;
- Addressing illegal dumping, with particular reference to Dublin City Council’s policy on dog fouling.

She loves traditional Irish music and set-dancing.

For More Information



For more information about TILDA, please contact:

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Dr Christine McGarrigle joined TILDA as a Social Epidemiology Research Fellow in 2012 and became Research Director in 2015. Her research is currently focused on intergenerational transfers, and the demographic, social and health factors associated with transfers between the generations. Prior to joining TILDA, Christine worked at the Health Protection Agency in London where she was the lead scientist for behavioural surveillance, and was an honorary research fellow at the Department of Primary Care and Population Sciences, University of London. She worked on a number of national surveillance and research programmes which included behavioural surveys, recruiting from both clinical settings and community settings using participatory research methods, which informed health promotion and disease control. She received her BSc in Chemistry from University College Dublin, and her MSc and PhD in Epidemiology from the London School of Hygiene and Tropical Medicine, University of London.



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