

# Abstracts - Poster presentations

In alphabetical order of first authors surname'

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**Eva Joanna Alexjuk (Jo)**

School of Health in Social Science, University of  
Edinburgh  
ealexjuk@ed.ac.uk

**The Journey from Dementia Diagnosis to  
Final Bereavement: An exploration of  
anticipatory grief, loss and bereavement  
experienced by carers of people with dementia**

To date few research studies have examined anticipatory grief in relation to dementia care. Even fewer have explored the caregiver's journey from the diagnosis of dementia to the final bereavement of the person for whom they are caring.

Caring for someone with dementia is about more than their memory loss. There are many 'losses' involved: gradual loss of the person who is being cared for; loss of the role within the family or couple; loss of financial security and possible feelings of a loss of 'self'. However the route undertaken during a caregiver's journey will always be individual to each person, yet there will be some similarities in how people approach and manage this journey.

This is a qualitative study applying a hermeneutic phenomenological approach inspired by Hans-Georg Gadamer to explore the complex psychological, interpersonal and socio-cultural experiences, in relation to anticipatory grief and loss of caregivers of people with dementia. Encompassing the complex experiential and personal detours of carers of people with dementia in mapping the 'landmarks' and 'landslides' of their journey.

The aim of this research study is to explore, in part retrospectively, the complex experiences in relation to anticipatory grief and loss, of caregivers of people with dementia from dementia diagnosis to the end of life of that person. To identify ways of meeting the emotional and psychological needs of carers of people with dementia, as well as considering the development of the future service provision of information, education and training for carers of people with dementia.

**Beth Armstrong**

Lancaster University  
b.armstrong1@lancaster.ac.uk

[Charlie Lewis]

**Older and wiser? The impact of aging on  
product placement vulnerability**

Product placements influence consumer brand attitude and product choice (Auty & Lewis, 2004), debate speculates whether the influence of placement exposure is due to implicit or explicit influence. Research in the area has predominantly been conducted with young adults or children. The impact of aging on product placement vulnerability has not been investigated.

Aging can decrease performance on cognitive tasks, particularly when distracted by other activities (Moscovitch & Winocur, 1995). Reduced cognitive resource can decrease explicit memory of adverts (Shapiro & Krishnan, 2001), increase implicit influence on choice (Shiv & Fedorkin, 1999) and impair persuasive defences (Friestad & Wright, 1995).

The current study examined the effect of placement exposure on the recall and product choice of older adults. 136 older (60-88 years) and 124 younger adults (18-25 years) watched a video clip consisting of advertisements and a program extract which featured a product placement. Half saw the clip with a placement warning logo. Participants watched the clip with increased motivation (small prize) or reduced cognitive capacity (digit span).

The warning logo failed to increase recall or safeguard snack choice. Older adults were less likely to remember the placement. Recall had no influence on young adult snack choice. Older adults who recalled the placement were more likely to choose the featured product, however those who did not remember the placement showed no effect of exposure. It is proposed that older adults are resistant to the implicit influence of product placements due to reduced implicit processing capacity.

**Jessica Banks**

Faculty of Medical Sciences, Newcastle University  
j.e.banks@ncl.ac.uk

The phenotype of, and underlying causative factors for, delirium in medical inpatients in northern Tanzania.

Very little is known about the presentation or management of delirium in sub-Saharan Africa. Delirium is a common presenting condition for older adults to medical wards in the developed world. Identification is important because of the high rates of morbidity and subsequent mortality, and to enable family education.

Our previous research on older medical admissions in 3 African hospitals has shown delirium is not frequently recognised as a cause of admission. Along with colleagues in Nigeria, we have developed, and are in the process of validating a short six item screening tool for confusion, which is not educationally or culturally biased<sup>1</sup>, and should be useful in detecting and monitoring delirium.

**Aims and objectives** - We aimed to screen all patients over the age of 60 admitted to the medical wards at KCMC hospital over a 5 month period, to ascertain inpatient prevalence of delirium and underlying causative factors.

#### Methods

1. To use the screening tool to identify cases of delirium from all patients over the age of 60 admitted to medical wards in KCMC Hospital, Moshi, Tanzania.
2. Monitor the course of delirium using the screening tool and assess sensitivity to detect change over time.
3. Described the phenotype (CAM score) and underlying causes of delirium in this setting, validated against DSM V criteria.

**Findings** - An overall prevalence of 20-25% was observed, matching that of the prevalence observed in inpatient population in the UK. Underlying causative factors closely match UK populations with Stroke and UTI being the two major factors.

**Nawaraj Bhattarai**

Health Economics Group, Institute of Health and Society, Newcastle University  
nawaraj.bhattarai@newcastle.ac.uk

[Peter McMeekin, Christopher Price, Luke Vale]

Re-attendances in Emergency Medical Services- a comparison of estimates from Kaplan Meier and Cumulative Incidence Function approaches

**Background:** It is important that repeat attendances at emergency departments are estimated correctly to inform service provision. We aimed to compare the estimates generated by the Kaplan-Meier approach and the Cumulative Incidence Function approach in presence of competing risks and to assess the bias in estimates from the Kaplan-Meier approach using the data from three neighbouring district general hospitals serving a total population of 550,000 in the North East England.

**Methods:** Using hospital episode statistics about 109,942 attendances in between July 2010- December 2012, we compared the results of Kaplan-Meier approach and Cumulative Incidence Function approach to examine re-attendance in context of the presence of death as a competing event.

**Results:** The Kaplan-Meier estimate of re-attendance was observed to be greater than the Cumulative Incidence Function estimate. Though a very small difference was observed in the general population, our results showed that among those attending the emergency medical services the difference between the two approaches was most pronounced in patients above 65 years of age and in those with four or more comorbidities.

**Conclusions:** Failure to account for competing events in the Kaplan Meier approach created biased estimates of cumulative re-attendances in the emergency medical services, which could adversely influence service provision and evaluation.

**Gemma Bradley**  
Northumbria University  
Gemma.bradley@northumbria.ac.uk

**Title:** Rehabilitation potential and subsequent treatment pathways for older people admitted to an acute hospital – designing a study to explore the decision making process.

With an undisputed aging population, there are well reported pressures related to unplanned, hospital admissions for older people (The Kings Fund, 2013) and understanding pathways for this patient group is growing in significance.

The role of acute hospitals is increasingly orientated towards specialist intervention to stabilise acute conditions and, if ongoing needs are identified, it is the role of rehabilitation services to maximise functional outcome. Deciding whether a person would benefit from community or rehabilitation services, and which services would meet needs is intrinsically linked to a judgement regarding rehabilitation potential and it has been suggested that the clinical assessment of rehabilitation potential is an everyday occurrence in hospitals (Cunningham, Horgan and O'Neill, 2000). However, although regularly cited within practice and literature, the concept of rehabilitation potential presents as lacking clarity and there is little reference to accepted definitions.

Alongside a current emphasis on further developing understanding of pathways following acute admission, there is also a growing emphasis on service user involvement in decisions about care and treatment (DH, 2010). Literature specifically focussing on involving older people in health care decisions suggests complex challenges (Ekdahl, Andersson and Friedrichson, 2010; Lally & Tullo, 2012).

The above study is in the early stages of development for a PhD programme of study. The author is currently engaging with literature and designing an ethnographic study to explore influences on decision making within the social context that these decisions occur. This poster will present emerging themes from literature alongside early issues relating to study design.

**Sophie Bushell**  
Bournemouth University Dementia Institute  
(BUDI)  
sophie.bushell@bournemouth.ac.uk

**Researching the wellbeing of people with dementia living in a purpose built care environment: Ways forward.**

This paper will present my doctoral research using action research to implement activities for wellbeing for individuals with dementia living in into long term care.

The interest in the wellbeing of individuals living with dementia in a care, although once neglected, has increasingly become a topic of academic, professional and political discussion. Research into specific interventions designed to promote wellbeing or quality of life amongst individuals living in care has gained momentum. However, while these studies have made a significant contribution to our knowledge and understanding of wellbeing in care, they overlook the potential of the individual with dementia make their own decisions regarding which activities may be most beneficial to their own wellbeing.

To date, little research has been conducted which has sought to actively encourages individuals with dementia to design their own activities within a care home environment. This is problematic, as a dearth of research of this kind significantly limits our understanding of this subject. This research study proposes a different way to researching wellbeing in care. It suggests that the way forward in this area of research is to work in close collaboration with research participants, enabling them to design and choose their own activities for wellbeing. The rationale behind this approach is firstly that people make decisions about which occupations will improve their wellbeing outside of the home care environment and should therefore be able to do so following admission to into care and secondly that encouraging empowerment through the research process may have beneficial effects.

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**Nesta Caiger**  
University of Southampton  
nc8g08@soton.ac.uk

My work is titled: 'Living Longer working longer: Economic Activity over the State Pension Age in England'. My abstract is as follows:

With life-expectancy rising and the State Pension Age (SPA) increasing, understanding patterns of retirement and

drivers of working beyond the SPA is a key policy priority. Existing research has examined different factors associated with extending working lives, with demographic, health and socio economic factors being identified as indicators which can both encourage and discourage individuals from working beyond the SPA. This research investigates the determinants of working beyond the SPA. A quantitative approach using bivariate and multivariate methods is adopted. Wave 5 of the English Longitudinal Study of Ageing (ELSA) is the main focus, however comparisons to the other waves (1-4), in particular wave 1, were also used to help the researcher understand how trends in the importance of demographic, health and socio-economic characteristics, which have been identified in the literature as being associated with working beyond the SPA, have changed across time.

From examining the results of the bivariate and multivariate analysis, significant associations between economic activity in later life and age, marital status, self-reported general health (SRGH), limiting long-standing illnesses (LLSI), quality of life (CASP-19 scores), housing tenure, occupational social class (NS-SEC), highest educational qualification and car access, were apparent. The examination of gender differences revealed further interesting associations between economic activity beyond the SPA and individuals characteristics. The association of age, housing tenure, occupational social class, and highest educational qualification with economic activity was consistent across the sample and between the genders, whereas the association between marital status, self-reported general health, limiting long-standing illness, quality of life and car access with economic activity, varied between men and women. Such findings contribute to our understanding of economic activity in later life, which can inform policy-makers in the design of legislation in the area of work in later life, as well as retirement and pension provision. Furthermore, such findings may help policy-makers in understanding the implications that raising the SPA may have for future workforces.

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### **Shelley Canning**

**Department of Nursing, Faculty of Health Sciences,  
University of Fraser Valley, , British Columbia,  
Canada**  
shelley.canning@ufv.ca

[Lesley Jessimam]

### **Ageing, & Dementia: Curbing negative attitudes to increase meaningful connections**

Prevailing images of ageing adults and those ageing with dementia, namely Alzheimer's disease, are commonly

framed in terms of difference and loss i.e. loss of cognitive ability, functional ability, sexuality and identity. Persons with advanced dementias who have complex behavioural, cognitive, and linguistic problems are at an increased risk to be perceived in terms of difference and loss, which can ultimately lead to their social exclusion (Bond, Graham & Corner, 2004). Such perceptions can also create significant barriers to those attempting to form connections, and engage in meaningful interactions with the individual (Williams & Herman, 2012). A common belief is that education can play an important role in eradicating negative misperceptions of ageing and dementia. As academics, we are in the ideal situation to examine whether this to be true. Our current, ongoing research is thus an examination of ageist attitudes, beliefs and perceptions held by students across different degree programmes at our institution (e.g. Psychology, Biology, Chemistry and Nursing). Because nursing students, compared to other student populations, are exposed to more age-related literatures and clinical practise experiences, we are also examining the difference in ageist beliefs and attitudes of entry and exit level nursing students. We believe that our research will shed further light on the factors that contribute to ageist beliefs and attitudes, and how negative beliefs and misperceptions contribute to the challenges of making meaningful connections with the ageing adult especially those living with dementia.

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### **Patsy Clarke**

**University of KwaZulu-Natal, South Africa**  
p.clarke@oxfordbrookes.net

### **Silverways modes of inquiry**

The Silverways project focuses on the narratives of elderly women about their experiences of engaging with computer technologies and going online. The research approach adopted in the project aspires to benefit from Onyx et al's (1999) expressed intent as older feminists to adopt methodologies compatible not with a positivist approach but with a 'social constructivist feminist epistemology, located between modernism and postmodernism... (with) the dominant voice that of older women'. The poster will present an outline of how feminist and postmodern lenses have been applied in practise to explore how the women in the project are 'doing old' in the 21st century. Included are the aspects of the postmodern stance that emphasises agency, individual experiences and the 'everyday' (Powell and Gilbert, 2009), as well as examples of the hybridity of mainstream and creative analytical practices and alternative writing and dissemination modes (Goodall, 2000; Richardson, 2000; 2003).

## Theodore D Cosco

Department of Public Health and Primary Care,  
University of Cambridge  
tdc33@medschl.cam.ac.uk

[Blossom CM Stephan, Carol Brayne, Graciela Muniz,  
MRC CFAS]

### Successful ageing and education: A growth mixture modelling analysis

As the number of older adults increases worldwide, there is increasing interest in studying not only ill-health, but also ageing well. However, more refined means of measuring, modelling and examining predictors of successful ageing are required. Existing evidence of the relationship between education and SA is unclear. A successful ageing index (SAI) consisting of items identified by systematic reviews of operational definitions and lay perspectives of SA was mapped onto a longitudinal population-based cohort study, the Medical Research Council Cognitive Function and Ageing Study (CFAS) (n=1141). Scores from the SAI were examined longitudinally using growth mixture modelling (GMM) to identify similar SA trajectories. Unadjusted and adjusted (age, sex, socioeconomic status (SES)) logistic regressions were conducted to examine the association between trajectory membership and education level. GMM identified a three-class model, capturing a high (HFT), moderate (MFT) and low (LFT) functioning trajectory. Individuals in the HFT class were significantly younger ( $p < 0.001$ ), consisted of more men ( $p < 0.001$ ) and fewer individuals with low SES ( $p < 0.001$ ), than individuals in the MFT and LFT classes. Logistic regression models adjusted for age, sex and SES indicated that individuals in the HFT class were significantly more likely to have higher educational attainment than individuals in the MFT (OR 1.38 95%CI 1.18-2.38,  $p < 0.01$ ) and LFT (OR 1.59 95%CI 1.07-2.36,  $p < 0.05$ ). These results suggest that education is independently associated with higher functioning SA trajectories in later life. These results provide evidence of an association between SA and long-term, beneficial effects of education in a sample of older British adults using a refined measure of SA.

## A Dickinson

Centre for Research in Primary and Community  
Care, University of Hertfordshire  
a.m.dickinson@herts.ac.uk

[Wills W, Ikioda F, Godfrey-Smythe A]

### Older peoples' navigation of the UK food system: Identification of potential vulnerability using visual methods.

Despite food security within the UK food system being relatively stable, the potential for older people to become vulnerable is underexplored. Older people might acquire food from different parts of the food supply chain and civil society compared with other groups of the population. They may encounter food delivery services marketed directly at them and the health professionals who care for them and may access food through mechanisms such as 'meals on wheels' and lunch clubs for older people in community settings.

This poster will present early findings from the first phase of a study funded by the ESRC/Food Standards Agency using an ethnographic approach including visual methods (photography/photo-elicitation, video observation) as well as other methods (interviews and diaries) with 25 households in Hertfordshire to investigate the food acquisition practices and perceptions of trust of a range of household types incorporating individuals aged 60+ years.

The poster will explore the potential of visual methods to explore and theorise the strengths and vulnerabilities of older people in relation to food security as well present challenges and ethical issues associated with the study.

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## Beatrice Godwin

Bath University  
sspcbg@bath.ac.uk

### The lived experience of people in the early stages of advanced dementia.

My research examines the lived experience of people in the early stages of advanced dementia. At this point, daily living skills deteriorate, verbal communication declines and dependency levels rise. However, emotions are preserved long into dementia (Clare 2010). A condition as destructive as dementia may have considerable emotional consequences. This stage may provide their last opportunity to express these feelings before speech ceases/becomes lost.

I am interviewing a purposive sample of 10 people who display a range of reactions to their cognitive losses. Interviewees are living in long-term residential or nursing care. Using Interpretative Phenomenological Analysis, we explore their feelings about life, hopes and fears, and any retained sense of purpose or goals. Because of their communication impairment, supplementary information is obtained from their family and professional carers.

Much research on dementia derives from a 'defectological' (Sabat 2001) biomedical standpoint. This model focuses on what abilities are lost. Similarly, the popular representation of the person with advanced dementia is as 'socially dead' (Sweeting 1997). I shall present explorations of respondents' own conceptualisation of their experience. As Ignatieff (1992) writes, this will involve changing the focus from what people with dementia have lost, to what 'remains'. Anticipated results should also demonstrate their under-recognised ability to participate in research. Results may suggest the need for respect and acknowledgement of their feelings and wishes, assisting in 'providing care and interventions of a kind that can maximise well-being' (Clare 2003). This would have significant implications for the care sector and staff training.

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**Robin Hadley**

**Keele University**

r.a.hadley@keele.ac.uk

### Locating the lacunae: Issues in recruiting male participants for interview in a sensitive subject.

There is a growing recognition that there is a lack of research into childlessness generally. Similarly there is a paucity of material on men, ageing, and the impact of childlessness in later life on relationships, social interaction and networks, health and wellbeing. Dykstra and Hagestad (2007) suggest that older childless adults have been 'rendered invisible in social science literature' (p. 1275). Gerontological research has traditionally focussed on older women, because statistics indicated they lived longer, had high chronic co-morbidities, received more state benefits, and occupied the majority of the home care sector (Arber et al, 2003). Similarly most studies into involuntary childlessness have focussed on women with childless men generally excluded from the work that has taken place (Dykstra and Keizer, 2009). Most studies on involuntary childlessness are based on those that access infertility treatment with the figure for the number of the involuntarily childless difficult to gauge, as those who do not seek treatment are not recorded. lvc can result in levels of distress and bereavement for both men and women on a level as those suffering from serious medical conditions (Fisher, 2010). Research into involuntary childlessness is therefore of a sensitive nature.

My research is based on in-depth interviews that explore the life experiences of 14 involuntarily childless men aged between 49 and 82. In this presentation I discuss the various methods I employed over 10 months in order to try and access this liminal group. Approaches used include flyers, leaflets, email, newspaper adverts, website, twitter, radio interview, business cards, personal networks, third parties, and support groups. The nature of power in the research process (Nunkoosing, 2005) and how that may manifest itself from the initial invitation to participate will be discussed.

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**Colin Hamilton**

**Department of Psychology, University of Northumbria**

colin.hamilton@northumbria.ac.uk

[Clelia Rossi-Arnaud]

### Adult Age Associated Changes in Memory and Executive Processes within Visual Working Memory

Working memory is set of cognitive processes concerned with the temporary maintenance and processing of information in a range of everyday complex contexts (Baddeley, Eysenck & Anderson, 2014). There is an ongoing debate as to whether age associated changes are derived from memory processes per se or the attentional/control processes which operate on the information being maintained (Hale et al., 2011; Hamilton, 2011; Maylor & Logie, 2010). The aim of the present research was to differentiate age associated changes in memory and attentional processes within visual working memory. In study 1, 28 older adults (mean age = 81.77 years) and 20 young adults (mean = 23.85 years) were recruited through opportunity sampling and carried out a visual memory task aimed at differentiating visual memory capacity and the use of perceptual cues in aiding mnemonic organisation. In study 2, the same older adults in conjunction with 46 younger adults (mean = 19.46 years) carried out visual memory tasks which varied in the opportunity to employ Long Term Memory (LTM) organisation of the visual information. The findings showed age associated decline in the majority of task performances, with medium-large effect sizes. The largest effect size was in the visual memory condition where LTM resources could be deployed. These results suggest that older adults demonstrate a reduced visual memory capacity but retain the capability to employ perceptual information and to a smaller extent, LTM resources, in order to underpin visual short term memory task performance. Implications for everyday functioning will be discussed (Salthouse, 2012).

## Stephanie Harrison

Institute of Health and Society, Newcastle  
University  
s.harrison@ncl.ac.uk

[Mario Siervo, Antoneta Granic, Keith Wesnes, Thomas Kirkwood, Carol Jagger, Blossom Stephan]

### A comparison of the Framingham and CAIDE risk prediction models with biomarkers to predict cognitive impairment in the very old

The objective of this study was to determine if there was an association between the risk of cognitive impairment and the Framingham stroke risk profile (FSRP), the Cardiovascular Risk Factors, Aging and Dementia (CAIDE) risk score or three different cardiovascular biomarkers in persons aged 85 years and over (i.e., the very old).

Participants were from the Newcastle 85+ Study, a prospective cohort study of residents of Newcastle upon Tyne, North-East England. Associations between the FSRP, the CAIDE model and three biomarkers (homocysteine, interleukin-6 and C-reactive protein) with longitudinal changes in global and domain specific (memory, speed and attention) cognitive function were examined using Cox proportional hazard models.

Higher FSRP scores and higher levels of homocysteine and C-reactive protein were all associated with an increased in reaction time (FSRP: Hazard Ratio, 95% Confidence Interval=1.39 (1.03, 1.88),  $p=0.03$ ; homocysteine: 1.82 (1.24, 2.67),  $p=0.002$ ; C-reactive protein: 1.64 (1.09, 2.46),  $p=0.02$ ). Homocysteine level was also associated with impairments in attention and global cognitive function, and C-reactive protein level was associated with attention and episodic memory impairment.

In very old people the FSRP, homocysteine and C-reactive protein levels were associated with an increased risk of incident cognitive impairment, but not for all cognitive domains investigated. Intervention strategies to reduce levels of cardiovascular risk and biomarkers could potentially target both improvements in cardiovascular health and cognitive function in this age group.

## Manju Lata

Department of Zoology, M.S.J.College,  
University of Rajasthan, India  
Dhanju5@yahoo.com

[Srivastava P, Sharma S, Sharma P]

### Nutrition and Healthy Aging with special reference to Western Rajasthan

Background: Aging is inevitable. The world over, populations have been aging and India is not an exception. People at or over the age of 60, constitute above 7.7% of total population. A variety of changes take place during the aging process. These can be hastened by the decline in antioxidant defenses. Nutrition is an important element of health in the older population and affects the aging process. Objectives: To study biosocial, nutritional and chronic disease risk factor profile of elderly population. Methods: A food frequency questionnaire is used to explore dietary intake over a period of time. Study was conducted in Bharatpur and Dausa district of Rajasthan. 241 elderly persons of age 60 years and above were interviewed on predesigned questionnaire with average age of  $68.4 \pm 2.86$  years. Out of these 146 were male and 95 were female. Results: Prevalence of high-risk factors for chronic diseases is quite high amongst elderly population, especially amongst elderly females. In all, 42.7% elderly were underweight and out of these females are 68.7%, 9.6% were overweight and remaining were in obese category. As per the Waist and hip ratio 46.8% elderly belonged to the moderate to high risk category. Healthy aging means do their routine work without any assistance. Conclusions: Females were more malnourished than male this may be due to traditional system. Smoking (Bidi), Gutkha eating and inadequate physical activity (18.4%) is highly prevalent. Aged males belongs to cities are conscious to health.

**Keywords:** Healthy aging, Nutrition, Health

**Ann Leahy**

Department of Sociology, Maynooth University,  
Ireland

ANN.LEAHY.2014@nuim.ie

## ‘Ageing and Disability: Explorations through the Lifecourse’

In the context of an ageing population, the research examines the experience of older people living with a disability in Ireland, focusing on disability acquired through the lifecourse. It involves empirical research that is both quantitative and qualitative. There is an analysis of public policy, of institutional practices, and of approaches by civil society. The research explores what meanings are made of impairments and disability acquired with ageing, how older people adapt and cope with disabilities, what sustains and hinders them in meeting the challenges faced, and whether the onset of disability is experienced as a significant lifecourse transition. Although ageing and disability overlap throughout the lifecourse, the approaches of science and of social services tend to restrict themselves to one or the other area (that is, to either disability or ageing). In fact there are no theories on ageing with a disability, but instead separate theories on ageing and on disability, something that impacts on our ability to conceptualise relationships between the two. The research explores sociological theories of ageing including life-course perspectives exploring how they integrate, or could integrate, notions of disability. It also examines what are the implications of applying perspectives from disability studies, and, in particular, social models of disability, to the situation of people experiencing late-life disability. Thus it will make a contribution both to conceptualization and to illuminating the experience of a potentially marginalized group.

**Skaiste Linceviciute**

University of Portsmouth

skaiste.linceviciute@port.ac.uk,

[Ann Dewey, Sally Kilburn]

## Exploring the perceptions and experiences of older adults with asthma: a synthesis of qualitative asthma studies in older population

**Background** - Asthma is a global public health concern and often a substantial life burden. The majority of qualitative studies exploring asthma care and management have focused on younger individuals despite the challenges in older adults with asthma (i.e. misdiagnosis with COPD, presence of co-morbidities, ageing with asthma). To date,

there is no qualitative review of asthma studies with older adults that could provide better understanding of how they cope and manage the illness but also how such experiences compare with younger individuals (18>-<65) leaving the field unadvised.

**Methods** - Following the methodology of Joanna Briggs Institute approach to meta-synthesis systemised literature searches were undertaken across ten (medical and non-medical) databases to find the best available worldwide primary qualitative studies in the field. Two methodological quality checklists were used to assess the suitability of studies.

**Results** - Five qualitative studies with older adults with asthma were included in the final review. The findings were summarised into four new asthma themes of 1) recognition, 2) treatment, 3) acceptance, 4) current obstacles. The findings of the studies with younger adults identified similarities and differences between two age groups and suggested where improvements within older people asthma should be addressed.

**Conclusions** - The findings have shown that there are very few available qualitative asthma studies with older adults that could provide knowledge in the field. The majority of studies were undertaken in the countries outside UK that may have different healthcare systems and cannot guide clinical practices within UK. Therefore, there is a high need to perform further research in the field using qualitative methodologies to obtain in-depth understanding.

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**Kjetil G. Lundberg**

Research Rokkan Centre, University of Bergen,  
Norway

Kjetil.lundberg@uni.no

## ...I Motivate And Persuade, But I Can't Force them...»: Ethical Issues in Care Work For Older People With Dementia

Safety, dignity and autonomy are key words in care work. Dementia complicates the relationship between care workers and service users, and requires good communication and ethical awareness. This paper investigates how care workers in home care and nursing homes in Norway reflect on how they ensure their patients' safety and well-being, and how these tasks must be weighed against the sometimes conflicting duty of upholding and respecting the patients' civil rights and individual choices when the patient has dementia. I find that while the nursing home is much more involved in practices that hold strong ethical concerns, such as surveillance, physical

restraints and medication, the ethical reflections are more prevalent in the narratives of the home carers. Possible reasons for these findings are examined and discussed.

**Key words:** Autonomy, Dementia, Dignity, Ethics, Elderly Care, Patient Safety, Power, Restraints

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## Wendy Martin

School of Health Sciences and Social Care,  
Brunel University London  
Wendy.martin@brunel.ac.uk

[Katy Pilcher]

## The Use of Visual Diaries to Elicit Insights into Everyday Life

Aspects of our everyday lives are habitual, taken for granted, and not often opened up for critical reflection. Habitual practices of daily living do not require deliberation when experienced as 'natural' aspects of our localised social worlds. This presents key methodological and theoretical complexities when researching daily lives. This poster draws on the empirical study *Photographing Everyday Life: Ageing, Bodies, Time and Space*, funded by the ESRC, that developed a participatory visual method to explore the daily lives of people as they grow older. The research involved a diverse sample of 62 women and men aged 50 years and over who took photographs of their different daily routines to create a weekly visual diary. This diary was then explored through in-depth photo-elicitation interviews to make visible the rhythms, patterns and meanings that underlie habitual and routinised everyday worlds. This poster will critically reflect on: (1) the limitations and possibilities for participants to capture their daily lives in visual diaries: presence, absence, deletions; (2) representation, reflexivity and the portrayal of daily life: what can we 'know' from an image?; and (3) the effective management and analysis of a large dataset (4471 photographs and 62 textual transcripts): the use of ATLAS.ti tools to integrate visual and textual data and to combine different analytic approaches to provide a holistic interpretation of the data. We conclude by reflecting on the extent to which the use of visual diaries has been an effective method to elicit insights into daily lives.

## Wendy Martin

School of Health Sciences and Social Care,  
Brunel University London  
wendy.martin@brunel.ac.uk

[Katy Pilcher]

## Photographing Everyday Life: Ageing, Lived Experiences, Time and Space

This poster presents key findings from the empirical study *Photographing Everyday Life: Ageing, Lived Experiences, Time and Space*, funded by the ESRC, UK. The focus of this project was to explore the significance of the ordinary and day-to-day and focus on the everyday meanings, lived experiences, practical activities, and social contexts in which people in mid to later life live their daily lives. The project focused upon the very ordinariness, the habitual, the mundanity of daily living. The research involved a diverse sample of 62 women and men aged 50 years and over who took photographs of their different daily routines to create a weekly visual diary. This diary was then explored through in-depth photo-elicitation interviews to make visible the rhythms, patterns and meanings that underlie habitual and routinised everyday worlds. The data was analysed using the software Atlas Ti. The poster illustrates five interconnected but distinct themes that emerged: (1) Time and Routines; (2) Public and Private Space; (3) Health, Risk and the Body; (4) Connectivities and Relationships; and (5) Work, Volunteering and Leisure. The research elicited insights into the daily lives of people from their own perspectives and allowed the participants to reflect on their own routines, use of space, interactions with family and friends, and meanings associated with their daily activities.

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## Rasa Mikelyte

University of Kent  
R.Mikelyte@kent.ac.uk

## Enhancing Mealtimes in Long-Term Dementia Care: Research Trends & Knowledge Gaps

This poster presents research evidence relating to mealtimes in long-term dementia care with a particular focus on the design and implementation of interventions to improve meals and mealtime experiences. The review was conducted as part of a PhD.

Malnutrition is common in older people -?? with or without dementia -?? residing in long term care settings: with estimates as high as 83% (Abbasi & Rudman, 1994).

Despite its prevalence and importance to health and quality of life, nutrition and mealtimes have only recently attracted policy attention (Department of Health, 2012).

Evidence suggests that malnutrition amongst residents with dementia is not solely related to one's ability to eat or the availability of nutritious food, but depends on a range of factors that impact on 'the mealtime experience' as a whole. These factors include psychosocial factors such as frequency of family visits (Lou et al, 2007) and environmental factors such as the length of time care facilities devote to meals (Chang & Roberts, 2011). In order to capture this holistic purview the literature review focussed on mealtimes as well as on meals.

Mealtime research in dementia care can be divided into investigative and interventionist studies. However, the poster will argue that research can also be categorised depending on the mealtime dimension -?? physiological, physical or psychosocial -?? it focuses on. Furthermore, the poster will argue that these dimensions are not researched proportionately, and that health and social care policy and practice has a tendency to amplify this asymmetry by emphasising the importance of the physiological dimension. This results in interventions that focus specifically at increasing nutrition, rather than looking at the effect improved mealtime experiences can have on food consumption.

**Lucy Moss**  
Northumbria University  
Lucy.moss@northumbria.ac.uk

[Lynn McInnes]

## Doing it your way – A personalised behaviour change intervention to increase activity in older adults.

Old age can often be characterised by a decline in health, reduced mobility, depression and isolation, however exercise has been shown to benefit older adults in all these areas. Despite this the majority of older adults lead completely sedentary lifestyles, and interventions designed to increase their activity have shown limited success, particularly in the long-term. A consistent recommendation is the need for a personalised approach, tailored to meet the individuals' needs in order to successfully effect behaviour change.

The aim of this research was to pilot a personalised behaviour change intervention, designed to increase self-efficacy for exercise and consequently activity levels. Twenty older adults (aged 65 to 88) were randomly

allocated to either a personalised behaviour change condition (n=6), a generic (non-personalised) behaviour change condition (n = 8) or to an information only control (n = 6). Participants' activity was monitored via an accelerometer for one week prior to the delivery of the intervention, and questionnaires relating to quality of life and self-efficacy for exercise were also completed. Following a period of three months, participants' activity was monitored for a further week, and all measures were repeated.

It is predicted that both the 'personalised' and 'generic' conditions will show increased levels of self efficacy for exercise, increased activity levels and improved quality of life when compared to the control condition. By targeting the motivators and barriers to exercise self-identified by the individual, it is anticipated that greater benefits will be observed in 'personalised' group when compared to the 'generic' condition.

**Maryam Mortazavi Nooghi**  
University of Sheffield  
Mmortazavinooghi1@sheffield.ac.uk

## Family relations and informal care of older people in a changing society

Iranian traditional family care for older people means that adult children provide care for older parents within extended family living arrangement, with few institutionalized elderly. On the other hand, In Iran recently has been a shift towards modernization and marked economic decline. This has resulted in the prevalence of the nuclear family. Moreover, the majority of Iranian women who are main source of support for older people today are employed outside the home. As result, the caring for older people by young generation is riddled with extreme dilemmas.

How and why traditional family care for older people is changing? The aim of this study is to identify how older people define informal support, and which kind of support would be considered by them to be the most welcome and effective. Another objective of my study is to comprehend the role that adult children and grandchildren play in the support of older people with changing in society. After review of various pieces of literature and checking available materials on the subject, it became clear to me, that I am the first to conduct research on this subject in Iran. A qualitative research, conducted in Iran to provide the necessary data, so as to improve the current condition of support for older people in Iran and to bring policy makers' attention to this topic.

**Keyword:** relationship care, family members, quality of life, older people.

**Helen Ogden**

University of Keele  
h.ogden1@keele.ac.uk

[Mo Ray, Miriam Bernard]

### The sibling relationship in old age: A multiple perspective approach

The importance of the adult sibling relationship is best appreciated over a life-time due to its enduring nature. Research identifies siblings as an important source of emotional support, reminiscence and life review in old age<sup>1</sup> particularly for those who are widowed, divorced, single, or ageing without children,<sup>2</sup> so may lack other types of family support. Little research has focused on the sibling relationship in old age, despite its potential to span eight decades, representing an individual's last link to their family of origin.

As part of my doctoral research, the sibling relationship will be explored from multiple perspectives amongst the over 70s, a group who are reported to experience increased emotional and social loneliness, at a time when dissatisfaction with younger family members is more prevalent.<sup>2</sup> A multiple perspective is being taken because although researching specific sibling relationships from one perspective can be important in identifying common themes amongst groups of participants, a single perspective will always have something missing. Interviewing multiple siblings should highlight consensus, contradiction and interdependence between siblings,<sup>4</sup> giving a wider perspective than asking one individual to speak on behalf of their sibling(s).<sup>5</sup>

As research into men's sibling relationships is sparse and contradictory, and the methods used may be less suitable for understanding the nature of men's sibling relationships<sup>2</sup> the suitability, complexity, and practicality of listening to multiple voices as a method for examining the influence of past context, events, experiences, and linked lives on men's sibling relationship from a life course perspective will be presented.

**Simona Palladino**

Institute of Health and Society, Newcastle  
University  
S.Palladino1@newcastle.ac.uk

### Place Identity and Place Attachment among Older Italian Migrants in Newcastle upon Tyne:

Place identity and place attachment are affective bonds between people and places that: facilitate personal sense of security [1], continuity and self-efficacy [2]; stabilise memories against the passage of time [3].

Considering that the meanings of home and experiences of public spaces can be radically transformed in later life because of reduced mobility, place identity and attachment may be of particular relevance for active ageing and well-being among older migrants.

The study will investigate how older Italian migrants in Newcastle upon Tyne experience processes of belonging to and identification with significant places. The study aims to:

- investigate meanings in domestic sites [4]: particularly focused on the way material culture and objects of affection define place identities and attachment within the home;
- investigate meanings in public domains [5]: exploring how Italian migrants establish new place identities through everyday practices, such as recreational mobility in public spaces.

Data will be collected through ethnographic, qualitative research. It will incorporate: participant observation, in-depth interviews, collection of life histories, autobiographical accounts.

The research project sought to: provide a better understanding of the extent to which place identity and place attachment relate to experiences of active ageing and well-being among older migrants; influence age-friendly city policies in actively engaging older migrants in the development of new form of citizenship; identify implications for identity and well-being in older age for a migrant group.

## Anne-Sophie Parent

AGE Platform Europe, Brussels, Belgium  
annesophie.parent@age-platform.eu

[Isaiah Oluremi Durosaiye]

### Achieving Longer Healthier Lives through Age-Friendly Environments – The AFE-INNOVNET project and Covenant on Demographic Change

**Introduction** - A growing network of local and regional authorities, researchers, NGOs and industries have joined forces in the framework of the AFE-INNOVNET project. Their objective is to launch a Covenant on Demographic Change to become the formal framework bringing together public authorities and other stakeholders who commit to implement smart and innovative solutions to support active and healthy ageing as a comprehensive answer to Europe's demographic change.

**Aim** - The Covenant aims at fostering synergies between relevant stakeholders while connecting with existing initiatives such as the WHO Global Network on Age-Friendly Cities and Communities (GNAFCC), WHO-Europe Healthy Cities Network and the European Innovation Partnership on Active and Healthy Ageing.

**Method** - The Covenant is currently framed by the AFE-INNOVNET partners in close cooperation with WHO and WHO Europe to ensure alignment.

In most countries, competences on age-friendly environments are shared between different levels of governance. To achieve a maximum impact, it is therefore important to ensure an adequate coordination between the different levels of governance and to facilitate the engagement of all relevant stakeholders.

Cities and local communities joining the Covenant will have the automatic right to affiliate to the GNAFCC.

**Expected impact** - The Covenant on Demographic Change is expected to boost the scaling up of age-friendly initiatives in Europe and to support the exchange of good practices across Europe and globally through its strong link with the WHO GNAFCC, improving the healthy life expectancy of our ageing societies.

## Carissa Philippart

Swansea University  
c.philippart@swansea.ac.uk

### Alcohol Use and Mental Health in Older Adults: A Review

**Introduction:** Very little work exists on alcohol consumption in the older population. Knowledge about prevalence, characteristics of drinkers and the association with mental health issues remains limited. The purpose of this literature review is to review existing research on alcohol use and mental health within the older population.

**Method:** Research articles were selected from a range of databases, including Applied Social Sciences Index and Abstracts (ASSIA), MEDLINE, PsycINFO, PsycARTICLES, and PubMed. Search parameters included the years 2000-2014, and the use of the terms 'alcohol', 'mental health', 'older adults' and 'older age'.

**Results:** Thirty papers were reviewed. The literature revealed that symptoms of heavy drinking differ from younger populations and problems are under-attributed and under-reported, and that there are associations between alcohol consumption and mental health conditions such as depression and anxiety. Therapeutic approaches have been reported as being successful in treating alcohol misuse with older people, by focussing on developing skills that teach individuals how to improve support networks and overcome loneliness.

**Conclusions:** Social disruption to relationships and community engagement associated with heavy drinking, and mental health conditions in the older population has not been explored. Understanding holistically the influence of heavy alcohol consumption is important in terms of detecting and treating alcohol related morbidity and mortality, as well as identifying interventions that can repair social disconnections and alleviate loneliness in the older population.

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## Christos Pliakos

University of Central Lancashire, Greek Institute of Gerontology and Urban Sociology on Ageing  
cpliakos@uclan.ac.uk

### Study 'ageing' and 'aging'. Higher Education in gerontology in the UK and US.

Despite the presence of Higher Education Statistics Agency (HESA) in the United Kingdom and the Association for Gerontology in Higher Education (AGHE) in the United

States of America, there is a lack of an official comprehensive data base available to the public on the educational options within the field of gerontology. In light of 'UCLan's ageinterest student society' whose primary purpose is linking higher education with the population ageing phenomenon and promoting intergenerational solidarity between students and older people, this study aims to identify and record all the existing courses available in an undergraduate and post-graduate level, within the field of gerontology in UK and USA.

A robust web research using a well-defined searching framework has been applied. Then, a telephone call survey using a stratified random sample verified the internet findings.

The final outcome draws a map of Gerontological Higher Education in both countries, including the research centres on ageing linked to the universities, depicting an interesting comparison to conclude on the current supply and the future needs. The findings are discussed considering a demographic approach, which highlights an American wide establishment and a British underdevelopment in the field, revealing a definite potential to expand. The study is also supported by a relevant web site which aims to facilitate academic community and the public to easily access up to date information on the supply of higher education in the gerontological field ([www.ageinterest.org](http://www.ageinterest.org)).

**Jane Say**  
University of Hertfordshire  
[j.say@herts.ac.uk](mailto:j.say@herts.ac.uk)

### The Role of Social Capital in Shaping Carer Networks and Developing a Care Convoy

This poster will report the findings from a study that has examined carers' social networks and the structures that link them to other individuals in complex and meaningful ways. Using Kahn and Antonucci's care convoy model and social capital as theoretical frameworks, the complexities of the networks that assist carers in their role have been elucidated.

The study is aligned to recent UK policy developments that aim to deliver new models of care for carers and care recipients.

A case study methodology, with 20 carers being recruited via Parkinson's UK was used. For each case, social network data has been elicited using the COPE index, name generator questionnaires, semi-structured interviews and diary entries. Data analysis has included both diagrammatic egocentric network data and qualitative analysis using NVivo 10.

### Key Findings

- Carers are proactive in shaping their network. The convoy of support is dynamic but not uniform
- Bridging social capital is developed through the voluntary and community sectors. It provides support, enhances well-being and key individuals in the sector act as network spanners and information brokers.
- Linking social capital in developing health and social care networks is apparent but varied. Disparate health and social care services mean that navigation and development of this aspect of the network can be ad-hoc.
- GPs and other health personnel are vital in sign-posting and brokering access to a range of services.

The outcomes and approaches used have the potential to inform future research and the evolving organisation and delivery of health and social care.

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### Shirley Simmonds

MRC Lifecourse Epidemiology Unit, University of Southampton  
[sjs@mrc.soton.ac.uk](mailto:sjs@mrc.soton.ac.uk)

[Holly Syddall, Leo Westbury, Maria Evandrou, Cyrus Cooper, Avan Aihie Sayer]

### Predicting readmission to hospital: what can cohort data add?

**Introduction** – Approximately 8% of patients discharged from hospital are readmitted within 30 days; those aged 75+ have the highest readmission rates. There is considerable interest in predicting (and offering additional support to) the individuals at highest risk of readmission, because since 2010 hospitals have faced financial penalties for the second period of care.

**Methods** – We linked socio-demographic, clinical and lifestyle data relating to 2997 members of the Hertfordshire Cohort Study at baseline with routinely collected Hospital Episode Statistics (HES) on 8741 admissions they experienced over the following decade. Within this combined dataset, we explored associations between baseline variables and subsequent readmission or death using logistic regression models to develop a mutually adjusted model for prediction of readmission or death.

**Results** – 458 men and 289 women experienced a 30-day readmission/died during the follow-up period. The most important determinants of 30-day readmission/death were: slower self-reported walking speed, history of fracture,

worse self-rated general health, increased number of systems medicated, history of smoking, and not owner-occupying one's home. The probability of experiencing a 30-day readmission/death increased steeply with greater number of risk factors present: from 0.19 (95%CI: 0.14, 0.24) among men with no risk factors, to 0.51 (95%CI: 0.43, 0.60) among men with four or more (corresponding probabilities for women were 0.11 (95%CI: 0.08, 0.16) and 0.50 (95%CI: 0.41, 0.58)).

**Conclusion** – Socio-demographic position, lifestyle and ill health combine to affect likelihood of readmission/death. Predictive models, most UK versions of which are based solely on HES data, should include such characteristics.

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## Jane Smiddy

Centre for Research in Primary and Community Care, University of Hertfordshire,  
j.e.smiddy@herts.ac.uk

[John Willmott, Angela Dickinson, Elspeth Mathie, Sue Marks, Diane Munday, Alex Mendoza, Marion Cowe, Heather Maggs, Vina Mayor, Michelle McPhail, Paul Millac, Ray Trotter, Margot Holmes-Smith, Elaine McNeilly, Jonathan Boote]

## 82 Mighty oaks from small acorns grow: The development and maturation of public involvement in research in Hertfordshire - 10 years on.

The Public Involvement in Research (PIRG) at the University of Hertfordshire now forms an integral part of research activities within the institution. Over the last decade, the group has developed into a highly proactive, valued and experienced component of research activity within the Centre for Research in Primary and Community Care (CRIPACC). The PIRG has an expansive role that includes recruitment and teaching as well as its research activities.

We will present the levels of involvement of the group, reflecting the growing diversity of roles and applications. The poster will utilize the involvement model – consultation, collaboration and user controlled – to explore the journey of the PIRG, its contribution to a wide range of research studies throughout this spectrum, as well as at a strategic level and in regional research initiatives such as the Collaborations for Leadership in Applied Health Research and Care (CLAHRC). The poster will focus in particular on the involvement of the group in research involving older people.

## Rebecca Talbot

University of Central Lancashire  
rtalbot1979@gmail.com

[Dr Gayle Brewer]

## An exploration of caregivers' experiences of caring for Elderly Mentally Ill (EMI) service users in long term nursing and residential care environments.

This research study examined formal caregivers' experiences of working with dementia service users in long term residential and nursing environments. Transcripts of semi-structured interviews with eight formal caregivers, who work in dementia care environments, were analysed using Interpretive Phenomenological Analysis (IPA). Super-ordinate themes from the data were psychological wellbeing of the carer, barriers to effective dementia care, the dementia reality, and organisational issues within the care environment. Findings from the study revealed deficiencies in understanding the dementia condition, as well as varying levels of dementia training. This study found evidence that person centred strategies for dementia care were being implemented in the care environment, yet evidence of task orientated care being predominant also factored in the findings. Furthermore, evidence showed that carers do take into account the feelings and experiences of the person with dementia, and actively use this to develop relationship centred care between themselves and the service user.

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## Karisa Teindl

Department of Psychology, Faculty of Arts,  
University of Fraser Valley, British Columbia,  
Canada  
karisa.teindl@student.ufv.ca

[Lesley Jessiman]

## “Mind Reading” by Face and Voice: An Examination of the Effects of Ageing on Emotion Comprehension

Previous research shows that compared to younger adults, typically ageing older adults differ in their ability to recognise emotions conveyed in verbal utterances and facial expressions. As a relatively new area of research, the cause of age-related changes in emotion recognition is not yet fully understood. In our examination of ageing and emotion comprehension we employed two standardised tests: The Awareness of Social Inference Test (TASIT: McDonald, Flanagan, Rollins, & Kinch (2003) and The

Comprehensive Affect Testing System (C.A.T.S: Froming, Levy, Schaffer, & Ekman, 2006). The value of these standardised tests lies in their ability to measure emotion in everyday, real-world settings and also in three modalities: facial affect, prosody, and semantic content. The functional underpinnings of emotion recognition performances were also examined (i.e. working memory, inhibitory functioning, & Theory of Mind: ToM). We found that typical ageing affects the ability to recognise emotions in general; with older adults performing at a significantly lower level overall compared to younger adults. Older adults also demonstrated more difficulty in the comprehension of negative emotions compared to positive emotions. We also found that the older adult's emotion comprehension performances were related to age-related decline in working memory, inhibition (both  $p < 0.01$ ) and ToM ( $p < 0.05$ ). These findings have important real-world implications such that impaired emotion comprehension may lead to communication difficulties e.g. conversational misunderstandings. Indeed, communication is particularly important for the older adult, for one, to ensure the older adult remains meaningfully connected with their social worlds.

**Lisa Thomas**

Northumbria University

[lisa.thomas@northumbria.ac.uk](mailto:lisa.thomas@northumbria.ac.uk),

[Pam Briggs]

## An Older Adult Perspective on the Future of Identity Technologies

Identity management- the identification and authentication of identities towards institutions, things and other people- has been highlighted as one of the main private and public challenges of the future [Gartner, 2012]. Identity technologies are a growing area within research and development, for governments and corporations as well as commercial services worldwide. We can clearly envisage that the design and implementation of these future identity technologies will have the power to include or exclude certain users, in terms of the services, goods or information they can access. However, developments in this field rarely adopt an inclusive or value-sensitive design approach to understand the challenges people may face. This paper will outline a scenario-sourcing exercise used to identify developments in identity management, and describe how these scenarios were used as probes in workshops with marginalized community groups. In particular, we will focus on our inclusion of older adults in our workshops, as well as their involvement in a cross-generational event with teenagers. Our findings echo Herzberg's [1966] identification of hygiene factors

(prerequisites for engagement) and motivators (factors that bring additional value) which emerged in our discussions of identity technologies with older adults. We reflect that older adults are able to carefully consider their adoption of future identity technologies, and can provide valuable insights when involved in inclusive design research.

**Hayley W. S. Tsang**

Department of Applied Sciences, Northumbria University

[hayley.tsang@northumbria.ac.uk](mailto:hayley.tsang@northumbria.ac.uk)

[Meng Zhang, Gary Black, Jill Saffrey, Richard N Ranson]

## Age-related changes in the lumbosacral spinal cord containing motoneurons that modulate bladder/bowel and sexual functions in C57BL6J male mice.

Incontinence and sexual dysfunction are associated with human ageing [1]. Muscles

mediating sphincter closure and copulatory behaviour are innervated by lumbosacral spinal motoneurons (MNs) in the dorsolateral nucleus (DLN) and spinal nucleus of bulbocavernosus (SNB). In aged (24 months) rats, the number of synapses in contact with SNB motoneurons (SNB-MNs) is reduced [2]. Neurotransmitters within these synapses may include serotonin (5-HT), substance P (SP), and glutamate (VGLUT2) [3, 4]. Using quantitative immunohistochemistry, this study sought to identify age-related changes of these neurotransmitters in spinal cord sections from 3-4.5, 24-25.5, and 30-31 month-old C57BL6J male mice - a species where equivalent studies are lacking. 5-HT immunoreactive (5-HT-ir) inputs onto DLN- and SNB-MNs increased significantly from 3-4.5 to 30-31 month-old ( $p \leq 0.001$ ), and 24-25.5 to 30-31 month-old ( $p < 0.05$ ). Immunoreactive inputs in apposition to DLN- and SNB-MNs in 30-31 month-old were enlarged and irregular in shape when compared to younger age groups, e.g. the average cross-sectional area of 5-HT-ir input of  $0.7 \mu\text{m}^2$  versus  $1.6 \mu\text{m}^2$  in 3-4.5 and 30-31 month-old, respectively. This may be characteristic of degenerating axon terminals. Area of immunoreactivity of all three neurotransmitters in the DLN and SNB declined moderately from 3-4.5 to 24-25.5 month-old. The synaptic connectivity between 5-HT-, SP-, and VGLUT2-ir inputs and DLN/SNB-MNs will be determined with transmission electron microscopy. Together, these data will provide insights into alterations in spinal connectivity that contribute to disruptions in maintaining sexual behaviour and continence in human ageing.

**Madeleine Tse-Laurence**  
Newcastle University  
M.Tse-Laurence1@newcastle.ac.uk

[Suzanne Moffatt, Lindsay Pennington]

It's just what you do, you have to get on with it". Grandparenting children with special needs.

Despite the growing importance of grandparenting, we know very little about grandparenthood in the context of children with special needs. This study aimed to explore the experiences of grandparents who are involved in the care of their disabled grandchildren and how the relationship between grandparent and grandchild may change, as they each grow older and have different needs. Qualitative research methods were used. Grandparents were recruited via the North East branch of Contact a Family, a voluntary sector organisation which provides support to families of children with disabilities. Nine grandparents were interviewed, all providing varying degrees of care for, primarily maternal grandchildren with a range of special needs, aged between three and 18. Most care was intensive and ongoing. Grandparents not only played an important role with regards to childcare, but also were key in supporting their grandchild in dealing with their complex health and educational needs. Most grandparents expressed positive feelings about their grandchildren with special needs, but were aware that the intensity of this role influenced other relationships and opportunities in retirement. Grandparents expressed concerns about the future of their grandchild with special needs, especially in the context of their own future and the prospect of their ill-health and eventual death. In conclusion, grandparents, particularly grandmothers, can play a pivotal role in family life in the context of disability. Policies such as extending working life, and increasing the number of women in the workforce have considerable consequences for the support that grandparents of children with disabilities can provide.

**Yoshimi Wada**

School for Policy Studies, University of Bristol  
yoshimi.wada@aim.com

Comparative research on long-term care:  
theoretical perspectives and empirical research

Methodological approaches to researching later life

Comparative research on long-term care for older people has become increasingly important, because of the global

trend of potential rising care needs as a result of the ageing population, and the declining sustainability of conventional care arrangements in the light of recent social and cultural changes.

In international comparisons, a country itself has generally been regarded as the unit of analysis. However, there is debate around whether a country being a unit of analysis in itself is reasonable; this is increasingly questioned in the light of the recognition of growing 'diversity' and 'difference' within countries. For example, comparison of the issues of long-term care for older people at the national level may conceal important aspects of the diverse experience of older people within a particular country. However, despite this acknowledgement, in existing comparative research on long-term care, there is little attention given to the views and experiences of older people themselves. This calls for a comparative research approach that contextually grounds qualitative data with respect to developing theory, through analysis of older people's experiential knowledge.

Many of the methodological issues involved in comparative research are shared with other types of social research. However, challenges arise when research crosses national, social, cultural and linguistic boundaries. In this paper, I will address the above debates from theoretical perspectives as well as those of empirical comparative research, reflecting my PhD study, which examined the meanings of 'choice' and 'care' in England and Japan.

**Shu-Fang Wen**

Biomedical Technology and Device Research  
Laboratories, Industrial Technology Research  
Institute, Hsinchu, Taiwan  
shufangwen@itri.org.tw

[See-Chang Hua, Kai-An Chuang, Shyh-Horng Lin, Jui-Hung Yen, Chun-Min Liu, Wen-Sheng Chiang, Hsiang-Wen Tseng]

Effects of Chinese herbal medicines on muscle growth in vitro and in vivo

Sarcopenia, a gradual loss of skeletal muscle mass and function, is one of the degenerative diseases associated with aging. As sarcopenia is highly correlated with frailty, disability, poor quality of life and death, it imposes a significant burden on individuals, healthcare systems, and society. Albeit various approaches like exercise, caloric restriction, and growth hormone replacement therapy improve sarcopenia-associated decline of the muscular performances, the therapeutic avenues are yet unsatisfactory. It is therefore an urgent need to develop