Know your pulse

untreated; TILDA is working on a major national campaign 'know your pulse' to help to





New discoveries

TILDA'S researchers have already made new discoveries: the TILDA team have discovered:

- a new method to measure irregular heart beats and researchers are developing new technologies using
- that eye measurements are early indicators of people at risk of falls and fractures.

If you wish to have more in depth information please see details of the first wave report on our website – www.tilda.ie

Please keep in touch

If this newsletter has been forwarded to you at an address that is different from the one we have on record or if you are moving in the near future, we would appreciate if you could give us your new contact details. You can do this by filling in the change-of-address form enclosed with this newsletter and returning it to us in the prepaid envelope provided.



Contact:

Jacinta at 01 896 4120 or Pauline at 01 896 2509

Email:

tilda@tcd.ie

Write to:

The Irish Longitudinal Study on Ageing Chemistry Extension Building (Lincoln Gate), Trinity College, Dublin 2

Newsletter

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

Dear Tilda Participants

This is the first of a series of newsletters and other communications to keep you up to date with TILDA's progress. On behalf of the TILDA team and the countless citizens who will benefit from the knowledge generated by the TILDA study now and for years to come, thank you for your personal participation.

TILDA's purpose is to improve the quality and accuracy of information available to all policy makers and to create new research and development in ageing in Ireland, making Ireland a better place to grow old.





Policy

We are now actively working with policy makers on ways to improve health and health care, pensions, disabilities and lessen carer burden.



tilda

Oct 11



Good news

The TILDA dataset is already creating new employment opportunities for young researchers throughout

Inside...

50 Plus Research Results

Know Your Pulse Campaign

New Discoveries!











Newsletter

Media coverage

emphasizes the huge contribution that the 50 plus make to Irish society.

Staying younger for longer

"Researchers are looking for ways to recognise the onset of frailty in time to slow down the process."

Claire O'Connell Irish Times 26th April 2011

Charlie Weston

Irish Independent Sept 15th 2011

The rise of the 'granny nannies'

"More adults are being bailed out by ageing parents."

Irish Independent May 10th 2011

Wellbeing of the over 50's

"This study is a valuable and strategic investment for the nation. The Minister for Health must ensure that its first report does not gather dust and that these early findings are acted upon by policy makers."

Editorial - Irish Times 14th May 2011

Using grey power to Parents postponing retirement as children help fuel our recovery move home

"Keeping older people fit and well is not just of benefit to them - it can help "24% of older households have given the economy by saving us a fortune in financial or material gifts, worth €5,000 or more, to their adult children in the past healthcare costs...'

> John McKenna Irish Times March 29th 2011

Under the microscope

"Already details are emerging in the research that Ireland's elderly are more active than in the past, better educated and largely tend to own their own homes."

Paddy Clancy Irish Times 15th Feb 2011

The 50 plus in Ireland

Of the 50 plus age group in Ireland: A wide variety of interesting results have emerged from the first phase of interviews and health assessments. For more in depth details see www.tilda.ie

Results

- A quarter of the 50 plus age group have been 'emigrants' at some stage in their lives.
- Only 5% of people over 50 in Ireland are non Irish - and almost all of these are British.
- Half provide regular care to grandchildren, one third provide regular practical help with chores such as shopping and many volunteer on a regular basis.

People in need

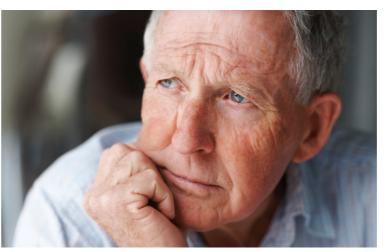


If people need help as they get older this is mostly provided by a spouse or child, only 20% is provided by the state. Worryingly, one in ten people who are unable to dress, wash or feed themselves don't appear to have any help - either from family, friends or services and are somehow

managing alone. TILDA is helping to recognise these needy persons in society and to help policy makers ensure that help is available where most needed.

8,504 Participants

TILDA has 8,504 participants and because of the careful selection of TILDA participants we can generalise observations to the nation as a whole.



- Depression (29%) and anxiety (39%) are very common - most common between the ages of 50 to 64 and in those 75 years and older. Most people with depression have not been diagnosed by a doctor. TILDA will raise awareness about this amongst doctors.
- The majority of the Irish population aged 50 years and over rely heavily on cars as the main mode of transport, three quarters drive themselves and one in seven are driven by a family member.
- As expected, average weekly disposable income is very different depending on age - from €558 for 50 year olds to €321 for 75 year olds; but there is huge variation.
- Pension coverage is poor particularly in women: two in five women currently in work are not covered by any personal pension. Pension coverage varies considerably by job category, for example, four in five higher professionals are covered compared to only one in three of those in unskilled jobs.
- Men and women approaching retirement age are more likely to be in part-time employment than their younger counterparts in their 50's, suggesting that we 'wind-down' before we retire.

Results

- Three quarters are overweight or obese; high blood pressure, heart disease and diabetes are also very common.
- Overall TILDA participants are satisfied with their health (two thirds) and consider that it is excellent. very good or good.
- Women and the oldest adults get more comfort and strength from religion than men or younger adults.



Satisfaction with life and 'happiness' are highest between 65 and 75 years!!









