Discursive constructions of falls prevention

Discourses of active aging versus old age as disease

Evron, Lotte; Ulrich, Anita; Pedersen, Lene Tanggaard

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21st
NORDIC CONGRESS
OF GERONTOLOGY
Dilemmas in Ageing Societies

Abstracts and Program
Copenhagen, Denmark
June 10th - 13th, 2012
Welcome colleagues and friends

On behalf of the Danish Society of Geriatrics, the Danish Gerontological Society, and the Nordic Gerontological Federation it is our great pleasure to welcome you to the 21st Nordic Congress of Gerontology in Copenhagen.

We have chosen Dilemmas in Ageing Societies as the congress theme in order to emphasize the need for dialogues and discussions in the extraordinarily complex field of ageing and society. Through the congress we share a context where ageing and old people are perceived as a very important and interesting field of knowledge that can be approached from various scientific angles. And they are. New results from both research and the development of practice are continuously produced, and we invite you to help us make the congress an arena where scientific questions are asked – and hopefully some of the questions answered. New research collaboration may take its initial steps through informal and formal talks and friendships may be founded. As we all know, ageing and gerontology is a lifelong business!

Some of you may be attending a gerontological congress for the first time, others will be experienced participants and presenters. Whether you are visiting Copenhagen for the first time in your life or have been here several times before we do hope that you will share the intellectual, cultural, and social aspects of this congress and the city – and that you will enjoy yourselves in the coming three days.

We thank our colleagues in the organizing committee and the scientific committee, the congress bureau BDP – and last but not the least the generous sponsors of the congress.
We are looking forward to welcoming you face-to-face at the opening of the congress on Sunday June 10th!

Christine E. Swane
Secretary General of 21 NKG

Finn Rønholt
President of 21 NKG
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Organisers
Nordisk Gerontologisk Forening / Nordic Gerontological Federation
Dansk Gerontologisk Selskab / Danish Society of Gerontology
Dansk Selskab for Geriatri / Danish Society of Geriatrics

Organising Committee
President Finn Rønholt – Herlev University Hospital
Secretary General Christine E. Svane – EGV Foundation
Eigil Boll Hansen, AKF – Danish Institute of Governmental Research
Hanne Pedersen – Sygehus Nord Roskilde
Inger-Lise Dyrholm – Danish Society of Gerontology
Kirsten Damgaard – Gentofte University Hospital
Susanne Stabel Gren – Herlev University Hospital
Tine Rostgaard – AAU – Centre for comparative welfare studies

Scientific Committee
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Carsten Hendriksen – University of Copenhagen, Faculty of Health Sciences
Christine E. Svane – EGV Foundation
Eigil Boll Hansen – AKF – Danish Institute of Governmental Research
Kirsten Avlund – University of Copenhagen, Faculty of Health Sciences
Kirsten Damgaard – Gentofte University Hospital
Mads Greve Haaning – Danish Society of Gerontology
Nina Beyer – Musculoskeletal Rehabilitation Research Unit, Bispebjerg Hospital
Tine Rostgaard – AAU – Centre for comparative welfare studies
Tove Lindhardt – Gentofte University Hospital

Opening speech

A 350 Year Young Woman
- Vermeer’s Girl with a Pearl Earring

OP-1 10-06-2012, 17:00-18:30, Plenum 8/10 & Plenum 9/11

Keeper of Conservation, Director Jørgen Wadum
National Gallery of Denmark (SMK) & Centre for Art
Technological Studies and Conservation (CATS)

A rapidly increasing proportion of individuals in the Western world are
For more than two centuries a girl with a pearl earring went unrecog-
nised through history. It was only at the end of the 19th century that the
beauty of the already considerably aged young woman was identified as
having been painted by Johannes Vermeer (1631-1678).
After recovery the girl went on show and for a good century she was
cherished as the Mona Lisa of the North. How she kept her secrets and
later was allowed to reveal them is the subject of this talk, told by
someone who got to know her most intimate details. And it was only
after her latest treatment in 1994 that the staggering beauty of the 350
year young woman became fully appreciated.
### Programme Overview

#### Sunday June 10, 2012

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<td>17:00 - 18:30</td>
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<td>Reception (Snacks and drinks)</td>
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<td>Optional dinner at Brew Pub</td>
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#### Monday June 11, 2012

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<td><em>K1 Differences in women and men's health and survival: Dilemmas that require action?</em></td>
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<td>Prof. Kaare Christensen</td>
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<td><em>K2 Old Brain, New Demands on Information Processing: A Dilemma?</em></td>
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<td><em>SA1 Dilemmas in the ageing bones.</em></td>
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<td><em>Why do clothes matter?</em></td>
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<td></td>
<td>Geriatric patients I</td>
<td>Home care and participation</td>
<td>Inter generations and family relations</td>
<td>Psychiatry, technology, BMI</td>
<td>Cognitive functioning</td>
<td>Psycho-social well-being I</td>
<td>Falls, risk and prevention</td>
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<td>Chair: Eigil Boll Hansen</td>
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<td>Chair: Jon Snaedal</td>
<td>Chair: Boo Johansson</td>
<td>Chair: Susanne Stabel Gren</td>
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<td>12:30 - 13:45</td>
<td>Norpharma Symposium - in plenary room 8/10</td>
<td>Drug interactions and renal failure limit the choice of pain medication in the elderly,</td>
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<td>MD, PhD Kari Petri Laine, Chairman Finn Rønholt</td>
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<td>Nutricia Symposium - in plenary room 9/11</td>
<td>Nutritional options for treatment of sarcopenia,</td>
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<td>Prof. MD, PhD Tommy Cederholm &amp; Senior researcher Anne Marie Beck</td>
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NKG 2012
### Monday June 11, 2012

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<td>Reforming old age care across Europe: Comparing processes and strategies</td>
<td>Assessment, evaluation and experience of function, physical activity and exercise: A challenge in ageing and different contexts</td>
<td>Better care for fragility fracture</td>
<td>Constructing age-friendly communities: Comparative perspectives</td>
<td>Ageism – concepts and empirical results</td>
<td>The ethnic/migration lens: Expanding the gerontological imagination</td>
<td>Social capital, neighbourhood and well-being of older adults</td>
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<td>Chair: Viola Burau and Tine Rostgaard</td>
<td>Chair: Astrid Bergland and Birgitta Langhammer</td>
<td>Chair: Anette Hylen Ranhoff</td>
<td>Chair: Chris Phillipson</td>
<td>Chair: Per Erik Solem</td>
<td>Chair: Sandra Torres</td>
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<td>15:15 - 17:30</td>
<td>Geropsychology Scientific Meeting in room 16</td>
<td>All psychologists attending the congress are welcome</td>
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<td>Geriatric patients II</td>
<td>Social and health care</td>
<td>Images of ageing</td>
<td>Nutrition and vitamin status</td>
<td>Inequality and health</td>
<td>Psycho-social aspect</td>
<td>Hip fracture I</td>
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<td>Chair: Ólafur Samúelsson</td>
<td>Chair: Sig urineig Sigurðardóttir</td>
<td>Chair: Myra Lewinter</td>
<td>Chair: Anne Marie Beck</td>
<td>Chair: Charlotte Nilsson</td>
<td>Chair: Knud Ramian</td>
<td>Chair: Timo Strandberg</td>
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<td>18:00 - 20:00</td>
<td>Welcome reception at the City Hall of Copenhagen</td>
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### Tuesday June 12, 2012

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<td>Policy, research and practice in the care of elderly people with complex health problems and severe needs. Experiences in the Nordic countries</td>
<td>Provision of assistive technology to support cognitive functioning in persons with dementia, and to reduce the care burden for family carers</td>
<td>Migration</td>
<td>Ageing in small rural communities: Dilemmas for western countries</td>
<td>Life course in a cultural and psychological perspective</td>
<td>Measuring outcomes of long-term care: Experiences from Europe</td>
<td>Sarcopenia</td>
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<td>Chair: Lennarth Johansson and Mats Thorslund</td>
<td>Chair: Torhild Holthe</td>
<td>Chair: Anne Leonora Blaakilde</td>
<td>Chair: Jeni Warburton</td>
<td>Chair: Christine E. Swane</td>
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<td>Medication</td>
<td>Professional care workers</td>
<td>Death and dying</td>
<td>Informal care giving I</td>
<td>Depression</td>
<td>Physical exercise I</td>
<td>Rehabilitation</td>
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<td>Dementia care I</td>
<td>Quality of home care services</td>
<td>Lifelong learning</td>
<td>Informal caregiving II</td>
<td>Preventive home visits</td>
<td>Physical exercise II</td>
<td>Hip fracture II</td>
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<td>Chair: Marianne Schroll</td>
<td>Chair: Tine Rostgaard</td>
<td>Chair: Britt Slagsvold</td>
<td>Chair: Aneli Sarvimäki</td>
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<td>Chair: Nina Beyer</td>
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<td>12:45 – 14:00</td>
<td>Grünenthal symposium - in plenary room 8/10</td>
<td>MOR-NRI* - MORE THAN MEETS THE EYE</td>
<td>Tapentadol for the treatment of severe chronic pain.</td>
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<td>Dementia care II</td>
<td>Long term care</td>
<td>Home, housing &amp; environment</td>
<td>Nursing home residents</td>
<td>Oldest old</td>
<td>Physical capacity in later life</td>
<td>Social life and participation</td>
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<td>Chair: Morten Balle Hansen</td>
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<td>Chair: Eva Alggreen-Petersen</td>
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### Tuesday June 12, 2012

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<td><strong>Dementia diagnostics in</strong></td>
<td><strong>Critical perspectives in</strong></td>
<td><strong>Evaluation of</strong></td>
<td><strong>Family carers in</strong></td>
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<td><strong>Social life</strong></td>
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<td>Chair: Helgi Kolb</td>
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<td>Congress Dinner</td>
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<td>Chair: Nina Beyer</td>
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<td><strong>SA 3 Dilemmas in behaviour and physical activity in a gender perspective</strong></td>
<td><strong>SA4 Trends in ageing and challenges for the provision of care for older people</strong></td>
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<td>Prof. Roger Fielding</td>
<td>Senior Lecturer Virpi Timonen</td>
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<td><strong>SA5 Social inequality in ageing</strong></td>
<td><strong>SA6 Dilemmas in family care</strong></td>
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<td>Prof. Mats Thorslund</td>
<td>Prof. Mike Nolan</td>
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<td>10.30 - 11:00</td>
<td>Coffee break in the exhibition area</td>
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<td>11:00 - 12:30</td>
<td>Plenary lectures</td>
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<td>12:30 - 13:00</td>
<td>Closing Ceremony</td>
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General Information

Venue
Scandic Copenhagen
Vester Vognstræde 6
DK - 1601 Copenhagen V
Tel: +45 3375 7125

Opening ceremony & reception
17.00 – 18.30, the opening ceremony will take place at the congress venue. The reception will take place in the same location after the opening ceremony and continue until 19.30.

Optional dinner
June 10th at 20.00.
Address: Brew Pub, Vester Vognstræde 29, DK-1456 Copenhagen K.
Walking distance from the venue.
Tickets can be obtained at the congress hospitality desk. Please note transfer is not included for this event.

City Hall reception
June 11th at 18.00.
Address: Rådhuspladsen 1, DK-1550 Copenhagen V.
Walking distance from the venue. Tickets can be obtained at the congress hospitality desk.
Please note transfer is not included for this event.

Congress dinner
June 12th at 19.00.
Address: Bredgade 28, DK-1260 Copenhagen K.
Tickets can be obtained at the congress hospitality desk.
Please note transfer is not included for this event.

Breaks
Coffee, tea and refreshments are served during coffee breaks in the exhibition area.

Lunches
Lunch is included on Monday 11th of June and Tuesday 12th of June.

Congress badges
Your personal badge is your entrance ticket to all sessions and you are asked to wear it throughout the congress. Should you misplace your badge, a replacement badge can be obtained at the congress hospitality desk.

Registration-hospitality desk opening hours
Sunday June 10th from 14.00 until 19.00
Monday June 11th from 8.00 until 18.00
Tuesday June 12th from 8.00 until 18.00
Wednesday June 13th from 8.00 until 13.00
Telephone / mobile: Berrit +45 2635 1415

Programme
Programme

Sunday June 10, 2012

14:00-19:00  Registration - Hospitality Desk Open

17:00-18:30  Opening Ceremony  Plenum 8/10 & 9/11

Opening Speech: A 350 Year Young Woman - Vermeer's Girl with a Pearl Earring
Keeper of Conservation, Director Jørgen Wadum
National Gallery of Denmark (SMK) & Centre for Art Technological Studies and Conservation (CATS)

18:30-19:30  Reception (Snacks and drinks)

20:00  Optional dinner at Brew Pub Restaurant

Monday June 11, 2012

08:00-18:00  Registration - Hospitality Desk Open

08:30-10:00  Keynote Presentations  Plenum 8/10 & 9/11
Chair: Finn Rønholt
K1-1  Differences in the health and survival of women and men: Dilemmas that require action?
Professor Kaare Christensen
The Danish Aging Research Center, University of Southern Denmark

K2-1  Old Brain, New Demands on Information Processing: A Dilemma?
Professor Lars Nyberg
Departments of Radiation Sciences and Integrative Medical Biology, Umeå University

10:00-10:30  Coffee Break in the exhibition area

10:30-11:15  States of the Art Lecture  Plenum 8/10 & 9/11
Chair: Kirsten Damgaard
SA1-1 Dilemmas in the ageing bones
Professor Peter Schwarz
Glostrup hospital

SA2-1 Clothing and the embodiment of age: Why do clothes matter?
Professor Julia Twigg
University of Kent

11:30-12:30  Oral Session 1.1 - Geriatric patients I  Plenum 8/10
Chair: Kirsten Damgaard

11:45-12:00  O1.1-2 Metabolic syndrome and associated factors among South Korean Older adults
Professor Seung-youn Hong
Kangnam Univ

12:00-12:15  O1.1-3 Orthostatic hypotension - significance of measurement duration in geriatric inpatients
MD Heidi Pedersen
Gentofte Hospital
MD, PhD Jøsper Petersen, MD, PhD Marianne Kirschhoff

12:15-12:30  O1.1-4 Similarities and differences in characteristics in elderly patients admitted to an acute geriatric unit, an orthogeriatric unit and a department og geriatric psychiatry
Mette Irene Martinen
Diakonhjemmet hospital
Kari Mødte Kristiansen, Marianne Dahl, Anette Hylén Ranhoff, Thomas Svendsen, Bernhard Lorentzen, Lukig Fjeld Solheim

11:30-12:30  Oral Session 1.2 - Home care and participation  Plenum 9/11
Chair: Eigil Boll Hansen

11:30-11:45  O1.2-1 Older volunteers help improve quality of life through out-of-home activity intervention among older people with severe mobility limitations: a randomized controlled trial.
Professor Taina Rantanen
Gerontology Research Center and Department of Health Sciences, University of Jyväskylä
PhD Merja Kontturi, MSc Imma Ayräväinen, MSc Hanneke Khall; Ms Sini Hernesaari, MSc Johanna Gronen, Tine-Mari Lyra, PhD Marja Vaarama

11:45-12:00  O1.2-2 Help to self-help as principle and as everyday practice
Dr. Leena Eskelinen
AKF
Eigil Boll Hansen, Hanne Marline Dahl

12:00-12:15  O1.2-3 The outcome of focusing on a principle of help to self-help in the provision of home care
Dr. Eigil Boll Hansen
AKF, Danish Institute of Governmental Research
Dr. Leena Eskelinen, Professor Hanne Marline Dahl

12:15-12:30  O1.2-4 Active citizenship and service voucher for the elderly
Kirsti Kuusinen-James
The Centre of expertise onn social work, Verso

11:30-12:30  Oral Session 1.3 - Inter generations and family relations  Room 1
Chair: Catharina Nord

11:30-11:50  O1.3-1 Intergenerational relations materialized
Dr. Catharina Nord
Linköping university

11:50-12:10  O1.3-2 The materialized connection of objects to other generations for elderly people living at home who are reducing their material room in old age
Dr. Asa Larsson
Linköpings universitet

12:10-12:30  O1.3-3 Cherished objects as materialized links between generations
Anna Whitaker
National Institute for the Study of Ageing and Later Life, Dep. of Social and Welfare Studies

11:30-12:30  Oral Session 1.1 - Geriatric patients I  Plenum 8/10
Chair: Kirsten Damgaard

11:30-11:45  O1.1-1 Barriers to a person-centred care for older patients with cognitive impairment in acute care.
RNT, MSc, PhD student Anita Nilsson
Umeå universitet
RNT, Professor Brigt H. Rasmussen, RN, Associate Professor David Edvardsson
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<th>Time</th>
<th>Session</th>
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<td>11:30-12:30</td>
<td>Oral Session 1.4 - Psychiatry, technology, BMI</td>
<td>Room 2</td>
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<td>11:30-11:45</td>
<td>Chair: Finn Rønholt</td>
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<td>11:45-12:00</td>
<td>01.4.1 Active outdoor in inpatient geriatric psychiatry - experiences and data from development of a model</td>
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<td>Dr. Marianne Thorsen Gonzalez</td>
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<td>Diakonhjemmet University College</td>
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<td>RN Mariane Larsen, PT Laila Møller, MHS Cari Midtbø Kristiansen</td>
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<td>01.4.2 Quality registry in The Viken Research Network for Geriatric Psychiatry</td>
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<td>01.4.3 Sticks – Innovative Concepts for Memory Support, Reminiscence and Health Promotion</td>
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<td>Professor Arnti Karisto</td>
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<td>Department of Social Research, University of Hertvik</td>
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<td>MA Päivi Kusuma, PhD Helmi Melkas, PhD Satu Peikkarinen, PhD Raisa Valve</td>
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<td>01.4.4 Body Mass Index and Survival in the Very Old</td>
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<td>Dr. Anna Dahl</td>
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<td>Department of Medical Epidemiology and Biostatistics, Karolinska Institutet</td>
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<td>PhD Elizabeth Fauth, PhD Marie Emst-Bravel, PhD Dina Gestorf, PhD Niam Ham</td>
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<td>11:30-12:30</td>
<td>Oral Session 1.5 - Cognitive functioning</td>
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<td>11:30-11:45</td>
<td>Chair: Jon Snaedal</td>
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<td>01.5.1 Functioning over time in persons with MCI</td>
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<td>PhD student Annika Hedman</td>
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<td>PhD, Professor Louise Nygård, Associate professor, Professor Ove Almquist, PhD, Associate professor Anders Kattorp</td>
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<td>01.5.2 Evidence of sleep apnea in MCI/Mild dementia</td>
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<td>Dr. Jon Snaedal</td>
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<td>Geriatric Department, Landspitali University Hospital PhD Kristin Hannedottir, Prof Thorarin Gislason, PhD Annie Arvidsson, Atti Josefsson</td>
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<td>12:00-12:15</td>
<td>01.5.3 Occupational and Leisure Time Engagement at Midlife and Cognitive Functioning in Advanced Old Age</td>
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<td>Dr. Ross Andel</td>
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<td>University of South Florida, Merit Silverstein, Ingmar Kareholt</td>
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<td>12:15-12:30</td>
<td>01.5.4 The joint association of physical activity and BMI in mid-life with cognitive function in late life</td>
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<td>Dr. Milan Gudjonsson</td>
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<td>MD Sigurðbjörn Björnsson, MD Björg Elmarsson, MD Jon Snaedal, PhD Jane Szczynski, PhD Thor Aspelund, MD Vilmundur Gudnason, MD Tamara B. Harris, PhD Lenore J. Launer, PD Palm V. Jonsson</td>
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<td>11:30-12:30</td>
<td>Oral Session 1.6 - Psycho-social well-being</td>
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<td>11:45-12:00</td>
<td>01.6.1 A Five-Year Panel Study of Relationships between Subjective Age and Mental Wellbeing in the Second Half of Life</td>
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<td>Marijke Veenstra</td>
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<td>Sein Ólaf Daudland, Astrid Syse</td>
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<td>11:45-12:00</td>
<td>01.6.2 The importance of social support in the associations between psychological distress and somatic health problems and socio-economic factors among older adults living at home: A cross sectional study</td>
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<td>Associate Professor Hege Bøen</td>
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<td>Diakonhjemmet University College, Department of Nursing and Health</td>
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<td>Professor emeritus Odd Stefren Dalgaard, Professor Espen Ibsen</td>
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<td>01.6.3 Older persons with borderline mental disorders: risk factors in North of Russia</td>
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<td>Professor Andrey Soloviev</td>
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<td>Northern State Medical University</td>
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<td>Professor Irina Novikova, Victor Matroshko</td>
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<td>01.6.4 Shifts of normal aging phenotypes between young old and old -old.</td>
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<td>Dr. Yasuyuki Gendo</td>
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<td>Osaka University Graduate School of Human Sciences</td>
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<td>Mr. Takeshi Nakagawa, Miss Yoshiko Ishoka, Dr. Madoka Ugoiwa, Dr. Kei Kamide, Dr. Kazunori Iriebe, Miss Yukie Measu, Dr. Mihoko Takayama, Dr. Yasumichi Anzai, Dr. Ryotaro Takahashi</td>
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<td>11:30-12:30</td>
<td>Oral Session 1.7 - Falls, risk and prevention</td>
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<td>01.7.1 Predictive validity and cut-off scores in four diagnostic tests for falls – a study in frail older people at home</td>
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<td>PT, MSc PhD student Ulrika Möller Olsson</td>
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<td>RN, PhD, Associate Professor Ulf Jakobsson</td>
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<td>01.7.3 Fear of falling and coexisting sensory difficulties as predictors of mobility decline in older women</td>
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<td>Anne Viljanen</td>
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<td>University of Jyväskylä, Department of Health Sciences, Gerontology Research Center</td>
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<td>PhD Jenni Kuhala, PhD Merja Rantakokko, MD, PhD Maija Kiskanen, MD, PhD Jarkko Kaprio, PhD Taina Rantanen</td>
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<td>01.7.4 Title Fall-related information seeking behavior among elderly internet-users</td>
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<td>Marjan Askari</td>
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<td>12:30-13:45</td>
<td>Nonpharma Symposium</td>
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<td>12:30-13:45</td>
<td>Chair: Finn Rønholt</td>
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<td>Drug interactions and renal failure limit the choice of pain medication in the elderly</td>
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<td>MD, PhD Karl Peter Laine</td>
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<td>Nutricia Symposium</td>
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<td>Nutritional options for treatment of sarcopenia</td>
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<td>Prof. MD, PhD Tommy Cedergren &amp; Senior Researcher Anne Marie Beck</td>
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<td>12:30-13:45</td>
<td>Lunch in the exhibition area</td>
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### Symposium Session 1.1 - Reforming old age care across Europe: Comparing processes and strategies

**Chair:** Viola Bura and Tine Rostgaard

**S1.1-1 Reform strategies in home care for elderly in Europe**  
Professor Tine Rostgaard  
University of Aalborg

**S1.1-2 Developments of home care policies in Ireland**  
Prof. Virpi Timonen  
Trinity College Dublin

**S1.1-3 Reforms of long-term care policies in EU countries: an interpretation**  
Professor Costanza Ranzi  
Polytechnic of Milan  
Associate Professor Emmanuele Pausini

**S1.1-4 Reforming old age care across Europe: comparing processes and strategies**  
Dr. Viola Bura  
University of Aarhus  
Prof Dr Hanne Marlene Dahl

### Symposium Session 1.2 - Assessment, evaluation and experience of function, physical activity and exercise: A challenge in ageing and different contexts

**Chair:** Astrid Bergland and Birgitta Langhammer

**S1.2-1 Applicability and Effects of Physical Exercise among Older People With Dementia in Residential Care Facilities**  
PhD Erik Rosendahl  
Gilled University  
PhD Håkan Leitbrand, PhD Michael Semul

**S1.2-2 Progressive resistance training for women 90+**  
PhD Student Gro Island  
Oslo University College

**S1.2-3 The reliability and validity of clinical walking speed measurements in elderly people: a systematic review**  
PhD Elisabeth Rydwik  
Karolinska Institutet  
PhD A Berglund, PhD, Senior researcher L Forsén, PhD K Fränzin

**S1.2-4 The Efficacy of Counseling and Progressive Resistance Home-Exercises on Adherence, Health-Related Quality of Life and Function after Discharge from a Geriatric Day-Hospital**  
Msc Therese Brovold  
Oslo and Akershus University College  
Professor Dawn Skutt, Professor, PhD Astrid Bergland

**S1.2-5 Prolonged strength training after hip fracture: a randomized controlled trial**  
PhD N. Syllian  
Oslo and Akershus University College  
PhD student T Brovold, Professor TB Wylde, Professor A Bergland

### Symposium Session 1.3 - Better care for fragility fracture

**Chair:** Anette Hylen Ranhoff

**S1.3-1 The best repair of fragility fractures - a few aspects**  
Professor, overlege, Dr.med. Jes Bruun Lauritzen  
Bispelbjerg Hospital, University of Copenhagen  
Polymer chemist, card scient Sune Lund Sørensen, consultant, PhD, Clinical Biochemistry Henrik Jorgensen,  
Research nurse Troels Riis, Head of orthopaedic department Benn Buus

**S1.3-2 Medical care for older hip fracture patients**  
Professor MD Anette Hylen Ranhoff  
Diakonhjemmet hospital  
Nurse Mette Martinsen, Ludvig E. Solheim

**S1.3-3 No difference in anticholinergic activity in CSF and serum between hip fracture patients with and without delirium**  
MD Leiv Otto Watne  
Oslo University Hospital  
MD, PhD student Roanna Halv, MD, PhD student Bjørn Erik Neerland, Professor MD, PhD Johan Radder,  
MD, PhD Frede Frihagen, Professor, PhD Espen Mølmen, Professor MD, PhD Alasdair M MacLullich,  
Professor MD, PhD Torger Bruun Wylde, MD, PhD Vibeke Jølde

**S1.3-4 Secondary prevention of falls and fractures - an update**  
Professor Timo Strandberg  
Universities of Helsinki and Oulu

**S1.3-5 Putting up a holistic integrated service for older patients with fragility fractures**  
MD Maria Nustro  
Seinajoki Central Hospital

### Symposium Session 1.4 - Constructing age-friendly communities: Comparative perspectives

**Chair:** Chris Phillipson

**S1.4-1 Building Age-Friendly Communities in Urban Environments: Theoretical and Policy Issues**  
Professor Chris Phillipson  
Keele University

**S1.4-2 Purpose-built retirement communities as age-friendly environments? Evidence from England**  
Professor Thomas Scharf  
National University of Ireland Galway  
Jennife Liddé, Bernadette Bartam, Miriam Berard, Julius Sim

**S1.4-3 Activity as disciplining and gifting - The ‘in common’ of communities of active aging**  
Ph.D. Aske Jul Lassen  
University of Copenhagen

**S1.4-4 Feelings of Safety in Old Age: Evidence from the City of Brussels**  
Professor, Dr. Liesbeth De Donder  
Vrije Universiteit Brussel

**S1.4-5 Purpose-built retirement communities as age-friendly environments? Evidence from England**  
Professor Chris Phillipson  
Keele University

**S1.4-6 Purpose-built retirement communities as age-friendly environments? Evidence from England**  
Professor Chris Phillipson  
Keele University

### Symposium Session 1.5 - Ageism - concepts and empirical results

**Chair:** Per Erik Solem

**S1.5-1 Ageism, a multi-dimensional concept**  
Associate Professor Lars Larsen  
Aarhus University

**S1.5-2 Ageism vs. age coding: An examination of theoretical frameworks and analytical scopes**  
Associated Professor Clara Krekula  
Karlstad University

**S1.5-3 Ageism and discourse, the case of the category of older drivers**  
PhD Satu Heikkinen  
Linköping University

**S1.5-4 Ageism in the Nordic countries and Europe. Data from the European Social Survey**  
Ivar Lima  
Norwegian Social Research
13:45-15:15 Symposium Session 1.6 - The ethnic/migration lens: Expanding the gerontological imagination
Chair: Sandra Torres

S1.6-1 Not (just) ‘old’: Identity, migration, old age and the gerontological imagination
PhD Candidate Laura Machat-From
Linköping University

S1.6-2 Media representations of culture-appropriate care and of ethnic ‘Otherness’: a study of Swedish newspaper articles on elderly care
Professor Sandra Torres
Uppsala University

S1.6-3 “The best situation would be to be together with my entire family”: The emotion work and kin work of older refugees in transnational families
PhD Candidate Marith K
Akershus University College of Applied Sciences

S1.6-4 "The emotion work and kin work of older refugees in transnational families"
PhD Candidate Marith K
Akershus University College of Applied Sciences

S1.6-5 Understandings of social inequality in old age: how can the ethnic / migration lens expand the gerontological imagination?
Professor Sandra Torres
Uppsala University

13:45-15:15 Symposium Session 1.7 - Social capital, neighbourhood and well-being of older adults
Chair: Tine Poulsen

S1.7-1 Social capital and self-rated health among older people in Western Finland and Northern Sweden: A multilevel analysis
PhD Fredrica Nyqvist
National Institute for Health and Welfare (THL)

S1.7-2 Social capital, neighborhoods and health - the significance of gender and age
PhD, Senior Lecturer Elin Eriksson
Umeå University

S1.7-3 How does the relationship between social capital and health change with age?
PhD Candidate Julie Norstrand
Bostun College

S1.7-4 Aspects of Social Capital and the Impact on Mortality 8 Years after Among Older Adults
PhD Student Tine Poulsen
Københavns Universitet

S1.7-5 Understanding social inequality in old age: how can the ethnic / migration lens expand the gerontological imagination?
Professor Sandra Torres
Uppsala University

15:15-16:15 Geropsychology Scientific Meeting
Room 16
All psychologists attending the congress are welcome

16:15-17:00 Oral Session 2.1 - Geriatric patients II
Plenum 8/10
Chair: Ólafur Samuelsson

O2.1-1 Clinical data in a new perspective; Cross sectional identification of the older acute medical patient in risk of readmission and death?
Dr. Henrik H Klausen
Clinical Research Centre, Copenhagen University Hospital, Hvidovre Hospital

O2.1-2 Via Senectutis
Dr. Henrik H Klausen
Clinical Research Centre, Copenhagen University Hospital, Hvidovre Hospital

O2.1-3 The Cumulated Ambulation Score for the evaluation of basic mobility in geriatric wards
Dr. Berit Larsson
Department of Physiotherapy and Orthopaedic Surgery, Hvidovre University Hospital

O2.1-4 On the Threshold - Older Persons’ Concerns Related to Hospital Discharge
Dr. Per Nilan
School of Health Sciences

O2.1-5 Clinical data in a new perspective; Cross sectional identification of the older acute medical patient in risk of readmission and death?
Dr. Henrik H Klausen
Clinical Research Centre, Copenhagen University Hospital, Hvidovre Hospital

16:15-17:30 Oral Session 2.2 - Social and health care
Plenum 9/11
Chair: Sigourvig Sigurðardóttir

O2.2-1 Dilemmas in home nursing care and for elderly based on analysis of health care reform in Denmark
Dr. Linda Våg
University College Sealand

O2.2-2 Support to elderly care nurses - developing a knowledge centre
Dr. Lene Olai
Dalarna University

O2.2-3 Early Nonspecific Signs and Symptoms of Infection in Nursing Home residents and the Clinical Decision Making Process: Perceptions of Nursing Assistants
Dr. K. Fiskerholsmark
RNT, PhD Martha Sund-Levander
Hoegland Hospital

Oral Session 2.4 - Nutrition and vitamin status

16:15-17:30
Chair: Anne Marie Beck

16:15-16:30
O2.4-1 Nutritional risk (NRS2002) and low BMI was associated with increased mortality for patients in a university hospital. A one year follow-up.
Randi J Tangvik
Haukeland University Hospital
Professor Anne Bent Guttormsen, Professor Grethe S Tel, BiostatisticianPhD Roy Mazdani Nilson, Statistician Andreas Henrikson, Professor Anette Hylen Ranheim

16:30-16:45
O2.4-2 Trends in nutritional status and caring practices among service house and nursing home residents in Helsinki 2003 - 2011
Dr. Helena Saari
Services for Elderly city of Helsinki
PhD Seja Muurinen, Dr. Merja Suominen, PhD Nina Savikko, Med. student Marjo Halttunen, MD, PhD Kaisu Pitkälä

16:45-17:00
O2.4-3 Use of vitamins and trace elements among older people in Helsinki - population based survey in 1999 and 2009
RN, PhD Nina Savikko
University of Helsinki
MD, PhD Kaisu Pitkälä, MD, PhD Reijo Tilkä, MD, PhD Tiina Strandberg

17:00-17:15
O2.4-4 Dental professionals’ identification of elderly patients at risk for cardiovascular diseases and high plasma glucose
Dr. Göran Friman
Department of Dental Medicine, Karolinska Institutet
Associate Professor Inger Wärth, Professor Gunnar Nilsson, PhD Margareta Hultin

Oral Session 2.5 - Inequality and health

16:15-17:30
Chair: Charlotte Nilsson

16:15-16:30
O2.5-1 Occupational status and education are associated with health in nonagenarians
Linda Enroth
Gerontology Research Center and School of Health Sciences, University of Tampere
Professor Marja Jylhä, Professor Antti Hervonen

16:30-16:45
O2.5-2 Social relations and mobility-related fatigue
PhD, assistant prof Charlotte Nilsson
Section of Social Medicine, Department of Public Health, University of Copenhagen
MD, PhD, associate prof. Rikke Lund, Professor, DMSc Kirsten Auklund

16:45-17:00
O2.5-3 Alcohol consumption among men and women.
Dr. Britt Slagsvold
NOVIA - Norwegian Social Research
Researcher Ivar Lima

17:00-17:15
O2.5-4 Paying the price? The impact of smoking and obesity during mid-life on health inequalities in later life.
Dr. Stefan Fors
Aging Research Center
Dr Neda Aghaj, Dr Benjamin Shaw

17:15-17:30
O2.5-5 Perceived work-related stress in midlife predicts disability in old age
Dr. Jenni Kullmala
Gerontology Research Center, University of Jyväskylä
Dr. Mikaela von Bonnorsfjord, Dr. San Stenholm, Dr. Monika von Bonnorsfjord, Prof. Cla-Håkan Nygård, Dr. Matti Kibbaks, Dr. Jorna Settuna, Prof. Iliana Iliannou, Prof. Tania Rantarä

Oral Session 2.6 - Psycho-social aspect

16:15-17:30
Chair: Knud Rasmussen

16:15-16:30
O2.6-1 Inner strength of older people in Finland and Sweden
Kerstin Viglund
Umeå University
RN, PhD Elisabet Jonson, RN, Professor Bert Lundman, RN, Professor Gunilla Strandberg, RNT, PhD Björn Nygren

16:30-16:45
O2.6-2 Older people's accounts of their mental well-being and resources
Susvi Fried
The Age Institute
PhD, Line Manager SirkkaLuika Heinonen, MSSc, Coordinator Prof. Jokinen, Logotherapist, Planner Minna Laine

16:45-17:00
O2.6-3 Valuation of Life in old age and the role of intrapersonal factors
Lisa Araujo
UNIFAI
Oscar Ribeiro, Constança Paul

17:00-17:15
O2.6-4 Life Course Transitions and Changes in Alcohol Consumption in the Second Half of Life
Ivar Lima
Norwegian Social Research
Senior researcher Britt Slagsvold
Tuesday June 12, 2012

08:00-10:00 Oral Session 2.1 - Migration Room 1

Chair: Anne Leonora Blaakilde

08:00-08:45 03.1-1 Aging and Health Practices Between Two Cultures
Visiting scholar Susan Yazi
Akdeniz University
Research assistant Signe Granwald Petersen, Postdoc Arne Leonora Blaakilde

08:45-09:00 03.1-2 Living In-between and Doing Health
PhD Candidate Beate Lie Sverre
Buskerud University College
PhD, BN Grethe Eikersen, PhD Kari Nyheim Soltrakke

09:00-09:15 03.1-3 Aging and Health Practices Between Two Cultures
Anne Leonora Blaakilde
Center for Healthy Ageing, University of Copenhagen
Visiting Scholar, Dr. Susan Yazi, Research Assistant, MA Signe Granwald Petersen, Postdoc, Ph.d. Arne Leonora Blaakilde

09:15-09:30 03.1-4 Ageing in South Australia: Continuity and change in the caring practices of ageing Italian migrants in South Australia.
Dr. Daniela Cosmini-Rose
Dept. of Language Studies, Flinders University

09:45-10:00 03.1-6 The invisibility leaders:
Dr. Aviva Kaplan
Netanya Academic College
Dr. Rachel Shashby

16:15-17:30 Oral Session 2.7 - Hip fracture i Room 13

Chair: Timo Strandberg

16:15-16:30 02.7-1 Will comprehensive geriatric work-up during the index stay improve mobility at 4 months in hip fracture patients?
Professor Ola Sletvold
Norwegian University of Science and Technology

16:30-16:45 02.7-2 Rehabilitation to Elderly Patients with new Hip
Dr. Britta Hordam
University College

16:45-17:00 02.7-3 Progressive strength exercise is feasible and seems very effective when commenced shortly after hip fracture surgery
Physiotherapist Jan Overgaard
Team Rehabilitation, Lolland Community
Ph.d., Senior Researcher Morten Tange Kristensen

17:00-17:15 02.7-4 Changes in quality of life among older patients one year after hip fracture
Associate professor Else Vengnes Grue
Diakonhjemmet University College, Department of Nursing and Health

18:00-20:00 Welcome reception at the City Hall of Copenhagen

08:30-10:00 Symposium Session 2.1 - Policy, research and practice in the care of elderly people with complex health problems and severe needs. Experiences in the Nordic countries

Chair: Lennarth Johansson and Mats Thorslund

08:30-08:50 02.1-1 Providing elderscare to people with complex health problems and severe needs - highlights from an ongoing national evaluation study in Sweden
Senior Researcher Lennarth Johansson
Aging Research Center

08:50-09:10 02.1-2 The care of frail older people in Iceland
Associate professor Sigurnerj H. Sigurbjartsdottir
University of Iceland

09:10-09:30 02.1-3 Policy, practice and research in Denmark on care for older people with complex problems
Professor Eigil Boll Hansen
AKF, Danish Institute of Governmental Research

09:30-09:50 02.1-4 Policy, research and practice in the services for frail elderly people in Finland
MD, PhD Matti Mäkelä
National Institute for Health and Welfare

09:50-10:10 02.1-5 The coordination reform in Norway - a step forward or backward for the elderly patient?
Professor Tor Inge Finne-Soveri, PhD Anja Noro

10:10-10:30 Social break

10:30-10:50 02.1-6 Providing eldercare to people with complex health problems and severe needs - experiences from the Nordic countries

Chair: Torhild Holthe

10:50-11:10 02.1-7 The importance of Nordic collaboration in the area of dementia and welfare technology
Occupational Therapist and Project Coordinator Ingela Männson
The Swedish Institute of Assistive Technology

11:10-11:30 02.1-8 Successful use and provision of Assistive Technology (AT) for persons with dementia
Results from a Nordic research project

Occupational Therapist MSc Astrid Andersen
The Norwegian Centre for Research, Education and Service Development

11:30-11:50 02.1-9 A dilemma in using GPS solutions for localisation of people with dementia

BScE.E. Henrik Svensson
Danish Centre for Assistive Technology

11:50-12:10 02.1-10 Assistive technology (AT) to support younger people with dementia and their family carers in everyday living: Dilemmas and challenges

Occupational Therapist MSc Torhild Holthe
The Norwegian Centre for Research, Education and Service Development

12:10-12:30 02.1-11 People living with dementia and use of technology: ethical aspects

PhD Päivi Topo
University of Jyväskylä

12:30-12:50 02.1-12 Adaptation and assistive technology are essential elements in rehabilitation of persons with dementia. Presentation of themes from a new book about (2012) rehabilitation and dementia

Occupational Therapist MSc Lilly Jensen
Danish Centre for Assistive Technology
08:30-10:00  Symposium Session 2.3 - Ageing in small rural communities: Dilemmas for western countries  Room 2

Chair: Jeni Warburton
S2.3-1 Marginalized or Aging-Well? Discourses on rural aging in Canada
Professor Norah Keating
Department of Human Ecology, University of Alberta

S2.3-2 Single older men in rural Sweden: Norms of masculinity
Dr Magnus Nilsson
Karlstad University

S2.3-3 Multiple disadvantage and social cohesion: a challenge for rural elders?
Professor Vanessa Burholt
Centre for Innovative Ageing, Swansea University

S2.3-4 Rapidly growing grey: local governance responses to social participation for ageing rural populations
Dr Rachel Winterton
John Richards Initiative, La Trobe University

S2.3-5 Construction of ageing in the Faeroe Island
PhD Student Åsa Rain
NISAL, Linköping university/University of the Faeroe Island

08:30-10:00  Symposium Session 2.4 - Life course in a cultural and psychological perspective  Room 3/4

Chair: Christine Swane
S2.4-1 Everyday interpretations of age and the course of life - reading age-diaries of middle-aged and aging persons
PhD Marja Saarenpää
The Central union for the welfare of the aged

S2.4-2 Nursing home residents’ relationship with nature - past and present
MPh, PhD Eva Algreen-Petersen
Municipality of Copenhagen

S2.4-3 Life Histories in Theory and Practice
Dr phil. Kirsten Thorsen
Buskerud University College

S2.4-4 36.500+ days - everyday life of centenarians
PhD Christine E. Swane
EGV Foundation

08:30-10:00  Symposium Session 2.5 - Measuring outcomes of long-term care: Experiences from Europe  Room 12

Chair: Tine Rostgaard
S2.5-1 Measuring outcomes and improving quality in English care homes
Professor Ann Netten
University of Kent at Canterbury
Research Officer Ann-Marie Towers, Research Officer Nick Smith, Dr Julie Beadle-Brown

S2.5-2 Measuring outcomes of home care - Experiences from the Austrian Home Visit and Counselling Programme
Dr Birgit Truceschitz
Vienna University of Economics and Business
Professor Ulrike Schneider

S2.5-3 Measuring outcomes in home care: Experiences from Finland
MSc Marja Pulliainen
Diasonia University of Applied Sciences
DrPolSc. Aija Kettunen, Research Professor Iamo Linnosmaa

S2.5-4 Measuring outcomes of home care - Experiences from Denmark
Professor Tine Rostgaard
Aalborg Universitet

08:30-10:00  Symposium Session 2.6 - Sarcopenia  Room 13

Chair: Anette Hylen Ranhoff
S2.6-1 Frailty and Sarcopenia
Professor MD Timo Strandberg
Universities of Helsinki and Oulu

S2.6-2 Sarcopenia in hip fracture patients
MD Ole Martin Steinhau
Haraldsplass hospital
Professor MD Anette Hylen Ranhoff

S2.6-3 The role of sex hormones in the development and treatment of sarcopenia
Professor Sarianna Sipilä
University of Jyväskylä
Researcher Eija Pöllänen, Adjunct Professor Vuokko Kovanen

S2.6-4 Renal function after a 12-week resistance exercise program with protein supplementation in community dwelling older adults.
MD PhD Alfons Ramel
University of Iceland

S2.6-5 How far is it possible to counteract sarcopenia?
MD Marius Myrstad
Diakonhjemmet sykehus
Professor MD Anette Hylen Ranhoff

10:00-10:30  Coffee break in the exhibition area

10:30-11:30  Oral Session 4.1 - Medication  Plenum 8/10

Chair: Carsten Hendriksen

10:30-10:45  O4.1-1 Does the increasing use of statins in older people reflect an indication creep?
Post doc Helle Wallach Kildemoes
University of Copenhagen

Lektor Carsten Hendriksen, Post doc Mikkel Vass, Professor Morten Andersen

10:45-11:00  O4.1-2 Dilemmas in discontinuing medication among elderly people
Michael Nixon
Copenhagen University

11:00-11:15  O4.1-3 Life-Threatening Drug Use, Misuse And Abuse Among Male And Female Older Adults In The United States: 2005-2010
Ms Victoria Albright
RTI International
Dr Jerry Hedge, Dr Al Woodward, Ms Victoria Scott

11:15-11:30  O4.1-4 No cognitive impact of reduced anticholinergic drug score in a frail elderly population
Hege Karlsen
Oslo University Hospital, Department of Geriatric medicine
Prof Torgeir Brun Wyller, Prof Espen Molden, Prof Knut Engedal
10:30-11:30 Oral Session 4.2 - Professional care workers  
Room 9/11
Chair: Hanne Marlene Dahl

10:30-10:50 O4.2-1 Nurses' self-assessed competence in gerontological nursing  
Dr. Priyo Tikkanen  
JAMK University of Applied Sciences  
Dr. San Teeri, Ms. Siirkka-Lisa Kuttunen

10:50-11:00 O4.2-2 Physical pain in formal caregivers of dependent older people  
Dr. Margarida Pinto  
Escola Superior de Saúde da Universidade de Aveiro  
Prof. Dr. Daniele Figueiredo, Prof. Dr. Aida Marques, Dr. Vânia Rocha, Prof. Dr. Liliana Sousa

11:10-11:30 O4.2-3 The Strains in Dementia Care Scale  
Dr. Michael Bird  
DSDC, Bangor University  
Professor Anna-Karin Wergeland

10:30-11:30 Oral Session 4.3 - Death and dying  
Room 1
Chair: Peter Øberg

10:30-10:50 O4.3-1 Slow codes - do we have a problem  
Trygve Johannes Sævareid  
Diakonhjemmet hospital  
Prof. Susan Balárdí

10:50-11:10 O4.3-2 Pain management in dying hospitalized patients: A comparison of the young old and the oldest old patients  
RN, PhD Student Simen A. Steindal  
Diakonhjemmet University College, Institute of Nursing and Health  
RN, PhD, Associate Professor Inger Schou Bredal, MD, PhD, Professor Anette Hylen Ranhoff, RN, PhD, Professor Liv Wergeland Sarbye, RN, PhD, Professor Arners Lerdal

11:10-11:30 O4.3-3 Existential issues in palliative care. Experiences of assistant nurses  
Dr. Elizabeth Åhsberg  
National Board of Health and Welfare  
PhD, Associate professor Maria Carlsson

10:30-11:30 Oral Session 4.4 - Informal care giving I  
Room 2
Chair: Gerdt Sundström

10:30-10:50 O4.4-1 Up against a challenge of providing pre-discharge resources for family carers of older patients: The process of developing a user-friendly eLIP website  
Lisa Low  
The Chinese University of Hong Kong  
Man-him Wong, Chi-fung Ling, Kung-yung Fung

10:50-11:00 O4.4-2 The strains and gains of caregiving: The effect of providing personal care to a parent on a range of indicators of psychological well-being  
Thomas Hansen  
NOVA- Norwegian Social Research  
Britt Sigsvald, Resiun Ingebrøten

11:10-11:30 O4.4-3 Does Policy reflect Reality: Australian attitudes to the provision of formal and informal care  
Dr. Suzanne Hodgkin  
La Trobe University

10:30-11:30 Oral Session 4.5 - Depression  
Room 3/4
Chair: Hanne Pedersen

10:30-10:50 O4.5-1 Depressive symptoms among older people: A 15-year follow-up  
Siri Eliāranta  
The Age Institute, HelsinkiFinland  
PhD, Adjunct Professor Seija Anni, PhD Siri Eliāranta, PhD Suvi Rova, MSc, Statistician Hannu Isaho, M.D., Professor Matti Viitanen, M.D., Professor Aapo Lehkonen

10:50-11:10 O4.5-2 A randomized controlled trial of a senior centre group programme for increasing social support and preventing depression in elderly people living at home in Norway  
Associate Professor Hege Been  
Diakonhjemmet University College, Department of Nursing and Health  
Hege Been, Professor emeritus Odd Steffen Dalgaard, Associate Professor Rune Johansen, Professor Erik Nord

11:10-11:30 O4.5-3 The association of mid-life physical activity with late-life depressive symptoms  
Dr. Milan Gudjonsson  
Landspitali University Hospital, Gerontological Research Institute  
PhD Lone Søgaard, MD Thorluk Sigurdsson, MD Björn Einarsson, MD Jan Snead, MD Sigurður Björnsson, PhD Thor Aspelund, MHR Melissa Garcia, MD Vilmundur Guðnason, MD Tamara B. Harris, MD Leanne J. Launer, MD Palmi V. Jonsson

10:30-11:30 Oral Session 4.6 - Physical exercise I  
Room 12
Chair: Minna Mänty

10:30-10:50 O4.6-1 Nordic Walking for Geriatric Rehabilitation: A Randomized Pilot Trial  
MsC Sabrina Figureiredo  
McGill University  
PhD Los Finch, BSc (PT) Jøll Ming, PhD Sara Ahmed, MD Aien Huang, PhD Nancy Mayo

10:50-11:10 O4.6-2 Gait speed has a closer association with physical function when adding a cognitive task  
Physiotherapist, PhD Student Bård Bogen  
University of Bergen  
Geriatrician, dr med Anette Hylen Ranhoff, Physiotherapist, PhD Rolf Moe-Nilsen

11:10-11:30 O4.6-3 The association between older adults' personal goals and physical activity  
Milla Saajanaho  
Gerontology Research Center, Department of Health Sciences, University of Jyväskylä  
PhD Anne-Vigaran, PhD Sanna Read, PhD Maya Rantakokko, MSc Li-Tang Tsai, MD, PhD Sanna Kupriko, MD, PhD Marja Jylhä, PhD Taina Rantanen

10:30-11:30 Oral Session 4.7 - Rehabilitation  
Room 13
Chair: Jette Thuesen

10:30-10:45 O4.7-1 Identity Work in Geriatric Rehabilitation  
Jette Thuesen  
Roskilde Universitet, Center for Sundhedsfremforsøgning

10:45-11:00 O4.7-2 Training the frail body: An exercise of hope  
Louise Schiel Thomsen  
Dep. for Ethnology & Center for Healthy Aging, University of Copenhagen

11:00-11:15 O4.7-3 Older Women's descriptions of how they activate themselves in their everyday living and what will preventing depression in elderly people living at home in Norway  
Dep. for Ethnology & Center for Healthy Aging, University of Copenhagen  
Louise Scheel Thomasen

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Dep. for Ethnology & Center for Healthy Aging, University of Copenhagen  
Louise Scheel Thomasen

Chair: Jette Thuesen
11:15-11:30  O4.7.4 Examples of everyday rehabilitation – from a theoretical perspective  
Anna Sofie Mahrs-Traff  
Linköpings University, National Institute for the Study of Ageing and Later Life

11:45-12:15  O5.1-1 The exhausting dilemmas faced by home care service providers when enhancing participation among older adults receiving home care.  
Chair: Tine Rostgaard  
VIOLA / VIA University College  
Anders Møller Jensen

11:45-12:00  O5.1-2 Mapping systematic reviews in elderly care  
Chair: Anneli Sarvimäki  
Prof. Antonio Fonseca  
Universidade Católica Portuguesa

11:45-12:15  O5.1-3 The importance of sensory garden and therapeutic horticulture in dementia care: A scoping review  
Chair: Britt Slagvold  
O5.1-4 Preventive home visits for non-western elderly citizens in Denmark  
Dr. Yukari Yamada  
University of Copenhagen

11:45-12:30  O5.1-4 Physical activity for people with dementia  
Dr. Marianne Thorsen Gonzalez  
University of Oslo, Institute of Health and Society

11:45-12:30  O5.2-1 The exhausting dilemmas faced by home care service providers when enhancing participation among older adults receiving home care.  
Chair: Tine Rostgaard  
VIOLA / VIA University College  
Anders Møller Jensen

11:45-12:00  O5.2-2 People with dementia and the National Gallery of Australia  
Dr. Michael Bird  
DISC, Bangor University  
Annaliese Blair, Dr. Sarah MacPherson, Dr. Katrina Anderson

12:00-12:15  O5.2-3 Taking home care services into everyday life  
Chair: Anneli Sarvimäki  
Prof. Antonio Fonseca  
Universidade Católica Portuguesa

12:00-12:15  O5.2-3 People with dementia and the National Gallery of Australia  
Dr. Michael Bird  
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Annaliese Blair, Dr. Sarah MacPherson, Dr. Katrina Anderson

12:00-12:15  O5.2-4 Care satisfaction among older people receiving public care and service, at home or in special accommodation  
PhD, Senior Lecturer Staffan Karlsson  
Lund University  
Professor Anna-Karin Edberg, Associate Professor Ulf Jakobsson, Professor Ingrid Rahm Hallberg

12:00-12:15  O5.3-2 Four levels of complexity in reasoning among adults  
Dr. Sofia Jøllerstrøm  
Institute of Gerontology, School of Health Science, Jönköping University  
PhD Sara Nova Ross

12:15-12:30  O5.3-3 Intergenerational Interaction and Learning  
Professor Antonio Fonseca  
Universidade Católica Portuguesa

12:25-12:45  O5.4-2 Caregiving situation and quality of life of older family carers: A comparative study on family care in Finland and Estonia  
Dr. Anu Leinonen  
Jyväskylä University

12:00-12:15  O5.4-2 Caregiving situation and quality of life of older family carers: A comparative study on family care in Finland and Estonia  
Professor Anneli Sarvimäki  
Dr. Krista Eklund  
CICS, Centro de Investigação em Ciências Sociais  
Dr. Raquel Gabriel  
Escola Superior de Saúde da Universidade de Aveiro  
Sara Delerue, PhD student Krista Tammaal

12:05-12:25  O5.4-3 The role of social networks on elderly caregivers’ wellbeing: a European cross-country approach  
Dr. Kajsa Sten  
Institute of Gerontology, School of Health Science, Jönköping University  
PhD Sara Nova Ross

12:15-12:30  O5.4-3 The role of social networks on elderly caregivers’ wellbeing: a European cross-country approach  
Dr. Kajsa Sten  
Institute of Gerontology, School of Health Science, Jönköping University  
PhD Sara Nova Ross

12:30-12:45  O5.4-4 Living with Chronic Obstructive Pulmonary Disease in later life: dilemmas of family carers  
Dr. Rachel Gabriel  
Escola Superior de Saúde da Universidade de Aveiro  
Dr. Daniela Figueredo, Dr. Alda Marques, Dr. Cristina Jácome

12:45-13:00  O5.4-4 Living with Chronic Obstructive Pulmonary Disease in later life: dilemmas of family carers  
Dr. Rachel Gabriel  
Escola Superior de Saúde da Universidade de Aveiro  
Dr. Daniela Figueredo, Dr. Alda Marques, Dr. Cristina Jácome

13:00-13:15  O5.5-1 Health-Promoting Interventions for Persons Aged 80 and Older are Successful in the Short Term  
Susanne Gustafsson  
Sahlgrenska akademi, University of Gothenburg  
PhD, MD Katarina Wilhelmson, PhD Kaja Ekstrand, Alproj, PhD Gunilla Hedstrom, PhD Lena Ziden, PhD Gerta Häggblom Kronlif, MS Betina Hagström, PhD Frode Sindre, PhD, Prof. Elisabeth Rothenberg, MD, PhD, Prof. Sten Landahl, PhD Synnee Dahlin-kanooff

13:45-14:00  O5.5-2 Are acceptance rates of a national preventive home visit programme for older people socially imbalanced?  
Dr. Yukari Yamada  
University of Copenhagen  
Anette Ekemann, Charlotte Nilsson, Mikkel Vass, Kirsten Avlund

14:45-15:00  O5.5-3 Preventive home visits for non-westerner elderly citizens in Denmark  
PhD and Occupational Therapist Mette Andresen  
University College Zealand  
BA in Occupational Therapy Lisa Krøgh Borde, BA in Occupational Therapy Ditte Brøyke
12:30-12:45  Oral Session 5.6 - Physical exercise II  Room 12
Chair: Nina Beyer
11:45:00-12:00  Oral Session 5.6 - Physical exercise II  Room 13
Chair: Karen Andersen-Ranberg
12:00-12:15  Oral Session 5.7 - Hip fracture II  Room 13
Chair: Aina Bjerre

12:30-12:45  Oral Session 5.7 - Hip fracture II  Room 13
Chair: Aina Bjerre

12:45-13:00  Oral Session 5.6 - Physical exercise II  Room 13
Chair: Nina Beyer

12:45-14:00  Plenum 8/10  Room 14
Chair: Marianne Schroll
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For each session, the detailed information is provided, including the title, the main topics discussed, and the speakers involved.
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<td>O7.1-1 Time as a structuring condition behind new intimate relationships in later life</td>
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<td>Dr Peter Öberg</td>
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<td>Rita Borges Neves</td>
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<td>Centre of Research for Social Sciences, University of Minho</td>
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<td>Prof. Alice Delute Matos, Fatima Barbosa, prof. José Machado, Victor Teresa Rodrigues, Daniela Crabero</td>
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<td>16:45-17:00</td>
<td>O7.1-4 How do different dimensions of social relations fulfill social needs in older people?</td>
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<td>Katja Pyrnönen</td>
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<td>Gerontology Research Center and Department of Health Sciences, University of Jyväskylä</td>
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<td>O7.1-5 Life as theatre: older transgender persons’ experiences of ageing and gender identity</td>
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<td>Symposium Session 3.1 - Dementia diagnostics in memory clinics in the Nordic and Baltic countries</td>
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<td>Chair: Anette Hylen Ranhoff</td>
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<td>S3.1-1 Enhancing dementia research by harmonizing the dementia work-up in the Nordic countries</td>
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<td>Coordinatord NOS Anna Rita Öksengård</td>
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<td>S3.1-2 Neuroimaging in dementia work-up: Volumetric measurements of brain regions using MRI</td>
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<td>S3.1-5 Depression in patients referred to memory clinics</td>
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<td>S3.2-1 Need assessment and the organization of eldercare provision in the modern welfare state: a comparative perspective</td>
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<td>S3.2-2 Local guidelines for need assessment for older care in Sweden: a matter of equality in welfare provision</td>
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<td>S3.2-3 Home care allocation in Norway. Negotiation and distribution of responsibilities</td>
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<td>Symposium Session 3.3 - Evaluation of orthogeriatric services in Nordic and Baltic countries</td>
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<td>S3.3-1 Comprehensive Geriatric Assessment including the Delirium-Check-list in patients suffering hip-fractures</td>
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<td>S3.3-2 Implementation of geriatric care in fracture patients</td>
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<td>S3.3-3 Can better treatment and prophylaxis of delirium in the early phase of a hip fracture improve long-term cognitive outcome? Randomised, controlled trial</td>
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<td>MD, PhD student Bjørn Erik Neerland, Professor MD, PhD Knut Engedal, MD, PhD Freda Frigagen, MD, PhD Viveke Jüleba, MD, PhD Ingrid Saltvedt, PhD student Anne Tarbergen, Professor Eva Skovlund, Professor MD, PhD Johan Radner, MD, PhD Simon Corroy, Professor MD, PhD Torger Bruun Wyller</td>
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<td>S3.3-4 Characteristics of patients and care pathways in an orthogeriatric unit. Results from a patient database with 2000 patients.</td>
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<td>S3.3-5 Will comprehensive geriatric work-up during the index stay improve mobility at 4 months in hip fracture patients? The Trondheim Hip Fracture Trial.</td>
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<td>S3.4-1 Assistive technology makes chance for family carers</td>
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<td>Occupational Therapist Ingela Måneson</td>
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<td>The Swedish Institute of Assistive Technology</td>
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<td>S3.4-2 Support of carers of older people entering into and living in nursing home</td>
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<td>RN, PhD, Research Director Elizabeth Hanson</td>
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<td>Swedish National Family Care Competence Centre</td>
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<td>Eva Gustafson</td>
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S3.4-3 Frail elderly patients’ relatives - what role do they play during hospitalisation?
Senior researcher Tove Lindhardt
Copenhagen University Hospital, Herlev

S3.4-4 Family care and grandmotherhood in the welfare state
MA, Ph.D. Anne Leonora Blaakilde
University of Copenhagen

S3.4-5 Older Caregivers receiving and providing help.
Associate Professor Sigurgeig H. Sigurdardottir
University of Iceland
Senior lecturer Marie Emrth Brawell, Associate Professor Sigurgeig H. Sigurdardottir, Senior Lecturer Marie Ernh Brawell

16:00-17:30 Symposium Session 3.5 - Centenarians in the past and present
Room 3/4
Chair: Bernard Jeune

S3.5-1 Centenarians today: new insights on selection from the Five Countries Oldest-Old Project (5-COOP)
INSERM Research Director Jean-Marie Robine
INSERM

S3.5-2 The Era of Centenarians - The Mortality of Swedish Oldest-Old
PhD Sven Drefahl
Karolinska Instittet
PhD Karin Modig

S3.5-3 Use of medicines among centenarians in Sweden
PhD student Jonas W. Wastesson
Aging Research Center
Docent, Associate Professor Mari Parker, Professor Johan Fastbom, PhD Mats Thorslund, Associate Professor Kristina Johnell

S3.5-4 Using cardiovascular diseases and medicine consumption to describe morbidity in Danish centenarians
Associate Professor, Senior Consultant Karen Andersen-Ranberg
University of Southern Denmark

S3.5-5 Disability in Danish centenarians: comparing gender-specific data on ADL from surveys of birth cohorts 1895, 1905 and 1910.
Post Doc Sonja Vestergaard
Syddansk Universitet
Professor Kaare Christensen, Associate Professor Bernard Jeune

16:00-17:30 Symposium Session 3.6 - Fatigue in older adults
Room 12
Chair: Kirsten Avlund

S3.6-1 Trends in fatigue 1992-2002-2010/11 among the oldest old in Sweden
PhD Carin Lennartsson
Aging Research Center

S3.6-2 Tiredness in old age: Associated factors and predictors in seven years
MSc M Nevalainen
MSc AV Kosisto, PhD Marja Jylhä

S3.6-3 Fatigability in basic indoor mobility in nonagenarians
PhD Minna Mänty
Københavns Universitet

S3.6-4 Fatigue and cardiovascular health: A study on aging Danish twins
MSc Anette Ekman
University of Copenhagen
Post Doc Minna Mänty, PhD Inge Petersen, MD, PhD, DMsc Kaare Christensen, DMsc Kirsten Avlund

S3.6-5 Telomere length - a molecular biomarker for fatigue.
PhD Laila Bendix
University of Southern Denmark
Card. scient. Mikael Thinggaard, PhD Masayuki Kimura, MD Abraham Aviv, MD, PhD, DMsc Kaare Christensen, DMsc Merete Øster, DMsc Kirsten Avlund

19:00 Conference Dinner in Odd Fellow Palæ

Wednesday June 13, 2012

08:00-13:00 Registration - Hospitality Desk Open

09:00-10:30 States of the Art Lecture
Plenum 8/10
Chair: Nina Beyer

SAS-1 Dilemmas in behaviour and physical activity in a gender perspective
Professor Roger A. Fielding
Friedman School of Nutrition Science and Policy Tufts University School of Medicine

SAS-1 Social inequality in ageing
PhD Mats Thorslund
Karolinska Institutet

09:00-10:30 States of the Art Lecture
Plenum 9/11
Chair: Eigil Boll Hansen/Tove Lindhardt

SAS-4 Trends in ageing and challenges for the provision of care for older people
Associate Professor Virpi Timonen
Trinity College Dublin

SAS-6 Dilemmas in family care: Learning from the past, looking to the future
Professor Mike Nolan
University of Sheffield

10:30-11:00 Coffee break in the exhibition area

11:00-12:30 Plenary lectures
Plenum 8/10
Chair: Christine Swane

Solbjerg Nordic Prize Lecture
Andras Vidik Lecture

12:30-13:00 Closing Ceremony
Keynote Abstracts
K1 Differences in the health and survival of women and men: Dilemmas that require action?

Professor Kaare Christensen
The Danish Aging Research Center, University of Southern Denmark

A rapidly increasing proportion of individuals in the Western world are surviving into their tenth decade - the vast majority are women. There is widespread concern that the basis for this development is the survival of frail and disabled elderly into the highest ages, the so-called "Failure of Success Hypothesis". An alternative hypothesis is that the exceptionally old generally enjoy the "Success of Success", i.e., an increasing proportion of the population living to the highest ages is based on a postponement of physical and cognitive disability. The development is complex due to the "Male-Female Health-Survival Paradox", that is, the fact that females have higher physical disability levels but better survival than men at all ages, making the sex difference in healthy life span much smaller than the sex-difference in life span. The planning of and policy development for the future care of the oldest-old will be highly dependent on whether one or both genders are experiencing the "Failure of Success" or the "Success of Success" as they reach the highest ages. This scientific knowledge is of fundamental importance for the sustainability of modern societies.

K2 Old Brain, New Demands on Information Processing: A Dilemma?

Professor Lars Nyberg
Departments of Radiation Sciences and Integrative Medical Biology, Umeå University

Memory for well-consolidated facts (semantic memory) shows a positive age gradient. By contrast, episodic long-term memory and working memory decline with advancing age. However, large-scale population-based studies document well-preserved memory functioning in some older individuals. The influential reserve notion holds that individual differences in the brain itself or how people process tasks allow some to cope better than others with brain pathology and hence show preserved memory. In this presentation I will argue that the primary characteristic of successful memory aging is brain maintenance, or relative lack of brain pathology. Evidence for brain maintenance will be discussed at different levels: cellular, neurotransmission, gray- and white-matter integrity, and systems-level activation patterns. Various genetic and lifestyle factors support brain maintenance in aging, and interventions may be designed to promote maintenance of brain structure and function. Collectively, these findings highlight preserved ability of the aging brain/individual to cope with novel information-processing challenges.

State of the Art Abstracts
SA2 Dilemmas in the ageing bones

Professor Peter Schwarz
Glostrup hospital

It is considered a major public health burden due to the large volume of patients who incur fractures as bone fractures not only represent a significant economic burden to society but also a social burden for the individual. A major problem in the prevention of osteoporosis is that osteoporosis rarely causes symptoms until the first significant fracture. Expensive and time consuming examinations may clarify whether an otherwise healthy person has osteoporosis and hence are at increased risk of fractures in a fall. A DXA scanning and blood tests will show disease conditions associated with osteoporosis. However, controversy exists regarding DXA i.e. who, when and the use of bilateral hip scanning? The mean age at diagnosis of osteoporosis is in the late sixties, and fracture risk and need for fracture prevention rises sharply with increasing age. However, what is the evidence that supports the use of anti-resorptive osteoporosis treatments in the old? Fragility fractures in men constitute a major worldwide public health problem with a lifetime risk of 13%. Because of gender differences in risk factors, pathophysiology and bone structure it cannot be directly inferred that anti-osteoporotic drugs effective in women have the same effect in men. Can we appraise the existing evidence for efficacy of osteoporosis treatment in men? The effects of increasing age, dosage and duration of treatment might influence treatment effect. PTH treatment alone seems to be able to improve bone mineral density significantly. However, what happens with increasing age, dosage and length of treatment? Several dilemmas in the ageing bone remain.

SA2 Clothing and the embodiment of age: Why do clothes matter?

Professor Julia Twigg
University of Kent

Clothing - particularly when presented under the guise of fashion - can seem a lightweight sort of topic, not deserving serious academic analysis, especially in the context of old age where frailty and decline can seem to present both society and individuals with more pressing issues. But in this paper I will argue that clothing and dress are in fact highly relevant to the analysis of age, and that they interact with some of the key issues of gerontology, in particular ones relating to the body and its cultural expression. Dress allows us to explore these, looking at the complex ways in which ageing is both a bodily and a cultural phenomenon. Clothes are also part of how social difference is made manifest. Though we are accustomed to this in relation to forms of social difference like class and gender, it is true of age also. Exploring the ways clothes are age ordered thus allows us to interrogate age as a form of identity and a social category. It also allows us to examine arguments about change, particularly though the debate on the reconfiguration of ageing and the potential role of consumption culture in this.

SA3 Dilemmas in behaviour and physical activity in a genderperspective

Professor Roger A. Fielding
Friedman School of Nutrition Science and Policy/Tufts University School of Medicine

Physical activity and exercise training have been proposed as possible preventive interventions for frailty as they can target four of the acknowledged frailty criteria: weakness, low physical activity, decreased motor performance, and decreased exercise tolerance. With increasing age, there is a well described decline in voluntary physical activity which is associated with decreases in several measures of exercise tolerance including maximal aerobic capacity, muscle strength, power, and increased fatigue. Data from several randomized controlled trials have shown that exercise can increase muscle mass and power, improve aerobic capacity, and delay fatigue. In addition, more recent evidence suggests that physical activity interventions may improve physical functioning and reduce role disability in “at risk” older adults. The goals of this presentation will be to identify the components of the disablement pathway that are associated with inactivity and to review the current literature on the utility of exercise and physical activity, both aerobic and anaerobic, as an possible intervention for preventing or reversing frailty. In addition, I will discuss critical issues related to adherence to physical activity and discuss potential barriers to adherence. I will also briefly address areas of further research in this area.

SA4 Trends in ageing and challenges for the provision of care for older people

Associate Professor Virpi Timonen
Trinity College Dublin

Populations across the world are growing older, and growth is fastest among the oldest old, the group that is also most likely to need care. Women form the majority in the older groups, and their share increases in line with age. The number of older people living alone has increased considerably, although there is a lot of variation in this respect between countries, with the Nordic countries having particularly high proportions of older people in single-person households. These are well-known, persistent and on-going demographic trends that all societies are dealing with and preparing for. The diversity in responses to the shared challenge of care provision is striking: while some commonalities in countries’ responses can be identified, the differences in responses overshadow shared patterns. Policymakers and societies have therefore made very different choices in response to a common trend, providing care to growing numbers of older people with support needs. In addition to demographic change, family changes are exerting a powerful impact on what are the feasible modes of care. While the share of older adults who are unmarried (more married, widowed, or widowed) is increasing in some countries, it is decreasing in others. The convergence in male and female life expectancies is leading to increased availability of spousal support in some contexts. Spousal caregivers are increasingly older and hence more likely to have care needs themselves, a development that most countries are not well prepared for, the assumption still being that informal caregivers are for the most part younger adult children. Will this mean that a higher proportion of children, important differences also persist. In some systems, the share of older people with no children is declining, in others it is rising. Children’s employment status also varies greatly between countries, depending among other things on the proportion of women who are in paid work, and this in turn affects the profile of informal caregivers (working vs. non-working carers). Divorce and re-partnering among both ageing parents and adult children also has implications for availability of care, with divorced fathers at a disadvantage when it comes to contact with adult children and availability of care and support from them. The extension in disability-free life expectancy (of which there is evidence in some countries, but by no means universally) does in principle dampen growth in the volume of care needed. However, these gains are not equally shared across countries or population groups, as better-off older people typically enjoy better health. Further more, some older adults with care needs have higher incomes than older people in the past did, hence enhancing their capacity to purchase care. Attitudes are shifting, too: less differential and more social older people with greater purchasing power demand better services, in line with their own preferences. The care of older people will therefore increasingly be care by older people, both spousal carers and ageing daughter / son carers, and older formal carers. Those who are not (or not exclusively) cared for by their spouses or partners / family members have varying patterns of service use, differentiated by purchasing power and preferences, and by the extent to which the state is involved in financing care. While there has been a strong drive towards allocating services to those with ‘greatest need’, in some systems a large proportion of care services is allocated on ‘social grounds’. Some of these are good grounds e.g. social isolation, loneliness in the sense that they clearly merit interventions. The issue of ‘care needs’ therefore calls for more careful attention. When does ‘care’ pertain to the body and the household, and when does it pertain to the person’s social need? Should we differenti ate between them? Do resource constraints force care workers to differentiate between them, to the detriment of quality of care and quality of life? These are central questions that have largely unanswered. Virtually all long-term care systems advocate the primacy of home care. However, if home care is to be taken seriously, it must be appropriately regulated and adequately resourced. Given the perception / conviction among most policy-makers that no major additional investments can be made into care, much further thought needs to go towards defining the grounds on which care is fully or partially paid for. Huge investments are being made into remote/telecare and electronic care delivery and monitoring systems, yet little empirical evidence and theorizing exists on the extent to which can they replace care provided by people. Challenges in the area of care provision are therefore myriad, and call for redoubled efforts on the part of the gerontological research community, ideally within an inter-disciplinary context where social, economic, health and systemic factors are taken into account.

SA5 Social inequality in ageing

Professor Mats Thorlund
Karolinska Institutet

Much of the health diversity found among elderly people can be described in relation to social inequalities. As well as having higher mortality rates, individuals with lower socioeconomic position (SEP) tend to have poorer health and function. However, the mechanisms behind the relationship are not well understood. It is probable that mechanisms and pathways differ for different cultures, different ages and cohorts, and men and women. Education and main occupation during working life are systemic factors are taken into account.

SA2 11-06-2012, 10:30 - 11:15, Plenum 9/11

SA3 13-06-2012, 09:00 - 10:30, Plenum 8/10

SA4 13-06-2012, 09:00 - 10:30, Plenum 9/11

SA5 13-06-2012, 09:00 - 10:30, Plenum 8/10
indicators among old people offers the opportunity to better identify mechanisms and to understand the relative importance of cumulative effects vs. effects that occur at one point in time (e.g. prenatal and childhood conditions). Other topics that will be covered include which indicators of health are more correlated with SEP than others and whether socioeconomic inequalities in health increase with age and over time.

SA6 Dilemmas in family care

SA6  13-06-2012, 09:00 - 10:30, Plenum 9/11

Professor Mike Nolan
University of Sheffield

This paper will provide a conspectus of research, policy and practice in the field of family care over the last 25 years. It will trace major trends and chart advances in our understanding of the experiences of family carers and the person they support, considering how formal service systems can best work in partnership with family carers and older people. It will highlight limitations in current conceptualisations of family care and service responses to their needs and identify future directions for research and practice with a particular emphasis on relational models.

Symposium Abstracts
Reform strategies in home care for elderly in Europe

Professor Tine Rostgaard
University of Aalborg

The paper addresses the main reform strategies in home care for elderly in Europe. The paper is based on a research cooperation of nine European countries, LIVNHDOM1, and provides an empirical overview of drivers of changes and responses in the organisation, provision, regulation and quality of home care, as well as the theoretical implications for the study of home care. The countries included in the study are Norway, Sweden, Finland, Italy, Austria, Denmark, England, Ireland and Germany. The objective of the study was to provide a timely overview of recent reforms in the organisation and governance of home care systems, and to elucidate what are the intended and unintended results of the reforms, in particular how reforms have affected quality of care. The project is based on national accounts of reforms in home care, using national policy documents and statistics.

Reforms of long-term care policies in EU countries: an interpretation

Professor Costanza Ranci
Polytechnic of Milan
Co-author: Associate Professor Emmanuele Paoloni
University of Macerata

The aim of the paper is to interpret the changes introduced in long-term care policies in eight European countries in the last 15 years. The focus will be on just providing a description of such changes (already known and largely described in the literature), but to adopt a comparative and interpretative framework. The main points of analysis will be:

- Identifying under which social, economic, and institutional conditions changes have been introduced in LTC policies; what are the common and peculiar factors to explain such changes in the countries considered?
- The form of change: change has occurred in strong continuity with the previous institutional setting in many countries, while it has been more radical in some others; how can we explain these differences?
- Is there really a convergence in the new forms of regulation of LTC in European countries? What role has been played by the State, at the national, regional and local level? How have market mechanisms and recognition of informal care been introduced in the previous systems?

After 10-15 years of reforms or incremental changes in many countries, what are the main impacts of such changes, both on the care system (including beneficiaries, care suppliers and public institutions) and on the institutional context: how has the institutional setting of LTC changed?

The countries selected for comparison belong to the different welfare families in Europe: Spain and Italy for the Southern European family; France, Germany and Austria for the continental family; the UK as part of the Anglo-Saxon one; Sweden and Denmark for the Scandinavian family; the Netherlands as a special case, characterized by a combination of Nordic and continental patterns, in order to consider also some countries belonging the Central Eastern European family, the case of Rumania has been considered.

Reforming old age care in Denmark – understanding policy processes

Dr Viola Bureu
University of Aarhus
Co-author: Professor Dr Harne Marlene Dahn
Roskilde University

From a comparative perspective reforms of old age care in Denmark are an interesting case: although Denmark like most of OECD has been exposed to New Public Management reforms understood as a drive for a retreat of the state, cost containment and consumerism, long-term care policies have not been characterised by retreatment. At the same time, the absence of retreatment does not equal an absence of substantial change. Against this background, the aim of the paper is to investigate whether there has been a substantial change in long-term care for the elderly in Denmark in the period 1994-2007, and if so, to identify the characteristics of this change. To this end, the paper focuses on how changes relate to existing institutions and also examines the policy processes leading to the changes concerned. The analysis demonstrates that substantial change has occurred, notably through restructuring. More specifically, long-term care policies since the 1990s have included elements of both control standardisation and flexibility/choice and this has lead to substantial changes in terms of the organisation of long-term care. In procedural terms, reforms represent a form of gradual transformation based on layering, whereby new elements are attached to existing institutions which gradually change as a result.

The analysis draws on in-depth case studies of two reforms that introduced changes in the Danish system and consumerism, long-term care policies have not been characterised by retreatment. At the same time, the absence of retreatment does not equal an absence of substantial change. Against this background, the aim of the paper is to investigate whether there has been a substantial change in long-term care for the elderly in Denmark in the period 1994-2007, and if so, to identify the characteristics of this change. To this end, the paper focuses on how changes relate to existing institutions and also examines the policy processes leading to the changes concerned. The analysis demonstrates that substantial change has occurred, notably through restructuring. More specifically, long-term care policies since the 1990s have included elements of both control standardisation and flexibility/choice and this has lead to substantial changes in terms of the organisation of long-term care. In procedural terms, reforms represent a form of gradual transformation based on layering, whereby new elements are attached to existing institutions which gradually change as a result.

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The analysis draws on high-intensity functional weight-bearing exercise programs as a single intervention on physical functions, cognitive functions, and activities of daily living (ADL) among people with dementia. Eight of the ten studies included were performed in residential care facilities. The majority of these studies were assessed as having low methodological quality. The review concluded that it seems important that the interventions last for at least a few months and that the exercises are task-specific and are intended to challenge the individual’s physical capacity. Combined functional weight-bearing exercise seems applicable for use and there is some evidence that this type of exercise improves walking performance and reduces the decline in activities of daily living among older people with Alzheimer disease in residential care facilities. The effect of physical exercise on cognitive functions among people with dementia remains unclear because studies evaluating this have either been of low methodological quality or used an intervention of presumably insufficient intensity. That functional weight-bearing exercise programs seem to be a promising method for influencing overall ADL performance is strengthened by a subgroup analysis of 100 participants with dementia in a randomized controlled trial (the FOPANU Study) of a high-intensity functional weight-bearing exercise program in residential care facilities. In an ongoing randomized controlled trial (the UMDEX Study) among 186 participants with dementia in residential care facilities, the primary aim is to evaluate the effect of a high-intensity functional weight-bearing exercise program on dependency in personal ADL. The effect on cognitive functions will also be evaluated.
Progressive resistance training for women 90+

PhD Student Gro Idland
Oslo University College

Background and purpose: The number of aging women is increasing worldwide. It is well documented that muscle strength and mass decreases with advancing age associated with functional decline and subsequent loss of independence. Resistance training has been shown to have beneficial effects on the musculoskeletal system and also moderate impact on mobility. However, most studies are directed towards younger old people. The purpose of this study was to investigate the possibility of increasing mobility, balance and strength in community dwelling women aged 90+. By use of resistance training. The participants had different functional capacity, and all had observed functional decline during the last years.

Method: Three women participated in this single subject study. The intervention phase consisted of a 12-week individually tailored resistance training performed twice a week aiming at improving strength in the main muscle groups. Main outcome measures were mobility measured with Timed Up and Go (TUG) and 6 m walking speed, balance measured by Berg balance scale and strength measured by knee extension and 30 second chair stand test.

Results: The participants had from three to ten diagnosed diseases and used from two to 12 prescribed medicines daily. Participant 1, 2 and 3 improved their mobility (TUG: 44%, 29%, 40%, walking speed: 31%, 40%, 42% respectively). All improved their balance (10%, 31%, 41% respectively) and all three had observed functional decline during the last years.

Conclusion: These findings are consistent with previous studies on younger old people showing that resistance training can improve mobility, balance and strength even in very old women experiencing functional decline. Randomized clinical trials are needed to evaluate the clinical effect of progressive resistance training in the oldest old.

The reliability and validity of clinical walking speed measurements in elderly people: a systematic review

PhD Elisabeth Rydvik
Karolinska Institutet

Co-authors: PhD A Bergland
Oslo and Akershus University College
PhD, Senior researcher L Forson
Norwegian Institute of Public Health
PhD K Frandin
Karolinska Institutet

Background and Objectives: The number of available walking tests has increased dramatically over the past decades. Therefore, it is highly important to help clinicians choose the most appropriate walking test for a specific setting. A decline in walking speed has been shown to be related to available energy. This systematic review aimed to critically evaluate the reliability, validity and responsiveness of clinical walking speed in a broad population of elderly persons living in the community, sheltered housing or institutions.

Methods: Literature searches were performed in several different data bases. Key words were based on the topic of the measurement properties of performance based clinical tools for quantifying walking. The instrument selected for review was ‘walking speed’. The methods and results of all the evaluated measurement properties were rated using a standard checklist for appraising the qualitative attributes and measurement properties of the instruments.

Results: A total number of 3,781 abstracts were reviewed, and 86 articles were chosen for inclusion. ‘Habitual walking speed’ seems to be highly reliable in community-dwelling people and residents in mixed settings. There have not been any studies which accord with our inclusion and exclusion criteria that have evaluated the reliability of ‘maximum walking speed’ in an aged population. Walking speed is a highly valid test, both at habitual and maximum speed. Few studies gave information about responsiveness regarding walking speed, which means that these results cannot be evaluated properly.

Conclusion: Habitual walking speed is a reliable measure, but maximum walking speed needs further evaluation. Both habitual and maximum walking speed are valid instruments and they predict death, hospitalization/institutionalization and decline in mobility. The test is easy to administer and is useful for the clinician in order to screen impairment and to evaluate effects of treatment.

The Efficacy of Counseling and Progressive Resistance Home-Exercises on Adherence, Health-Related Quality of Life and Function after Discharge from a Geriatric Day-Hospital

Msc Therese Brovold
Oslo and Akershus University College

Co-authors: Professor Dawn Skeith
School of Health & Life Sciences Glasgow Caledonian University
Professor, PhD Astrid Bergland
Oslo and Akershus University College

Background and Objective: Loss of function and low exercise adherence is common among older people after hospitalization. The aim of this randomized-controlled trial was to evaluate the effects of a combined counseling- and exercise program on changes in health-related quality of life and physical function in patients attending a day hospital and continuing exercise at home.

Methods: The exercise program consisted of counseling, balance- and progressive resistance training and support from the physical therapist at GDH and home for the Intervention group (n=54) controlled counseling, balance-training and support from the physical therapist. The sample was recruited from a GDH in Norway. 108 participants were randomized into the intervention group (I) (n=53) or the Control group (C) (n=55). After 3 months 77 participants were tested.

Results: The intention to treat analysis showed that the program had significant benefits in terms of Health Related Quality of Life, measured by SF-36, on the domains vitality and bodily pain, in favor of the I-group who performed the combined resistance exercises and balance program. All participants increased their scores on physical function, measured by Berg Balance Scale, Timed Up and Go, 5 times Sit-to-Stand, 6 Minute Walk Test and Activities Balance Confidence Scale, no group differences. Both groups were adherent to the home exercise program.

Conclusion: The results show that it is possible to facilitate older people to increase their health-related quality of life, physical function and level of physical activity through counseling, exercise and support from physical therapists.

Prolonged strength training after hip fracture: a randomized controlled trial

PhD H. Sylliaas
Oslo and Akershus University College

Co-authors: PhD Student T Brovold
Oslo and Akershus University College
Professor TB Wyller
Oslo University Hospital
Professor A Bergland
Oslo and Akershus University College

Background and Objective: the aim of this study was to assess the effect of a 12-week once-a-week prolonged strength-training program in a group of home dwelling older hip fracture patients.

Design: randomized, controlled; single-blind parallel-group trial.

Setting: intervention at outpatient’s clinic.

Subjects: 95 patients with surgical fixation for a hip fracture completed a preceding three-month progressive strength-training program twice a week.

Methods: The program comprised four exercises, performed at 80% of maximum capacity. Measurements were taken after 12 weeks intervention. Outcome measurements were Berg Balance Scale, the sit-to-stand test, timed up-and-go test, maximal gait speed, six-minute walk test, Nottingham Extended Activities of Daily Living scale (NEADL), and the Short Form-12 questionnaire. Results: we found no statistically significant difference between groups in the primary outcome BBS, presumably because of a ceiling effect. The intervention group showed significant improvements in strength, gait speed and gait distance, instrumental activities of daily living and self-rated health.

Conclusions: twelve weeks progressive strength training once a week, as a follow-up to a more intensive training period, seemed to improve strength and endurance and resulted in better self-reported NEADL and self-rated health after hip fracture. Hip fracture patients seem to constitute a group that needs long-term follow-up to achieve the improvements important for independent functioning.
1.3 Better care for fragility fracture
Chair: Anette Hylen Ranhoff

S1.3.1 11-06-2012, 13:45-15:15, Room 1
The best repair of fragility fractures - a few aspects

Professor, overlege, Dr.med. Jes Bruun Lauritzen
Bispebjerg Hospital, University of Copenhagen
Co-authors: Polymere chemist, cand scient Sune Lund Sørensen
Bispebjerg Hospital, University of Copenhagen
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Bispebjerg Hospital, University of Copenhagen
Research nurse Troels Riis
Bispebjerg Hospital, University of Copenhagen
Head of orthopaedic department Benny Duus
Bispebjerg Hospital, University of Copenhagen

Hip fractures occur in patients with an annual rate of 14.000 per year and surgery for osteoarthritis is performed in 7.500 patients of which some may suffer sequel to a former hip fracture. Immediate mobilization subsequent to surgery for hip fractures is essential for an acceptable outcome even though some substantial technical barriers still exist such as aseptic femoral head necrosis, cutting out, dislocation of fracture, dislocation of hemi-artroplasty, pseudarthrosis. The hip protector was invented and introduced as hard shells sewn into undergarment and aimed at elderly with propensity to fall. A randomised study in nursing home showed a reduction in hip fracture rate by 54% (Lanctot 1993, Lauritzen et al.). Its use was globally introduced in 1997 by Sahavex AS. The intrascrotal hip joint spacer was patented and later developed by Cartessa AS. Reinforced cross-linked HMWPE cups replaced worn out cartilage in osteoarthritic joints. The pilot serie in three patients showed initially good outcome but not unacceptable wear within months. The concept as such works, but more material tests are needed to improve the implants efficacy (IOD & EFOR, 2010, Lauritzen, Sørensen, Duus et al.). Our comprehensive hip fracture program includes insertion of femoral nerve catheter in patients suspected for hip fracture. Pain is continuously relieved and patients may drink and take food and diagnosing can be accomplished uneventfully. Overall the new program showed a reduction in overall complication rate from 33 to 20 %, and one year mortality in home-dwellers was reduced from 23 to 12 %. (Pedersen, Duus, Jørgensen, Lauritzen et al. I Am Geriatr Soc 2008).

1.3.2 11-06-2012, 13:45-15:15, Room 1
Medical care for older hip fracture patients

Professor MD Anette Hylen Ranhoff
Diakonhjemmet Hospital Co-authors: Nurse Mette Martinse Diakonhjemmet hospital
Ludwig F. Falgeim
Diakonhjemmet hospital

Background: Older hip fracture patients are known to have high comorbidity and incidence of complications, as well as 30-days mortality. In orthogeriatric units, orthopaedic care is combined with interdisciplinary geriatric care. Optimal pre-, peri- and postoperative care is crucial. The primary goal for the orthopedic surgeons is high quality fracture repair, whereas the genitourologists and the interdisciplinary team are responsible for medical care, rehabilitation and secondary prevention of falls and fractures.

Objective and methods: The aim of this presentation is to describe the major element of the medical care for older hip fracture patients, and to illustrate this with data from a quality database which include demographic, medical, and functional data collected from routine assessment by the interdisciplinary team.

Results: 1903 patients (76% females), included 457 (24%) from long-term care institutions, are enrolled in the database. Mean age is 85 years (SD 7.2), chronic diseases are registered in 86%, and 55% had complications. The major non-surgical problems of these patients are a combination of age-related diseases such as cardiovascular, dementia and mucoluskeletal, polypharmacy, functional and cognitive impairment and undernutrition; all contributing to a high risk of complications. The most frequent complications are need of blood transfusions (25%), delirium (21%) and UTI (18%). Surgical post-operative infections are rare (3%), however often need of blood transfusions (25%), delirium (21%) and UTI (18%). Surgical post-operative infections are rare (3%), however often serious and should be actively prevented.

Stabilization and optimization of physiology preoperatively, as well as optimal care of chronic medical problems, systematic prevention of blood loss, delirium and UTI, as well as medication check and a continuously awareness for complications are important tasks. Fall assessment and prevention are important objectives, as well as assessment and treatment of osteoporosis.

Conclusions: Fall prevention and osteoporosis treatment are areas with good evidence for clinical practice, while there are controversies and lack of evidence in handling many other medical problems in older hip fracture patients.

1.3.3 11-06-2012, 13:45-15:15, Room 1
No difference in anticholinergic activity in CSF and serum between hip fracture patients with and without delirium

MD Leif Otto Wulhe Oslo University Hospital Co-authors: MD, PhD student Roanna J Hall Edinburgh Delirium Research Group MD, PhD student Bjørn Erik Neerland Oslo University Hospital Professor MD, PhD Johan Räder Oslo University Hospital MD, PhD Fred Fröhgen University of Oslo, School of Pharmacy Professor, PhD Espen Mølndt University of Oslo, School of Pharmacy Professor MD, PhD Aladdin MI MacLulich Edinburgh Delirium Research Group Professor MD, PhD Torgeir Bruun Wyller Oslo University Hospital MD, PhD Vibeke Juleba Oslo University Hospital

Background: Cholinergic deficiency is among the leading hypotheses regarding the pathophysiology of delirium. Serum anticholinergic activity (AA) has previously been associated with delirium, but whether the intracranial anticholinergic activity is increased remains to be studied.

Research question: To determine whether higher AA in CSF is associated with delirium.

Methods: Hip fracture patients (N=142) (Oslo University Hospital N=94; Royal Infirmary of Edinburgh N=48) were assessed by the Confusion Assessment Method (pre-op and over two weeks post-op) and the IQCODE. Cerebrospinal fluid (CSF) was collected at onset of spinal anesthesia. Anticholinergic activity in serum and cerebrospinal fluid (CSF) was determined by a muncarinic radio receptor biosay. Mann-Whitney U tests were used for group comparisons.

Results: The mean age was 82 years, 73.2were women, and 57/142 (40.1%) had chronic cognitive impairment (IQCODE>3.46). To determine whether higher AA in CSF is associated with delirium.

Conclusions: This is the first study of anticholinergic activity in the CSF of people with and without delirium. The findings are not supportive of the hypothesis that CNS anticholinergic activity, as measured in the CSF, is an important mechanism of delirium in hip fracture patients.

1.3.4 11-06-2012, 13:45-15:15, Room 1
Secondary prevention of falls and fractures - an update

Professor Timo Strandberg
University of Helsinki and Oulu

Those who have already fallen/got a fracture are a high-risk group for further complications. Therefore all efforts should be used in secondary prevention.

Prevention of falls: Multifactorial measures are needed including improvement of balance and gait, correction of possible eye problems etc. Vitamin D has been shown to increase muscle strength and balance but improvement of gait is equivocal. Comorbidity should be treated appropriately, the need of drugs increasing fall risk should be judged critically. General measures against frailty (nutrition, exercise) are important. Home or ward conditions should be checked to decrease fall risk. Use of sticks and rollators should be encouraged as needed. It is also important to identify possible fear-of-falling, which may lead to immobility. In hospitals and nursing homes use of ties or bedrails is a double-edged sword and may lead to complications themselves.

Protection of bones in case of falling: Hip protectors are evidence-based therapy, but their problem is poor adherence. Also other protective devices (helmets etc.) should be considered as appropriate. Treatment of osteoporosis: Not only hip and vertebrae but most fractures in older people are osteoporotic. Therefore adequate treatment of osteoporosis is vital in secondary prevention. Earlier hip or vertebral fracture is already an indicator of high risk, those with other fractures or only falls should be examined for bone mineral density. Adequate vitamin D plus calcium supplementation as basic therapy, and a wide selection of evidence-based drugs with different mechanisms of action are available. Drug therapy is selected according to individual properties, adherence and cost.

S1.3-5 11-06-2012, 13:45-15:15, Room 1
Putting up a holistic integrated service for older patients with fragility fractures

MD Maria Nuotio
Seinäjoki Central Hospital

Background: Orthogeriatric collaboration with comprehensive outpatient geriatric assessment for hip fracture patients was organized as a novel service in a hospital district of ca 200 000 inhabitants.

Method: Starting from September 2007, all hip fracture patients aged 65 years and over were invited to have a comprehensive geriatric assessment 4-6 months after the fracture at the geriatric outpatient clinic with a preceding physiotherapist’s examination. Starting from September 2008, geriatrician’s
1.4 Constructing age-friendly communities: Comparative perspectives
Chair: Chris Phillipson

S1.4-1 11-06-2012, 13:45-15:15, Room 2

Building Age-Friendly Communities in Urban Environments: Theoretical and Policy Issues
Professor Chris Phillipson
Keele University

This presentation will focus on outlining both the case for ‘age-friendly communities’ and the strategies which need to be adopted to promote strong ties within neighbourhoods. The paper will give particular emphasis to issues facing urban areas, these experiencing both population ageing and the rapid changes arising from globalisation and migration. The paper will draw upon strategy documents from bodies such as the World Health Organization and the European Union as well as findings from research conducted in Europe and the USA concerning the impact of urban environments on the quality of life of older people. The discussion will, first, provide a summary of the case for age-friendly cities; second, assess what is known from research examining the planning of urban space which can enhance social and cultural connections; third, assess the benefits as well as the barriers to achieving strong connections within communities; finally, outline the basis of a strategy for securing age-friendly communities within urban societies.

S1.4-2 11-06-2012, 13:45-15:15, Room 2

Purpose-built retirement communities as age-friendly environments? Evidence from England
Professor Thomas Scharf
National University of Ireland Galway
Co-authors: Jennifer Liddle, Bernadette Bartlam, Miriam Bernard, Julia Sim

This paper seeks to contribute to emerging conceptual debates around age-friendly environments, providing evidence relating to the relative age-friendliness of a specific type of environmental setting. Its focus is on exploring purpose-built retirement communities as environments that might be assumed to be age-friendly by design. While such communities have emerged as a housing option for growing numbers of older people, they have not yet been subject to critical examination through the lens of age-friendliness. The paper combines both theoretical and empirical approaches. It reviews the emerging literature around age-friendly environments to generate a common understanding of the key features of an age-friendly community. Drawing on a new definition of age-friendly communities, the paper then examines available empirical evidence arising from UK-based studies of purpose-built retirement communities to assess the degree to which such communities may be regarded as being age-friendly. Findings are reported from the mixed methods Longitudinal Study of Ageing in a Retirement Community (LARIC), conducted in a community in England, to explore age-friendliness in a more comprehensive way. LARIC involved two waves of a questionnaire survey with residents (n=122 at Wave 1, n=56 at Wave 2), interviews and focus groups with key stakeholders involved in the staffing, management and design of the community, and other qualitative data collected from community residents in the form of ‘directives’ (i.e. invitations to residents to write on particular topics). Drawing the different components together, the paper concludes by identifying implications for future research, policy and practice development in relation to age-friendly environments. The paper argues that purpose-built retirement communities need to commit to the genuine involvement of residents in a regular cycle of planning, implementation, evaluation and continual improvement in order to facilitate active ageing.

S1.4-3 11-06-2012, 13:45-15:15, Room 2

Activity as disciplining and gifting - The ‘in common’ of communities of active aging
Aske Juul Lassen
University of Copenhagen

This paper explores the development of communities at activity centres in an urban setting. It examines two main questions: how can active aging be understood within communities at activity centres, and what role does activity play in the everyday life of older people? Active aging has received attention during the last years as a way to add healthy years to the lives of elderly and a way to save public resources (e.g. European Commission,2011). Following the work of Marcel Mauss (1954) and Roberto Esposito (1998) a community is defined by something in common, and is continuously constituted by gifting. The ‘in common’ of the activity centres are age, local area and activities. Information and motivation on health and activity are gifted, but the elderly also use the centres to create village-like communities in an urban setting by establishing relations in their local area. Thus, the activities are means to achieve a more active social and physical life, but can also be seen as part of a social construction focused on health and bodily activity (Foucault, 1971). This is analysed as a Foucaultian bio-political disciplining, thereby relating the communities of active elderly to power and discourse. To examine these issues, the author conducted two months of participatory observations at two activity centres in the Copenhagen area, and in-depth 1-2 day interviews and shadowing with 9 users of the activity centres. The findings suggested that the relation between activity and community has paradoxical elements. The two contradict each other, but there is also resistance towards overdoing activity, as it is often seen as part of a health regime. This results in an ambiguous stance toward activity in these communities. The paper concludes that active aging is a specific way to be old and an enriching communal practice, but that the same communities also perceive it critically as a ‘health-regime’ tool.

S1.4-4 11-06-2012, 13:45-15:15, Room 2

Feelings of Safety in Old Age: Evidence from the City of Brussels
Professor Dr. Liesbeth De Donder
Vrije Universiteit Brussel
Co-authors: Nico De Witte, Sarah Dury, PhD researcher Tine Buffel, An-Sofie Smetcortex, Dominique Verté

This paper aims to explore the environmental determinants of feelings of safety among older people in an urban context. While most research focuses on the relationship between feelings of unsafe and crime experiences or risk of victimisation, this study takes account of broader contextual factors that may influence feelings of safety, including aspects of age-friendly environments. Data for the paper are derived from the Belgian Ageing Studies, a project that uses structured questionnaires to collect information about various aspects of quality of life among older adults at the level of municipalities. Using data from over 47,000 older adults, the study compares the city of Brussels with other communities beyond Brussels. Data analysis revealed that older people living in Brussels feel considerably less safe than those living in other locations. In exploring the determinants of feelings of safety, we examined which components of daily life enhance a feeling of safety; how the age-friendliness of the neighbourhood can increase or can decrease feelings of safety; and which of those factors are most important in understanding feelings of unsafe among older people living in Brussels. The argument will be developed that a broader ‘age-friendly’ perspective - beyond crime and victimisation - contributes to a deeper understanding of feelings of unsafe. The paper concludes with a number of policy recommendations and strategies to tackle feelings of unsafe among older people living in urban environments.
Finally a new definition is proposed.

**Ageism, a multi-dimensional concept**

Associate Professor Lars Larsen

Aarhus University

Research on Ageism has focused on the causes, the consequences, the concept, and the ways in which it may be reduced. The study of causes, consequences, and prevention has maintained the field of research, whereas the conceptual aspect has been somewhat neglected. This means that today we have an important field of gerontological research operating with a multidimensional concept and researchers not always explicitly stating what they mean by the term Ageism. As a consequence, the area is characterized by diverging research results which are hard to re-test and to compare. A good definition is an advantageous starting point for subsequent operationalizations. Further, it constitutes a sound foundation of a high reliability and validity in studies of any phenomenon including Ageism.

In this presentation the different definitions of Ageism will be systematized according to their conceptual components; does the definition include the cognitive, affective and behavioral components, the positive and negative aspects, implicit and explicit forms of Ageism and are ageism on micro-, meso- and macro-levels included?

Finally a new definition is proposed.

**Ageism vs. age coding: An examination of theoretical frameworks and analytical scopes**

Associated Professor Clary Krekula

Karlstad University

Studies of ageism have held a prominent position within social research for some time. Extensive research in this area has revealed that the elderly are subjected to negative treatment within different areas of social life. These results are an important contribution to strengthening the position of elderly persons in society. However, in order to achieve a new order it is not enough simply to reveal the presence of ageism. Institutional transitions and long-term measures based on analyses of the reasons for inequality are also necessary. That is, research is also needed that reveals those processes by which age-based inequality is created.

An important question is therefore to what extent the theoretical concepts we currently use also have the potential to reveal how this inequality is created and therewith also how it can be challenged.

In this paper I make such a contribution through a discussion of the concepts of ageism and age coding, respectively. The analyzed material consists of four focus group interviews on age discrimination in Swedish working life, involving 14 women and 3 men between the ages of 22-61. Based on the material, I will argue that age based inequality can be particularly difficult to detect in part due to the limited debate on the phenomenon, and due to individuals’ shifting age positions over the life course. I further discuss the limitations of the concept of ageism in relation to analyses of processes taking place at an interaction level, as well as illustrate how the concept age coding can identify institutionalization of age inequality. The concepts have, as I argue, different roles in light of age based inequality and should therefore be viewed as complimentary.

**Ageism and discourse, the case of the category of older drivers**

PhD Satu Heikkinen

Linköping University

In this paper discourse analysis is used to analyse the presence of ageism in debates on ‘older drivers’ in Swedish transportation policy. ‘Older driver’ is a category which has been claimed to be stereotyped and subject to agent practices. However, little research has been made on analysing ageism in relation to ‘older drivers’ which means that the mechanisms beneath or even the occurrence of ageism can be disputed. The category of older drivers therefore seemed suitable as an empirical case in order to discuss the usefulness of discourse analysis in investigating ageism. More specifically, a discourse analytical framework based on Michel Foucault is utilized as an example in the paper.

The objective of the study is threefold: First to analyse the discursive construction of the category of older drivers, second to relate the construction of older drivers to questions of ageism and third to discuss some strengths and limitations of the discourse analytical framework in investigating ageism.

The Foucaultian framework of discourse analysis temporarily puts assumptions of ageism aside and can be used to focus empirically on how age functions as a basis of categorisations in society. The analysis shows how the category ‘older drivers’ is used in different contexts and how many practices simultaneously constitute the category. The analytical framework is also used to discuss the consequences of certain practices on older people as well as power relations between different social categories. The results are then evaluated with regard to age based power relations. The paper argues that in order to consider if certain practices or images are ageist it is important to highlight their relationship to cultural ‘figures of thought’ e.g. the conception of the age graded normative life course where middle is most highly valued. Some strengths and limitations of the framework are then finally discussed.

**Age discrimination in Norwegian working life.**

Professor Per Erik Solem

Norwegian Social Research

Objectives: The paper explores the prevalence of age discrimination, the behavioural dimension of ageism, in working life; by job recruitment, at the workplace and by exit from working life.

Methods and theories: The analyses are based on the general concept of ageism (versen et al. 2009), and dimensions on ageism in working life (Furunes et al. 2008). Data are from the Norwegian for employed persons (N=1000 each year) and one for managers (N= 750). Since age discrimination in working life is prohibited by law, it is not straightforward to establish the prevalence of age discrimination in working life.

Results: By recruitment Norwegian managers tend to hesitate to call in applicants above an average age of 57.8 years for interviews, 61.7 years in public sector and 56.9 year in the private sector. About one of five managers and one of four say that they at least occasionally have experienced that older workers are passed over for appointments and internal recruitment. By exit, age discrimination is not necessarily illegal, since Norway still stick to a mandatory retirement age of 70 years, or even at an earlier age if the permissible age in the company pension system is lower. Less than 30 per cent of workers are in favour of such legal age discrimination, while the majority of politicians, employers’ organisations and labour unions approve it.

Conclusion: Managers in the public sector seem to be more interested in older workers and tends to discriminate less than in the private sector. Probably, the public sector is less attractive for younger workers and public managers may to a smaller extent afford to discriminate older workers. Older workers seem more attractive in the public sector, particularly in the municipalities.

**Age in the Nordic countries and Europe. Data from the European Social Survey**

Mr Ivan Lima

Norwegian Social Research

(Abstract is not presented)

**Gender in fact largely have been neglected in this field thus far, it is argued that the inclusion of social positions in future research on identity in old age and migrantship (i.e. ethnic otherness as the result of migration), exploring the intersection between the two. Empirical data consists of 24 individual interviews with 13 foreign-born men and 11 foreign-born women aged between 55 and 79 who have been living in Sweden for 18 to 61 years. With the help of both the review of previous research and the preliminary results from this study (which implements that which the review asks for), it is thus demonstrated how the gerontological imagination can be expanded by way of employing both a social positions lens and an ethnicity/race aware lens.**
**Media representations of culture-appropriate care and of ethnic ‘Otherness’: a study of Swedish newspaper articles on elderly care**

Professor Sandra Torres  
Uppsala University  
And:  
Researcher Jonas Lindblom  
Mälardalen University

This presentation departs from a project that focuses on media representations of elderly care. The understandings of ethnic ‘Otherness’ that newspaper articles about elderly care that have focused on ethnicity, culture, migration, language and religion attest to is what is at the core of the presentation. Methodologically speaking, the project departs from content analysis of all articles published in a major daily newspaper in Sweden between 1995 and 2008 that have touched upon the issues in question (n=101). In this presentation we will focus on the theme that was most prominent in these articles, i.e. culture-appropriateness, in order to shed light on the understandings of ethnic ‘Otherness’ that this particular debate exposed. The results show that culture-appropriate care is almost exclusively discussed by focusing on immigrants as care recipients, while the topic is only in exceptional cases viewed from the perspective of elderly care providers or the relatives of elderly care recipients (often referred to in the literature as informal caregivers). This means, among other things, that the implications of immigrants’ recruitment for elderly care recipients with an ethnic Swedish background were almost never discussed. The presentation will address the following questions: how is it possible to exclusively discuss culture-appropriateness as an issue that only concerns immigrants as care recipients? What assumptions underlie this focus and the corresponding exclusion of other elderly care actors’ perspectives on culture-appropriateness? The presentation aims namely to problematize the way in which ethnic ‘Otherness’ is understood in the public debate on elderly care. The presentation will explore the differences in conceptualizations of social exclusion that are at the barriers they encounter in their transnational emotion and kin work the older refugees perform in refugeehood and transnational family life. Then I will explore how the ethnic/migration lens influences the way in which social exclusion is understood and the corresponding exclusion of other groups. The understanding of how the social position known as migrantship affects people’s risks for inequality in old age. The point of departure is that there are specific risks for social exclusion associated with the migratory life-course even if mechanisms of social exclusion are bound to work differently depending on the when, why and where surrounding the migratory life-course. The manner in which social exclusion is experienced by older migrants will depend, however, not only on the type of migration they have engaged in (e.g. international labor migrants, family reunification migrants, amenity-seeking migrants and refugees) but also on the social positions (class, ethnicity and gender) to name a few) from which they depart. By pointing toward the differences in conceptualizations of social exclusion that are characteristics of both, gerontological research and research in migration/ethnicity-related issues, this presentation will explore different solutions to the problem of social exclusion as well as different conceptualizations of what social integration is.

**Transnational relationships in old age**

**PhD Candidate Mariath Kristin Guilbeikk Markussen**  
Akernus University College of Applied Sciences

This presentation focuses on a group of older migrants whose lives have not yet been seriously explored by migration researchers nor gerontologists, i.e. refugees. Existing socio-gerontological research on older migrants have so far primarily focused on voluntary migrants. In this presentation I will focus on older refugees’ transnational family life. This kind of family life, where family members are scattered around the globe, requires that family members engage in emotion work and kin work aimed at maintaining family relations across time and space. However, as most of the existing studies on transnational families focus on younger, voluntary migrants, little is known about the emotion- and kin work of older, involuntary migrants (refugees). This paper makes three main contributions, based on individual qualitative interviews with 15 older Somali men and women aged 55-70 who have been living in Norway for 6 to 20 years. First, I will investigate what is particular about old age, refugeehood and transnational family life. Then I will explore the emotion work and kin work the older refugees perform in order to maintain transnational family relations, and finally, look at the barriers they encounter in their transnational emotion- and kin work.
**S1.7-2**  11-06-2012, 13:45-15:15, Room 13

**Social capital, neighborhoods and health - the significance of gender and age**

**PhD, Senior lecturer Malin Eriksson**

**Umeå University**

**Co-authors:**

- PhD, Associate professor Navi Ng
- Umeå University PhD, Professor Lars Weinhardt
- Umeå University PhD, Professor Maria Emmelin

**Lund University**

**Objectives:** Research on social capital and health has fuelled the debate on whether there is a place effect on health. A central question is if health inequality between places is due to differences in the composition of people living in these places (compositional effect) or differences in the local environments (contextual effects). Recent studies indicate that contextual effects on health may vary for different population subgroups and measuring “average” contextual effects on health might therefore be inappropriate. This study aimed to investigate the associations between collective social capital and self-rated health for men and women, to understand if health effects of collective social capital are gendered.

**Methods:** Cross-sectional data from a social capital survey in the municipality of Umeå in Northern Sweden was used. The study included in total 6768 people aged 18-84 years. Sex-stratified multilevel regression analysis was used to calculate odds ratio for good-fair self-rated health for individuals living in neighborhoods with different levels of social capital. In a later stage, we further stratified the analyses for age. Two measures of collective social capital were used: one conventional measure (aggregated measures of trust, participation and voting) and one specific place-related (neighbourhood) measure.

**Results:** The results show a positive association between collective social capital and self-rated health for women, but not for men. When controlling for various individual characteristics, the relationship between women’s health and collective social capital remained statistically significant when using the neighbourhood-related measure, but not when using the conventional measure. Preliminary analyses of the age stratified analyses suggest that the positive health effects of collective social capital may be higher for women in the oldest age group (65-84) compared to women in the younger age groups.

**Conclusions:** The health effects of collective social capital might be gendered in favour for women. However, a more equal involvement of men and women in the domestic sphere would potentially benefit men in this matter. A neighbourhood-relat ed measure may provide a clearer picture of the health effects of collective social capital, at least for women.

*These results refer to Eriksson et al. (2011), published in Social Science & Medicine, 72:264-273. Additional age-stratified analyses were performed in advance for this presentation.*

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**S1.7-3**  11-06-2012, 13:45-15:15, Room 13

**How does the relationship between social capital and health change with age?**

**PhD Candidate Julie Norstrand**

**Boston College**

**Co-authors:**

- PhD Candidate Keith Tsu-Kit Chan
- Stanford

**Objectives:** The link between social capital and health has been well documented, yet we still have little understanding of how this relationship changes with age. This is an important consideration as we are experiencing increased longevity today. The objective of this paper was to examine whether the relationship between social capital and health among three aging cohorts (65-74, 75-84 and 85+ years) changes as people age.

**Method:** For this paper, Putnam’s definition of social capital was applied: “Features of social organization such as networks, norms, and social trust that facilitate coordination and cooperation for mutual benefit.” The analyses were based on data collected from a 2010 community health survey from 5 counties of South Eastern Pennsylvania. Standard linear regression model by each age group were carried out to test the relationships among 5 social capital indicators (trust, neighbors help, sense of belonging, participation in groups, social network) and 3 health outcomes (self-rated health, activities of daily living (ADL), instrumental activities of daily living (IADL), and depressive symptoms). Standard socio-economic indicators were accounted for as covariates in the analyses.

**Results:** Different indicators of social capital indicators (except social networks) remained significant for health outcomes (except ADL). Findings suggest trust and sense of belonging are particularly important for health even into very old age. How age mediates this relationship will be further examined.

**Conclusions:** These results further our understanding of how the social environment impacts persons as they reach very old age and call for continued efforts to take the social environment into account when developing age-friendly environments.

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**S1.7-4**  11-06-2012, 13:45-15:15, Room 13

**Aspects of Social Capital and the Impact on Mortality 8 Years after Among Older Adults**

**PhD Student Tine Poulsen**

**University of Copenhagen**

**Co-authors:**

- PhD Ulla Christensen
- PhD Vibeke Sarntala
- PhD Rikke Lund
- DMSc Mikkel Vass
- DMSc Kirsten Asklund

**Objectives:** Social capital has been measured in many ways, and this also goes for studies on older adults. Different kinds of contextual or compositional measurements have been used. Previous studies are characterized by using broad age groups (from young to old people) in the same study. Further, the studies do not reflect common definitions of social capital and often they only measure few aspects of social capital or they combine different aspects of social capital into one score. The purpose of this paper is to propose theoretical measures of three aspects of social capital to be used in older populations, and to analyse the impact of these three measures of social capital on all-cause mortality at 8 years follow-up among older people aged 75 and 80.

**Methods:** Data are from a Danish prospective cohort study on preventive home visits among 43,034 old people 75+ in 34 municipalities in Denmark with 8 years follow-up. The measurements of aspects of social capital at community-level are based on theory of bonding, bridging, and linking social capital. Cox regression analyses have been used to study the associations between the three aspects of social capital and all-cause mortality.

**Results:** It has been possible to analyse variations in the three measurements of social capital in the 34 municipalities, and to characterise different municipalities according to high versus low social capital. We found significant associations between mortality and both bonding (HR=1.24) and linking (HR=1.21) social capital in the 80-year-old cohort, but controlling for relevant confounders attenuated the associations.

**Conclusion:** The study contribute to the literature of social capital and older peoples’ health with measures that focus on older peoples’ community and which had a distinction between bonding, bridging, and linking.

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**S2.1**  12-06-2012, 08:30-10:00, Plenum 8/10

**Policy, research and practice in the care of elderly people with complex health problems and severe needs - highlights from an ongoing national evaluation study in Sweden**

**Senior Researcher Lennar Johansson**

**Aging Research Center**

**Co-author:**

- Professor MatsThorlund

**Background:** Care of elderly people in Sweden has undergone substantial changes in recent decades. A major shift has been the de-institutionalization and decentralisation of the responsibility for eldercare. Driven by the ageing in place policy and cost containment measures, substantial cuts have been made in institutional care and these cuts have not been compensated for by a corresponding increase in the provision of home based care. This development has led to elderly people with complex health problems and severe needs being forced to seek acute hospital care, often as a result of a breakdown in home care provision.

**Objectives:** In 2010, the national government granted financial incentives to projects aimed at improving home based care for elderly people with complex health problems and severe needs. The objective was to try to stimulate new, innovative eldercare models to alleviate the problems involved with providing coordinated round the clock services and care to very frail older people living at home. A total of 19 local developmental projects all over Sweden received government grants. In 2011, the Aging Research Center (ARC) was commissioned by the government to carry out a scientific evaluation of these projects over a three year period (2011 - 2014).

**Methods:** Under the first phase of the evaluation a descriptive case study was conducted during which all local project sites were visited and reviewed. Project plans, local data and local evaluation plans were collected and analyzed. Results: The evaluation work is now under way and initial findings include the following observations: none of the projects have included the institutional care setting; Primary Health Care is notable by its absence; and the majority of the projects are focused on different kinds of Case Management models and multi-professional teams.

**Conclusions:** Only a minority of the projects can provide the data necessary for a scientific evaluation. This is mainly due to
S2.2.1 12-06-2012, 08:30-10:00, Plenum 8/10

The care of frail older people in Iceland

Associate professor Sigurberg H. Sigurðaróttur
University of Iceland

Iceland, as a nation, is rather young compared to most other European countries but the trend is towards an older population. The population of Iceland is 319,000, of whom 12% are 65 years of age and older. In the last 30 years many changes have taken place concerning the care of older people. A special Act on the Affairs of the Elderly was implemented in Iceland in 1982 with the purpose to ensure that older people should have access to health care and social services and to guarantee older people the possibility to enjoy a normal domestic life as long as possible. Despite this purpose the ideological shift from institutional to home care occurred later in Iceland than in other Nordic countries and the care model is considered more medical than social. The ageing-in-place ideology has met many obstacles. Due to more stringent assessment regulations for admission to Nursing Homes the waiting lists have become shorter the recent years but it is debated if too few older people are staying at home, without adequate formal services. The state has been responsible for the expenses of institutional care and the Home Health Care, but the municipalities have provided and paid for Home Help and other community services. The plan is that municipalities will take over all the services for older people. This expanding coordination of domestic services for older people is expected to be a right to services identified by a universal needs assessment system. Not only policy but also the research into services actually provided to frail elderly people has been population-oriented. An innovative practice are observed.

S2.2.2 Provision of assistive technology to support cognitive functioning in persons with dementia, and to reduce the care burden for family carers

Chair: Torhild Holthe

S2.2-1 12-06-2012, 08:30-10:00, Plenum 9/11

The importance of Nordic collaboration in the area of dementia and welfare technology

Oncological Therapist, Project Coordinator Inge-Maria Månsen
The Swedish Institute of Assistive Technology

There are many advantages with Nordic collaboration for institutions and organizations supporting persons with dementia and their families. In the Nordic countries there are a number of interesting research and development projects and knowledge exchange which all the Nordic countries could benefit through more extensive cooperation. In a previous project called “Technology and Dementia in the Nordic countries”, an innovation project was developed. That was the first project where all the five countries (Iceland, Norway, Finland, Denmark and Sweden) collaborated to carry out a project investigating successful use of new assistive technologies by people with dementia and their family carers. This project proved that it was possible to work together across the borders, to learn from each other and to utilize the common results in each country, after the end of the project. The project demonstrated that assistive technologies have potential to support people with dementia and their family carers. Persons with dementia and their families who participated in the project described successful use of assistive technology in many different ways. Different products supported the users in different situations and many times a day. And, one product may be used differently by the persons with dementia; for example a memory clock was used by one to check the time of day, hearing a voice telling the time. Another used the same clock to remind her about her appointments, by listening to messages recorded into the product by a helper. Another product was a small alarm clock used by another to get AT, they usually get it too late. Therefore, it is important to present the future situation and tendencies in the distribution of frailty among HC clients. Also, in most communities, the setting of care for frail and very frail persons is not systematically determined by frailty levels, and the frailty distributions among clients in various settings of LTC and HC reflect room for policy alternatives.
The project “Technology & Dementia in the Nordic countries” investigated procedures of user needs’ assessment, and implementation and use of AT that may support people with dementia. The project aimed to investigate the necessity of further AT and/or their relatives as well as professionals providing AT were involved in the understanding of AT to support everyday living. This paper focuses some practical Danish tests of localisation solutions are compared with other available methods. The analysis of data accentuates that AT can be effective in reducing the risk of getting lost, and improve mobility and safety. However, there is a risk that highly technical solutions like GPS localisation will not be possible in some cases, causing a false safety. In addition, the daily task of maintaining the solution is also a challenge. However, for many people, a mobile GPS solution can improve quality in daily life or work, and the presented deficiencies have to be compared with alternative measures needed in place of the localisation solution.

Assistive technology (AT) to support younger people with dementia and their family carers in everyday life: Dilemmas and challenges

Olivier Therhiel Holthoe, The Norwegian Centre for Research, Education and Service Development

The study is part of the Norwegian program on Younger people with dementia 2009-2011, and aims to investigate how younger people with dementia and their family carers uses and benefit from AT to support everyday living. This paper focuses some dilemmas and challenges determined during this follow-up study. Twelve persons with dementia below 65 years of age and their family carers were recruited from four Memory clinics in Norway, and participated between three and nineteen months, using AT to support everyday living. A participatory design was chosen in order to include the person with dementia, their family carer and the data collector in the mutual learning process about use, benefit and significance of AT device. Interviews, observation and film were used as data collection methods. Several dilemmas occurred during the study, and three of them will be presented: 1) identifying user needs reveal problems and helplessness. The user needs analysis necessarily included both investigating problems and needs. This may easily be perceived as problem-focused and negative for the participants. 2) AT’s potential to support the person with dementia. A device could promote the users independence, i.e. a simple remote TV-control may enable turning on and off TV and select a preferred channel. However, as the dementia deteriorates, a growing need for verbal instructions from the carer may occur. Something being a release may suddenly become a burden. 3) AT’s potential to support the family carer. The AT used showed potential to support the family carer, by reducing repeated questions, facilitating locating lost objects and supporting safety and security in the home. However, use of AT on a regular basis required engagement and commitment from the family carers.

Adaptation and assistive technology are essential elements in rehabilitation of persons with dementia. Presentation of themes from a new book about (2012) rehabilitation and dementia

Olivier Therhiel Holthoe, The Norwegian Centre for Research, Education and Service Development

The aim of the studies was mainly to improve safety. The analyses of the interviews showed the lack of knowledge about existing technology and potential of physical environment in supporting people with dementia and their families. All the findings suggested that there is a need to broaden the ethical discussion to include not only privacy but also autonomy, competence, justice and efficiency.
Marginalized or Aging-Well?
Discourses on rural aging in Canada

Professor Norah Keating
Department of Human Ecology, University of Alberta

Publications on rural aging in Canada over the past 20 years reflect two lenses in rural aging. The ‘marginalization’ lens is on older adults who are at risk because they lack personal or community resources to meet their needs. This body of research is particularly important in highlighting the needs of vulnerable older adults. In contrast, the ‘aging-well’ lens focuses on the contributions of older adults to their families and communities, and their ongoing engagement in creating their relationships to others and to their rural settings. In this presentation, Professor Keating discusses the state of knowledge of both marginalization and aging well across the diversity of Canadian rural seniors and the communities in which they live, highlighting particular challenges in countries with severe climates, low density populations and great distances.

Single older men in rural Sweden: Norms of masculinity

Dr Magnus Nilsson
Karlstad University

In this paper we focus on older men in rural areas who have remained unmarried and childless throughout their lives. The rural context has consequences for the ways that gender structures the lives of people throughout the life course, both materially and socially. Norms of masculinity remain strong in rural areas and there is less room for deviations than in urban areas. This is not least connected to the scarcity of meeting places, and above all to that of alternative spaces. Despite this, studies of rural masculinity have to a little extent explored the importance of age and ageing for the ways that masculinity is lived and there is less room for deviations than in urban areas. This study has a strong rural component since it is carried out in the Faeroe Islands which is a rural archipelago where people live on islands, in villages and a few towns.

Multiple disadvantage and social cohesion: a challenge for rural elders?

Professor Vanessa Burholt
Centre for Innovative Ageing, Swansea University

Social deprivation and poverty can create a class of secondary citizens confined to subordination as well as social and political exclusion. Szalai (2008) has noted that ‘such a fault line in civil society might deeply endanger social cohesion.’ However, the debate on the link between multiple disadvantage and social cohesion in the UK is usually confined to discourse on inner-cities, youth (disengaged, alienated, consumerist) culture, immigration or ethnic diversity. The recent riots (summer 2011) in the cities of London, Birmingham, Liverpool, Manchester and Bristol were used by the media to illustrate these fault-lines in society. However, in this paper Professor Burholt demonstrates that the link between multiple disadvantage and social cohesion extends beyond these populations and is also observed in relatively ethnically homogeneous rural areas of England and Wales and experienced by older people. Furthermore, she demonstrates that in rural areas this relationship can be mediated by elements of social capital: local concerns, institutional trust, civic participation and social belonging. As many of the factors that impact on social cohesion are amenable to intervention, these findings provide challenges for policy makers and services providers in promoting community cohesion for rural elders.

Rapidly growing grey: local governance responses to social participation for ageing rural populations

Dr Rachel Winterton
John Richards Initiative, La Trobe University

Many rural communities are struggling to provide a range of services to support active involvement and social participation for their older residents. There is thus a need to explore how rural communities manage the challenges associated with local ageing populations, particularly in regard to the growing diversity of these communities. From an Australian perspective, this paper aims to explore and identify effective models and approaches that best meet the needs of local older residents in terms of social participation, and the agencies that support them.

Construction of ageing in the Faeroe Island

PhD Student Asa Røn
NISAL, Linköping University/University of the Faeroe Island

This is a presentation of a doctoral project in which discourse analyses are carried out on official documents as regards how older people and ageing are represented, and compared with older people’s representations of their own ageing in interviews. The study has a strong rural component since it is carried out in the Faeroe Islands which is a rural archipelago where people live on islands, in villages and a few towns.

Everyday interpretations of age and the course of life - reading age-diaries of middle-aged and aging persons

PhD Marija Saarenheim
The Central union for the welfare of the aged

Age and aging are intricate concerns of many people in third age or approaching it. Yet, people don’t necessarily think very often purposely about their age or their position in the course of life. Rather, these themes occur incidentally and often unexpectedly in the midst of everyday chores and social situations.

The purpose of this study is to examine everyday interpretations of age, aging and life course by middle-aged and aging persons. The data consists of 39 age-diaries kept by ordinary ageing people. An invitation to the study was published in a national daily newspaper and in the web-site of ‘Life course and generations’ project. 39 persons responded; 39 of them between 52 and 84 years. So far, 18 diaries have been returned, and these constitute the data analyzed in this paper.

The time frame of the diaries was one month, and most of the 18 participants made entries daily. The entries were analyzed thematically and using discourse analytic tools, such as subject position and discourse. In general, the participants were astonished at the great amount of entries. Age and aging were thought of more often than they had anticipated. The themes of entries varied depending on the life situation of the participant. Not surprisingly, the most common discourses dealt with health, appearance, and what behavior is or is not appropriate for a person in their age or for an aging person in general. Age was used to legitimize and explain one’s behavior and experiences. Comparisons with peers and representatives of other generations were also made frequently.

Nursing home residents’ relationship with nature - past and present

MPH, PhD Eva Algreen-Petersen
Municipality of Copenhagen

Getting old and moving into a nursing home is a change associated with a break-up compared to the previous life. A part of life that is in risk of being exposed to such a break-up is the relationship to nature. From research it is known that very few nursing home residents are able to get outside without assistance from staff or...
relatives, and that they do not get out in nature to the extent they would like. This presentation is about an action research project where researcher together with residents, relatives, and staff in a nursing home in Copenhagen explored the possibilities for changing these facts. The purpose of the project was to bring nature and outdoor life into the everyday life of the nursing home. Interviews made in the preparation phase of the project showed that relations to nature are diverse and so are the dreams of an outdoor life in a nursing home setting. What the interviewees had in common were ideas of how to make the outdoor facilities attractive. Accepting that their abilities to go working in the garden had changed, they still wanted to contribute with ideas and experiences.

Methods: Aiming at nature experiences, involving all residents, and to change the physical environment and the routines of the daily life in the nursing home towards the dreams of the involved participants. About half of the participating residents were suffering from dementia. Careful preparations made it possible to support residents’ participation in the research process. Participants worked in workshops where their critique of the existing outdoor life and their wishes for a better future were expressed.

Results: In addition to the local changes the study brings results of common research interest. The action research process made it possible for the residents to build common scenarios of outdoor lives based on their diverse relations to nature during their life.

S2.4-4 12-06-2012, 08:30-10:00, Room 3/4

Life histories of the centenarians

PhD Christine E. Swane
EGV Foundation

Images of centenarians split between categorisations like “successful aged” and persons whose “life stands still” due to mental and physical frailty. The aim of this research is to develop our understanding of very old people’s everyday life experience. In this paper the present here-and-now is reflected through the life course, i.e. what sociologist Alfred Schutz calls the biographical situation. Everyday life of centenarians is represented through qualitative interviews with 18 centenarians, four men and 14 women. The participants were selected from the Danish centenarian cohort 1995-96 at the time of a medical follow up study at the age of 101.5 years. Two centenarians lived alone, one with a spouse, two with a daughter and son-in-law, five in care facilities, eight in nursing homes. Mentally the participants are relatively well to well-functioning, with great variety in terms of physical resources. In 15 cases also the closest relative of the centenarian was interviewed in 14 cases the contact person from health care services. Different interpretations and experiences related to ageing and the life course are discussed. According to a nurse, who is the primary caregiver of a lady who lives in a nursing home, the lady’s life is an example of successful ageing. Living her life like this, she wouldn’t mind to reach the age of a hundred years herself. On the other hand the lady’s closest relative, a niece, finds the old lady to be unhappy about her life in the nursing home and that she is ‘not stimulated at all’. Whereas the lady herself describes how difficult it is to become so incapacitated, but how she loves to sit by herself and sleep in a chair in the sun. The interviews with the centenarians show that, despite various levels of frailty, they reflect complex aspects and experiences of ageing in their everyday life. The presentation touches upon ways of attaching meaning to the structure and processes of everyday life, according to interests earlier in life.

S2.5 Measuring outcomes of long-term care: Experiences from Europe

Chair: Tine Rootgaard

S2.5-1 12-06-2012, 08:30-10:00, Room 12

Measuring outcomes and improving quality in English care homes

Professor Ann Nieten
University of Kent at Canterbury

Co-authors: Research Officer Ann-Marie Towers
Research Officer Nick Smith
Dr Julie Beadell-Brown

There is increased policy emphasis on outcomes, but how do we identify these and then use this information to improve outcomes for individuals? In England the Adult Social Care Outcome Toolkit (ASCOT) measure has been developed with the objective of being able to compare social care outcomes across a wide range of services. It measures social care related quality of life (KQoL) across eight domains and innovative approaches and innovative approaches have been developed to establish the impact of service interventions in the absence of costly and demanding research designs. The toolkit includes a much more rigorous approach to establishing outcomes in care homes, which has attracted widespread interest. Follow-up work has developed a model for, and identified relationships between, workforce characteristics and qualifications and outcomes for residents. Further work is currently building on this to develop an approach to improving quality of care by providing a range of tools to understand resident experiences, where problems in delivering outcomes might lie, and how these might be addressed. The presentation will describe the basis for the ASCOT measure, the methods used and results from a study of 300 residents of residential care homes for older people. We will describe the model of expected relationships between workforce and institutional characteristics and outcomes and current progress in developing the approach to improving quality.

S2.5-2 12-06-2012, 08:30-10:00, Room 12

Measuring outcomes of home care - Experiences from the Austrian Home Visit and Counselling Programme

Dr Birgit Trukeschitz
Vienna University of Economics and Business

Co-author: Professor Ulrike Schneider

Measuring outcomes of social care services for people in later life is a topic of perennial interest. Not only demographic changes but also dwindling public resources strongly urges for unearthing the impact these services have on frail elderly people. However, in Austria 70% of all people in approved need of care do not use any long-term care services. They rely in help solely from kin and kith.

A current Austrian research project deals with measuring outcomes of domiciliary care and informal care. This project builds on the ASCOT concept and methodological approach to measuring care outcomes and connects to recent research in England. Our paper reports on experiences of the Austrian approach of measuring care outcomes in private households and the challenges of capturing the effects of informal care. Our data of the pilot study consists of app. 1.000 ITC cash benefit recipients visited in the course of the Austrian Home Visit and Counselling Programme by 38 registered nurses who collected the data. Applying multivariate regression analysis we will investigate the determinants of outcome of long-term care in private households in Austria.
S2.6 Sarcopenia
Chair: Anette Hylen Ranhoff

S2.6-1 12-06-2012, 08:30-10:00, Room 13

Frailty and Sarcopenia
Professor MD Timo Strandberg
 Universities of Helsinki and Oulu

Although lacking a consensus definition the phenotype of frailty is commonly defined according to the 5 criteria initially described by Fried and colleagues: shrinking, slow gait speed, low physical activity, reduced grip strength, and mental exhaustion. The presence of 3-5 criteria depicts frailty and 1-2 criteria prefrailty. Also sarcopenia (muscle wasting) does not have strict criteria, but it is well-known that muscle mass is reduced with advancing age. However, for physical function dyspnea (reduced muscle strength) is probably more important than muscle mass. Sarcopenia is usually not included in the definitions of frailty as such, but it is obvious that it may contribute at least to grip strength, gait speed and low physical activity. Prevention and treatment of both sarcopenia and frailty have thus similar aims, at the moment best evidence is from multifactorial programs including exercise (resistance training), adequate energy and protein nutrition, and vitamin D supplementation. The quality of amino acids and their relationship to exercise may be important in the stimulation of protein synthesis. Several studies are also ongoing, for example, about vitamin D, omega-3 fatty acids, testosterone/estrogen, specific drug treatments, and various combinations.

Sarcopenia is the key feature of frailty in older people and a major determinant of adverse health outcomes such as functional limitations and disability. Resistance training and adequate protein and energy intake are the key strategies for the management of sarcopenia. Management of weight loss and resistance training are the most relevant protective countermeasures to slow down the decline of muscle mass and muscle strength. The quality of amino acids in the diet is an important factor for stimulating protein synthesis. Vitamin D deficiency should be treated, and new pharmacological approaches for sarcopenia are currently assessed.

S2.6-2 12-06-2012, 08:30-10:00, Room 13

Sarcopenia in hip fracture patients
MD Ole Martin Steinhau
 Haraldsplass hospital
 Co-author: Professor MD Anette Hylen Ranhoff
 Kavli Research Center for Ageing and Dementia

Background: Hip fractures frequently occur in the elderly population with dramatic consequences for mobility, independence and life. Sarcopenia is the age related syndrome of reduced muscle mass and strength and/or physical function, according to the European Working Group on Sarcopenia. There are no known studies examining the relationship between sarcopenia, using the newer consensus definition, and outcomes one year after hip fracture.

Aim: 1. To determine whether bioelectric impedance (BIA) can measure skeletal muscle mass in hip fracture patients compared to dual emission spectroscopy (DXA), and develop new algorithms for determining skeletal muscle mass. 2. To study sarcopenia as a predictor for reduced mobility, dependency in activities of daily living, place of residence, and mortality after one year. Our primary hypothesis is that sarcopenia at hospitalisation predicts impaired mobility one year after hip fracture.

Methods: Hip fracture patients, 65+ years admitted for surgical repair are subjects for inclusion. Eligible patients are able and willing to give informed consent, medically stable and have a remaining life expectancy of more than 3 months. Exclusion criteria are moderate cognitive impairment, not being able to walk without human assistance, or being a permanent resident of a nursing home. Information about health and function pre-fracture is obtained by structured interview with patient and proxy, including the New Mobility Score, Barthel index, IQCODE, Charlon co-morbidity index, number and type of medications and a dietary assessment. Type of fracture and surgical repair, bodyweight, height, arm muscle circumference, BIA, knee extension of the non fractured hip, grip strength, serum 25-OH-cholecalciferol (vitamin D), routine blood analyses, complications, place of discharge admission and discharge medications are also recorded. At three months a new assessment is including weight, grip strength, knee extension, BIA, and DXA of bone mineral density and appendicular lean mass. One-year data is collected by a telephone interview. New mobility score is the primary outcome, while place of residence, new fractures, new acute hospitalisations of any cause and mortality are secondary outcomes.

Conclusions: Preliminary results will be presented at the symposium.

S2.6-3 12-06-2012, 08:30-10:00, Room 13

The role of sex hormones in the development and treatment of sarcopenia
Professor Sarriana Sigíla
 University of Jyväskylä
 Co-authors: Researcher Eija Rollanen
 Adjunct Professor Vuokko Kovanen

Previous data on women suggest accelerated decline in muscle performance around the age of 50. This implies the role of sex hormones as the mechanism for age-induced muscle weakness. We tested this hypothesis by two designs: a randomized placebo controlled trial (RCT) among 50-57-year-old postmenopausal women including 1 year hormone replacement therapy (HRT) and a case control twin design with 15.54-62-years old female MZ pairs discordant for HRT for an average of 7 years. We found that after 1 year of HRT, muscle power increased on average 7% compared with 5% decline in the controls (p=0.014). The twin sisters on HRT had on average 16% greater muscle power and 32% greater peak twitch torque compared with their co-twins (p=0.023 and p=0.002, respectively). To explore the mechanisms by which HRT effects on muscle performance, we measured thigh muscle cross-sectional area (CSA) and composition and took biopsy samples from the thigh muscle in both studies. After 1 year HRT, muscle CSA increased on average 6% compared with 1% increase in the controls (p<0.001). The relative proportion of fat in the muscle compartment increased 5% after 1 year HRT use compared to the 17% increase observed in the controls after the trial (p=0.009). HRT using twin sisters had on average 6% greater than muscle area, 8% greater CSA, 8% lower relative fat area compared with their co-twins (p=0.065, p=0.047, p=0.047, respectively). In the RCT, explorative global transcriptome analysis (microarray) showed e.g. notable changes in many genes related to proteolyis and peptidolysis among the controls but not among the women on HRT. On the other hand, HRT up-regulated the expression of IGf-1 gene and its splice variants, especially IGf1 which is a well-known growth factor. HRT using twin sisters had up-regulated genes in processes related to the cell structure regulation and down-regulated genes in processes related to the e.g. cell-matrix interaction and energy metabolism. Hormonal changes related to menopause are among the key factors in the development of muscle weakness and wasting. HRT is an effective treatment for adverse outcomes in the skeletal muscle among postmenopausal women. Given the known contraindications and potential harms related to the current HRT, further development and studies are needed.

S2.6-4 12-06-2012, 08:30-10:00, Room 13

Renal function after a 12-week resistance exercise program with protein supplementation in community dwelling older adults.

MD PhD Álfrís Ramel
 University of Iceland
 Co-authors: A Arnason
 OG Grétadóttir
 PV Önnisson
 I Thorsdottir

Background: Resistance exercise and increased protein intake have been recommended for older adults to prevent sarcopenia. However, concern has also been expressed about providing extra protein to elderly because they are at risk for decreased renal function and resistance exercise might further decrease renal function. We investigated this issue during a 12-week resistance exercise program with protein supplementation in community dwelling older adults.
S2.6-5 12-06-2012, 08:30-10:00, Room 13

How far is it possible to counteract sarcopenia?

MD Marius Myrstad
Diakonhjemmet sykehus
Co-author: Professor MD Anette Hylen Ranhoff
Kavli Research Center for Ageing and Dementia

Background and aim: Studies of the effect of long-term endurance training in preventing frailty are scarce, but since the maintenance of skeletal muscle mass is dependent on activity components, there are reasons to believe that endurance training can counteract sarcopenia and frailty in the same way as resistance training which is much better studied.

The aim is to study longitudinal variation in physical capacity for selected participants where such data are available for more than 10 race participations.

Methods: A whey protein drink (20 g whey protein + 20 g carbohydrates), 2) a milk protein drink (20 g milk protein + 20 g carbohydrates) or 3) a carbohydrate drink (40 g carbohydrate). Renal function was assessed as glomerular filtration rate (GFR) based on creatinine and Cockroft-Gault formula adjusted for body surface area.

Results: At baseline mean protein intake was 0.95 g/kg body weight and 23.5% of the participants were with GFR below 60 ml/min. After the intervention we observed an increase in carbohydrate intake (+ 12.2 g/kg BW, P=0.004), but not in other energy giving nutrients, as well as in GFR (+ 4.3 ml/min, P=0.001). The change in GFR was similar in men and women, participants with GFR below or above 60 ml/min and in the three supplement groups. Protein intake (g/kg) was not associated with GFR (neither baseline nor endpoint).

Conclusion: Our data indicate that the combination of resistance exercise and protein supplements for 12 weeks is not detrimental to renal function measured as GFR in community dwelling older adults with a basic protein intake above the dietary recommendations.

S3.1 Dementia diagnostics in memory clinics in the Nordic and Baltic countries

Chair: Anette Hylen Ranhoff

S3.1-1 12-06-2012, 16:00-17:30, Plenum 8/10

Enhancing dementia research by harmonizing the dementia work-up in the Nordic countries

Coordinator NIDD Anne Rita Øksengård Karolinska University Hospital

Background: Dementia is one of the most common mental diseases. It increases dramatically with the aging of the Nordic population. At the same time, even younger persons are being diagnosed with dementia. Early diagnostics is crucial, but unfortunately the actual causes of dementia are discovered far too late in the disease process.

Method: The Nordic Network in Dementia Diagnostics (NIDD) consists of a multidisciplinary consortium of nine research groups from five Nordic countries and Lithuania and funded by NordForsk aims to harmonize diagnostic working methods for dementia, and contribute to earlier and enhanced diagnostics.

Results: Based upon a common diagnostic protocol and consensus in how to interpret the clinical information, several validation projects on diagnostics methods that are relatively reasonable in cost are carried out. The use of this protocol may contribute to enhancing the understanding and lead to a quality assurance of the dementia diagnostics. The network also focuses on recruiting PhD students and transferring the achieved new knowledge about dementia diagnostics. All participant groups are involved in the publishing of the results.

Conclusion: The potential for Nordic synergy in such research is considered to be great. The Nordic countries are often markets with too small a potential individually for the pharmaceutical industry to finance trials of new types of treatment. A closer Nordic collaboration in the development of improved methods might generate an earlier access to treatment of dementia and a better quality of life for persons with the dementia diagnosis and their caregivers.

S3.1-2 12-06-2012, 16:00-17:30, Plenum 8/10

Quantitative Electroencephalography (qEEG) in dementia diagnostics

Ass. Professor Jon Sneadal
Landspítali University Hospital

Introduction: The recently proposed research criteria for Alzheimer’s disease (Dubois et al 2010) put great emphasis on biological markers. The proposed markers are volumetry on MRI or CT of the brain, liquor analysis of amyloid beta and tau and PET scans. EEG is not stated as a reliable marker for Alzheimer’s disease (AD) in these proposed criteria. There is however a renewed interest in this old and simple technique and it is now evaluated as a possible biological marker for AD in line with the validated methods which are either invasive or complicated and expensive. A close Nordic collaboration in the development of improved methods might generate an earlier access to treatment of dementia and a better quality of life for persons with the dementia diagnosis and their caregivers.

S3.1-3 12-06-2012, 16:00-17:30, Plenum 8/10

Neuroimaging in dementia work-up: Volumetric measurements of brain regions using MRI

Professor Lars-Olof Wahlund
Karolinska Institutet

Background: Structural imaging of the brain is one significant part of the routine clinical dementia work-up. Previously the most important was to exclude secondary causes of cognitive impairment but this has changed last years. Today the new diagnostic criteria for Alzheimer’s disease require a morphological MRI scan since evidence for medial temporal lobe atrophy is one of the necessary requirements for the disease. Methods to estimate or calculate the size of relevant brain structures have been developed lately. The goal is to have reliable fast calculation algorithms implemented in the routine scanning procedures. Another important issue is to judge the extent of changes in the white matter. The diagnose of vascular cognitive impairment and dementia relies on the presence of white matter changes.

Methods: We have used visual ratings of medial temporal lobe atrophy on large samples (ADNI and AddNeuroMed) and compared that with fully automatic volumetric methods. Visual ratings of MTA in a large population based sample (SNAKE) have also been performed. This cohort consists of 550 people randomly selected from a large population in central Stockholm. We are also currently developing similar methods for cranial computed tomography.

Results: We found similar accuracy values comparing visual rating and automated volume calculations in the AddNeuroMed cohort. When comparing the results from the SNAKE sample we observed that the visual rating of MTA well correlated to manual outlined hippocampus volumes.

Conclusions: We have shown that automated volumetric methods for regional brain atrophy are as accurate as visual rating. Moreover, we present reference values of hippocampus volumes based on randomly selected subjects in ages from 66 to 84+.

S3.1-4 12-06-2012, 16:00-17:30, Plenum 8/10

Introduction to the recently proposed research criteria for Alzheimer’s disease (Dubois et al 2010) put great emphasis on biological markers. The proposed markers are volumetry on MRI or CT of the brain, liquor analysis of amyloid beta and tau and PET scans. EEG is not stated as a reliable marker for Alzheimer’s disease (AD) in these proposed criteria. There is however a renewed interest in this old and simple technique and it is now evaluated as a possible biological marker for AD in line with the validated methods which are either invasive or complicated and expensive. A close Nordic collaboration in the development of improved methods might generate an earlier access to treatment of dementia and a better quality of life for persons with the dementia diagnosis and their caregivers.

S3.1-5 12-06-2012, 08:30-10:00, Room 13

How far is it possible to counteract sarcopenia?

MD Marius Myrstad
Diakonhjemmet sykehus
Co-author: Professor MD Anette Hylen Ranhoff
Kavli Research Center for Ageing and Dementia

Background and aim: Studies of the effect of long-term endurance training in preventing frailty are scarce, but since the maintenance of skeletal muscle mass is dependent on activity components, there are reasons to believe that endurance training can counteract sarcopenia and frailty in the same way as resistance training which is much better studied.

The aim is to study longitudinal variation in physical capacity for selected participants where such data are available for more than 10 race participations.

Methods: A whey protein drink (20 g whey protein + 20 g carbohydrates), 2) a milk protein drink (20 g milk protein + 20 g carbohydrates) or 3) a carbohydrate drink (40 g carbohydrate). Renal function was assessed as glomerular filtration rate (GFR) based on creatinine and Cockroft-Gault formula adjusted for body surface area.

Results: At baseline mean protein intake was 0.95 g/kg body weight and 23.5% of the participants were with GFR below 60 ml/min. After the intervention we observed an increase in carbohydrate intake (+ 12.2 g/kg BW, P=0.004), but not in other energy giving nutrients, as well as in GFR (+ 4.3 ml/min, P=0.001). The change in GFR was similar in men and women, participants with GFR below or above 60 ml/min and in the three supplement groups. Protein intake (g/kg) was not associated with GFR (neither baseline nor endpoint).

Conclusion: Our data indicate that the combination of resistance exercise and protein supplements for 12 weeks is not detrimental to renal function measured as GFR in community dwelling older adults with a basic protein intake above the dietary recommendations.
Memory Assessment in the Baltic States

Jurate Maciauskienė
Lithuanian University of Health Sciences
Co-author: K. Saks
Tartu University

All three Baltic States (BS) are similar geographically, undergo health care reforms through the last two decades after regaining independence, and face the aging phenomena challenging health and care systems. Memory complaints become special problem to be addressed with the demographic projections of increasing numbers of older adults.

The situation on the assessment of persons with the memory impairment and dementia symptoms in BS was assessed via survey aiming to reveal the similarities and differences.

Exact numbers of dementia cases are not known since there are no epidemiological studies or national register on dementia in BS. Guidelines for diagnosing dementia are developed by Health Insurance Fund in Estonia and by Ministry of Health in Lithuania. General practitioners in Estonia can make a diagnosis of advanced dementia, referring to specialists only with those with mild cognitive impairment and early stages of dementia. Memory clinics do not exist in the BS, although there are centres specializing in the memory assessment.

Physical and neurological examinations are obligatory in Estonia and Lithuania, as Mini Mental State Examination test. The other tests for cognitive performance are optional, and are used depending on the case and on the established practice in certain institutions. Different scales on activities of daily living (ADL) are used in Estonia; Lithuania has accepted Blessed dementia scale as a key scale for ADL. Laboratory tests are obligatory, but differences exist in number of obligatory tests - Lithuania has longer list. Head computed tomography is obligatory in both countries, and other instrumental and neurovisual investigations are optional. When the diagnosis of Alzheimer’s disease is established, arcticholinesterase inhibitors and NMDA inhibitor are available and in Estonia and Lithuania, yet reimbursement systems are different.

Although health and social care services for patients with dementia are available in Estonia and Lithuania, geographical distribution of services exists, making lower accessibility in rural areas. Another important issue addressed by the specialists is low awareness towards memory impairment in society, which delays early diagnosis.

Depression is common in dementia. It may be the first symptom of dementia, but can be present at any stage of the disorder. About 30% to 40% of the patients referred to a memory clinic today are depressed. It is presumed that about 50% of the patients with dementia will suffer from depression during the course of the disorder, to a greater or lesser extent. The persistence rate of depression among cognitively impaired patients varies a lot in different studies (33 to 58%).

In most depression scales depression are used to define depression, and diagnoses are seldom made. Even though depression in dementia is common, it is often not diagnosed and treated. The symptoms of depression in those with and without dementia are mostly the same, but not always pronounced as in those without dementia. Some symptoms overlap with dementia.

A psychiatric assessment of the patients referred to a memory clinic is seldom possible, but evaluation scales are shown to be useful. Which scales best suit depend upon the degree of cognitive impairment. Few scales are specifically designed for use in dementia, but some scales may nevertheless be suitable in the earlier stages of dementia. Some scales are based upon self-reporting (e.g. the Geriatric Depression Scale), others are based on an interview with the patients (e.g. Hamilton Scale and the MADRS) or the caregivers (e.g. the Cornell Scale). The two most commonly used depression scales in memory clinics in the Nordic countries are the Cornell Scale and the MADRS.

Antidepressants seem to be less effective in patients with depression in dementia than in patients without dementia. They should not be the first choice of treatment, but be reserved for more severe cases, and for depressions that do not improve within few months. Psychosocial interventions should be the first choice, at least in cases with depression of milder degree. Electroconvulsive therapy (ECT) should be considered in refractory severe depression.

Depression in patients referred to memory clinics

Dr Anne-Brita Knapskoga
Oulu University centres/behav
Co-author: Knut Engeland
Oulu University Hospital

S3.1-5 12-06-2012, 16:00-17:30, Plenum B10

S3.2 Critical perspectives in need assessment practice(s) in elderly care

Chair: Sandra Torres

Professor Morten Baile Hansen
University of Southern Denmark

Background: Comparative studies of home care, elder care and social care generally indicate that a large number of industrialized countries are facing common challenges. These challenges are caused by the demographic developments of an aging population, changed labour market conditions and changed family structures. At a macro-level this presentation analyzes how different welfare state systems cope with these challenges by organizing the provision of eldercare in different ways. At a micro-level different systems of needs-assessment are analyzed. The pros and cons of these different systems will be discussed since this presentation is planned as an introduction to the complexities and challenges of needs assessment in elderly care in advanced welfare states.

Methods: Comparative case studies can roughly be divided into most-similar and most-different studies and in this study a “most similar case” strategy is applied. After a short characteristic of some global tendencies, the study focuses on 16 European OECD countries. Based on deskwork and the analysis of secondary data a typology of welfare state regimes for eldercare provision is elaborated.

Theory: A conceptual framework to guide the comparative analysis is elaborated based on a) different types of eldercare, b) different types of welfare regimes, c) a distinction between financing, organisation and control of services, and d) a distinction between the mechanisms of exit, voice and loyalty.

Results: Different welfare state regimes enhance different divisions of labour between state, market and family/civil society in the provision of eldercare. The Nordic model is characterized by a major role of the municipalities in the provision of elder care. The emphasis on home care as contrasted to care homes is especially pronounced in the Danish care system. Differences in the organization of elder care imply differences in the utilization and functions of needs assessment in elder care.

Conclusions: There is a trade-off between different functions of needs assessment in elderly care. The pros and cons of different systems are discussed.

Local guidelines for need assessment for elder care in Sweden: a matter of equality in welfare provision

Postdoctoral Research Fellow David Feltenius
Umeå University

Objectives: This study investigates the rationale behind the guidelines for need assessment for elder care adopted by local politicians. What do local politicians seek to achieve through the adoption of these guidelines? In seeking to answer this question, the study departs from the literature on “deprofessionalization” which emphasizes economic considerations as a main motive for standardized procedures within public administration. An alternate perspective is provided for in the literature on public administration and legitimacy. This literature emphasizes “equality of welfare provision” as the main motive behind the adoption of standardized routines.

Methods: This study consists of interviews with local politicians in four municipalities in Sweden. In each municipality, the politicians who were responsible for elder care and represented different positions, i.e., from left to right within the political spectrum, were interviewed. In total, 16 politicians were interviewed for the purpose of this study.

Results: The study shows that the adoption of guidelines can be explained to some extent by the economic consideration of the politicians in charge as suggested by the literature on “deprofessionalization.” However, the interviews show that guidelines are not solely a question of economic considerations. In fact, quite the opposite is the case since another important consideration associated with these guidelines is the political aim to achieve equality in welfare provision. This rationale was the most commonly expressed reason in the interviews with local politicians.

Conclusions: This finding suggests that politicians have been concerned with more than the expenditures for elder care. Indeed, politicians have been concerned with the need to reach a balance between “individual needs” and “equality of welfare provision.” This finding raises the question of whether the guidelines really could be interpreted as a case of “deprofessionalization.” Instead, these guidelines might be an expression of collaboration between care managers and politicians to avoid arbitrary decisions on need assessment.
3.2

SYMPOSIUM

PhD Assistant Professor Anna Olaison

Persons as clients in elderly care.

requests and outcomes in care management. Processing older

staff-client continuity etc. The paper contributes to ongoing

aspects of needs assessment and thereby demonstrates that service

negotiation or by limiting the number of issues possible to

family members, managers and staff on different levels, (2) analysis of

work.

results from a focus group study with

challenges associated with cross-cultural encounters, this

presentation will shed light on the ways in which need assessors

address the ethnic diversity that is now characteristic of

Sweden's elderly population.

methods and theories: The data for this study is comprised of twenty cases from three Swedish municipalities. The material consists of tape-recorded assessment conversations and associated case-file texts. The research questions originate from theories of marketization of welfare services and communication as a central part of people processing.

results: The findings point to the fact that cases that can be regarded as simpler has a more direct "recontextualisation" of older persons' requests in the processing of older persons and their needs. In the cases that are more complex, it is more obvious that requests are negotiated away, added or renegotiated and repackaged to fit within the framework of a publicly defined problem relevant to the municipality's supply of social services.

conclusions: Managerialist thinking has had a certain impact on the care management process. The presentation will contribute to the debate on resource allocation of welfare services and how institutional categorization is used within care management in order to create older persons as clients in gerontological social work.

3.2-5 12-06-2012, 16:00-17:30, Plenum 9/11

understandings of cross-cultural interaction and ethnic ‘otherness’ as challenges for need assessment: results from a focus group study with swedish need assessors

PhD Emilia Forssell
Ersta Sköndal University College
Co-authors:
- PhD Assistant Professor Anna Olaison
- Linköping University
- Professor Sandra Torres
- Uppsala University

objectives: This presentation departs from a project that aims to shed light on the understandings of cross-cultural interaction and ‘Ethnic ‘Otherness’ that are upheld by need assessors within the context of Swedish elderly care. Through a focus on the

light on the micro-processes of needs assessment, i.e., what effects the introduction of care management has had on elderly care with regard to handling the allocation of resources. In these processes, there are central questions about what scope exists in the treatment of older persons’ requests for services in the assessment situation itself, and what is transferred from assessment conversations to case-file texts. This practice is important to study from a perspective of welfare policy as a research gap exists in how the intentions of the so-called care management model are being applied in practice. The focus of this presentation is thus directed towards how older persons’ descriptions of care needs become the basis for institutional assessments and what happens in the assessment process in the transfer of talk to text.

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3.2-4 12-06-2012, 16:00-17:30, Plenum 9/11

Requests and outcomes in care management. Processing older persons as clients in elderly care.

PhD Assistant Professor Anna Olaison
Linköping University

Objectives: There are few studies in elderly care today that cast

light on the micro-processes of needs assessment, i.e., what effects the introduction of care management has had on elderly care with regard to handling the allocation of resources. In these processes, there are central questions about what scope exists in the treatment of older persons’ requests for services in the assessment situation itself, and what is transferred from assessment conversations to case-file texts. This practice is important to study from a perspective of welfare policy as a research gap exists in how the intentions of the so-called care management model are being applied in practice. The focus of this presentation is thus directed towards how older persons’ descriptions of care needs become the basis for institutional assessments and what happens in the assessment process in the transfer of talk to text.

Methods and theories: The data for this study is comprised of twenty cases from three Swedish municipalities. The material consists of tape-recorded assessment conversations and associated case-file texts. The research questions originate from theories of marketization of welfare services and communication as a central part of people processing.

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Conclusions: Managerialist thinking has had a certain impact on the care management process. The presentation will contribute to the debate on resource allocation of welfare services and how institutional categorization is used within care management in order to create older persons as clients in gerontological social work.

3.2-5 12-06-2012, 16:00-17:30, Plenum 9/11

Understandings of cross-cultural interaction and ethnic ‘otherness’ as challenges for need assessment: results from a focus group study with Swedish need assessors

PhD Emilia Forssell
Ersta Sköndal University College
Co-authors:
- PhD Assistant Professor Anna Olaison
- Linköping University
- Professor Sandra Torres
- Uppsala University

Objectives: This presentation departs from a project that aims to shed light on the understandings of cross-cultural interaction and ‘Ethnic ‘Otherness’ that are upheld by need assessors within the context of Swedish elderly care. Through a focus on the

challenges associated with cross-cultural encounters, this presentation will shed light on the ways in which need assessors address the ethnic diversity that is now characteristic of Sweden’s elderly population.

Methods and theories: The data for this study is comprised of twenty cases from three Swedish municipalities. The material consists of tape-recorded assessment conversations and associated case-file texts. The research questions originate from theories of marketization of welfare services and communication as a central part of people processing.

Results: The findings point to the fact that cases that can be regarded as simpler has a more direct "recontextualisation" of older persons’ requests in the processing of older persons and their needs. In the cases that are more complex, it is more obvious that requests are negotiated away, added or renegotiated and repackaged to fit within the framework of a publicly defined problem relevant to the municipality’s supply of social services.

Conclusions: Managerialist thinking has had a certain impact on the care management process. The presentation will contribute to the debate on resource allocation of welfare services and how institutional categorization is used within care management in order to create older persons as clients in gerontological social work.

3.3 Evaluation of orthogeriatric services in Nordic and Baltic countries
Chair: Helgi Kolk

Professor Yngve Gustafson
Umeå University

In the early 80ties I worked as a consultant in internal medicine at Umedalen’s mental hospital. I worked with assessment of patients who were referred for dementia assessment and a common story was that the patient in association with a hip fracture had developed delirium post-operatively and that never recovered cognitively after that. I became curious about what they do with old people in the Orthopedic department that seem to cause irreversible brain damage. After having assessed and carefully followed 111 consecutive patients with a hip fracture during their hospital stay as well as after discharged I was surprised that any of them recovered. The care was not adjusted to frail old people.

Hypoxia, hypercortisolism as well as infections were commonly associated with delirium. Delirious patient also suffered a large number of complications during hospital stay that prolonged their delirium. Post-operative delirium was the most common factor associated with in-hospital falls resulting in new fractures and 8% of all hip-fractures in Umeå had occurred in the hospital. Based on the results we designed several intervention studies in several hospitals in Northern Sweden and the intervention programmes have been implemented in a large number of hospitals all over the world. Prevention and treatment of delirium is also the best way of preventing falls and other complications during hospitalisation.

Delirium can be successfully prevented by protecting the brain from hypoxemia and hypercortisolism by preventing complications endangering the metabolism of the brain. In a patient who develops delirium there is an urgent need to detect and treat any underlying complications and the treatment of the delirious patient should have the focus of creating the best prerequisites for the recovery of the brain which includes an active prevention, early detection and treatment of any new complications. A geriatric team applying comprehensive geriatric assessment including the use of the Delirium-Check list is probably the best way of taking care of the old patient with a hip fracture. The Delirium-Check list and the experience of its use in patients suffering hip-fractures will be presented.
Implementation of geriatric care in fracture patients

Dr Helgi Kolár
Tartu University Hospital

Estonia is a country with aging population: 19% of inhabitants are estimated to be over 65 years of age by 2012. The number of geriatric patients admitted to hospitals with fractures is increasing. The geriatric care program in the department of Traumatology at Tartu University Hospital is being designed and implemented to improve the care of the elderly fracture patients. The second goal of the program is to optimize the utilization of medical and social care resources.

The aim of the study: to assess patient characteristics and management of hip fractures at Tartu University Hospital during 2010-2011 as background information for the development of geriatric services.

Material and methods: retrospective analysis of medical records of patients admitted to the department of traumatology for primary hip fracture.

Results: In 2 years 607 (193M/412F) patients with hip fracture were hospitalised, 297 in 2010 and 310 in 2011. 94% of patients were over 65 years of age (568) including 452 over 75. Patients younger than 65 years (39) had similar concomitant medical and social problems to the older age groups, there was male predominance in younger age group.

Antithrombotic treatment with low molecular weight heparin was assigned to 97% of patients with hip fracture in the hospital. Hospital guidelines were used for postoperative pain management. Osteoporosis (OP) was diagnosed in a few cases, however most patients with hip fracture were not screened for OP. Three quarters of patients (461; 76%) were referred to local hospitals or nursing care facilities, only 37 patients were referred to the specialised rehabilitation unit. Mortality rate during the hospital stay was 1.5% (9 patients). No comprehensive geriatric assessment was performed, social worker consulted patients case by case.

Conclusion: implementation of international guidelines for the management of geriatric fractures in Estonia remains challenging.

Can better treatment and prophylaxis of delirium in the early phase of a hip fracture improve long-term cognitive outcome? Randomised, controlled trial

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Background: Delirium is a common complication of hip fracture in the elderly. The aim of this ongoing trial is to investigate, in a RCT, whether optimizing medical treatment will prevent and/or improve the treatment of delirium and thereby improve long-term cognitive outcome.

Methods: Patients are randomized in the Emergency Department to treatment in a new orthogeriatric service or the conventional orthopaedic ward. The intervention patients are transferred as soon as possible to the orthogeriatric ward, stabilised there preoperatively, and transferred back to the ward postoperatively, while the control group are treated in a traditional orthopaedic ward. Surgical and anaesthesiologic procedures are similar in the two groups. The inclusion was closed at the 5th of January 2012. 332 patients has been randomised.

Primary endpoint: We have constructed a composite endpoint, tapping cognitive functioning in the lower as well as the higher spectrum of performance by combining two instruments; the Clinical Dementia Rating Scale, and The 10 word memory test. Endpoints will be assessed after 4 and 12 months, by a research assistant blinded to allocation. Secondary endpoints: Preoperative and postoperative delirium (according to the Confusion Assessment Method) Duration of delirium Severity of delirium (according to the Memorial Delirium Assessment Scale) The Barthel ADL Index Length of stay in hospital Cumulative mortality and causes of death.

Residential status: Short Physical Performance Battery, a simple test of mobility. Number of days in own home during the first 4 months incidence of dementia 12 months postoperatively (ICD-10-criteria for research)

Results: Analysis of the results will start in May 2012, when the last patient has reached the 4-months assessment.

Characteristics of patients and care pathways in an orthogeriatric unit. Results from a patient database with 2000 patients.

Professor MD Anette Hylen Ranhoff
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Co-authors: Nurse Mette Martinussen, Lund Frithjof

Background: It is increasingly common to care for older hip fracture patients in orthogeriatric units where orthopaedic care is combined with interdisciplinary geriatric care. The characteristics and needs of older hip fracture patients are poorly described. The aim is to describe the characteristics of these patients in order to better understand their need for care and rehabilitation.

Methods: This is an observational study based on a quality register for all patients >65 years in an orthogeriatric unit who are operated for a hip fracture. The unit covers 250,000 inhabitants in Oslo. The quality database includes demographic, medical, and functional data collected from routine assessment by the interdisciplinary team.

Results: From 2001 to 2011, 1903 patients, included 457 (24%) from long-term care institutions, were enrolled in the database. Mean age was 85 years (SD 7,2), 76% were female, and 80% had fallen indoors. Chronic diseases were registered in 68%, and 41% of the community-dwelling patients had pre-fracture cognitive impairment defined as IQCODE-SF ≥3.6. Complications were observed in 55%, the most common complications were need for blood transfusion (25%), delirium (21%), and urinary tract infections (18%). Post-operative orthopaedic infections were rare (3.2%).

Patients from long-term care were older (87 vs 84 years, p<0.001), more had American Society of Anaesthesiologists (ASA) score ≥3 (72% vs. 50%, p<0.001) and a higher number of chronic medical conditions (mean 2.2 vs. 1.6, p<0.001). Among community-dwelling patients, those who had fallen indoors were older mean age 85 vs 82 years), p<0.001. More were female (79 vs 67 %, p<0.001), had ASA score ≥3 (55 % vs 37%, p<0.001), more chronic medical conditions (mean 1.7 vs 1.3), larger impairment in pre-fracture ADL (pre-morbidity Barthel mean 114 vs 18.7, p<0.001), and lower cognitive function IQ-CODE 3.7 vs 3.3,p<0.001, and more complications during hospital stay 1.15 vs 0.74 p<0.001.

Conclusions: Older hip fracture patients in this orthogeriatric unit may be divided into three groups: patients who are relatively fit and have experienced outdoors falls (20%), frail community-dwelling patients who have fallen indoors (56%), and patients from long-term care institutions (24%). Different caring pathways are needed for these groups.
S3.4 Family carers in the welfare state
Chair: Tove Lindhardt

S3.4-1 12-06-2012, 16:00-17:30, Room 2
Assistive technology makes chance for family carers

Ocational Therapist Ingela Månsön
The Swedish Institute of Assistive Technology

In Sweden as well as in many other countries family carers are taking great responsibilities for the care of their relatives. In Sweden three quarters of all care and support are given by family members, and nearly a quarter of all persons in Sweden over 55 years are helping an elderly, sick or disabled person in their own home or at distance. That means that it is very important to support family carers and to consider their needs of support and help in a 24 hours perspective all year around. Since 2007, the Swedish Institute of Assistive Technology (SITAT) has, with support from the Swedish Government, the Ministry of Health and Social Affairs, carried out a development program Technology for Elderly. The goal is to support the development processes that will provide elderly people and family carers with better access to good and safe technology and services making their lives easier.

The program which consists of more than a 100 projects is being run in cooperation with companies, R&D-centers, municipalities and organizations for senior citizens in the areas of products, service development and information. The objective is to test and develop new technology for elderly and family carers. The development program has resulted in better knowledge for supporting family carers with assistive technology in their daily lives. Examples of lessons learned are e.g. - family carers do not have information about available and appropriate assistive technology matching their needs - assistive technology is making change for family carers as it makes them more safe, secure and self-reliant in their daily activities - family carers get assistive technology too late.

Information and communication technology (ICT) is one of several technologies that has been tested and developed for supporting family carers. One example is ACTION a computer communication system with internet, adapted information, education and support system. ACTION has been tested and evaluated in a project in a sparsely populated area. A model to facilitate information to family carers has been created and introduced in order to show how assistive technology can help family carers in various situations.

Methods and strategies for assessing the family carers needs of assistive technology have also been created and tested in the project. One of the main results from the project is that timing for the assistive technology intervention is critical if the assistive technology should be useful for family carers.

S3.4-2 12-06-2012, 16:00-17:30, Room 2
Support of carers of older people entering into and living in nursing home

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Co-author:
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Swedish Family Care Competence Centre

Family carers often express that making the decision for one's partner to move into a nursing home is one of the most difficult decisions they have had to make in their lives. The process is commonly associated with feelings of guilt, remorse and resignation, particularly for carers who have been caring for their relative over a prolonged period. Entry to nursing home continues to be largely in response to a crisis situation, as a result of a deterioration in the health of the older person and/or the physical and mental exhaustion of the carer. Carers are subsequently faced with having to adjust to the physical separation of their partner and to a re-orientation of one's roles as partner and carer. Finding ways to maintain relationships with their partner, participate in their care and life in the nursing home, develop relationships with staff and to re-invest in one's own life are common themes that are highlighted within the literature. Equally, there are issues for adult children who may play a deciding role in the decision-making process and who subsequently attempt to support both parents in various ways (Sandberg et al, 2001, Davies 2004).

This subject forms one of the prioritised areas of the Swedish National Family Care Competence Centre (SFMCC). Currently, 8 local blended learning networks (UBLN) in municipalities across Sweden, consisting of family carers, older people, practitioners, decision makers and politicians meet to share their experiences, learn from each other and discuss research results in the area. It is intended that this work will lead to them identifying and engaging in local practice development work.

Our presentation will begin with an overview of the research that has been carried out in the field and a description of the working method of UBLN which is based on the concept of Communities of Practice (Wenger, 1998). The main findings arising from the initial themed discussions across the networks will be presented and discussed with the audience. Finally, we will conclude with the main lessons learned from our collaborative project work thus far.

S3.4-3 12-06-2012, 16:00-17:30, Room 2
Frail elderly patients’ relatives - what role do they play during hospitalisation?

Senior Researcher Tove Lindhardt
Copenhagen University Hospital, Herlev

Background: Relatives of frail elderly patients have often played a significant role in managing the patient’s daily life prior to admission, and may have deep knowledge of the patient’s health and functional problem. Hence, they may expect to negotiate the care and treatment plan, particularly in relation to discharge, and their knowledge may improve decision-making, if asked for. But how do relatives experience the encounter with the hospital system, and what are their expectations for involvement? The aim of this study was to investigate this.

Method: A prospective, cross-sectional design was applied, using descriptive and comparative analyses. 180 relatives of elderly medical patients in a university hospital participated in a survey using a val-iated structured, self-report measure covering attributes, prerequisites, outcome and barrier- en- promoters for family in-hospital collaboration.

Results: Data collection is currently ending, and analyses are about to commence. Preliminary analyses in-dicate that relatives are heavily involved in pre-hospital caregiving activities and particularly the discharge is a crucial point for them. Many report guilt and powerlessness, and 40 % felt they had to ensure the patient sufficient care. Almost 50 % report experience with mistakes and insufficient care during the current and prior hospital stays. Relative’s knowledge of the patient’s situation was assessed in less than half of the cases, mostly at discharge. Half of the sample expected influence on in-hospital decision-making, but 70 % when it concerned discharge. While 14 % reported influence on decision-making, 21 % reported being informed about decisions; 38 % was satisfied with level of influence. Predictors for trust, wanting influence, and reporting guilt and powerlessness will be calculated and ready for the conference.

Conclusion: Hospital staff’s involvement of relatives is low, as is their information of relatives. Although all engaged in caregiving activities, relatives is a heterogeneous group and the sample is seemingly split in two halves - one reporting guilt and powerlessness and one not; and one expecting influence on decisions and one not.

S3.4-4 12-06-2012, 16:00-17:30, Room 2
Family care and grandmotherhood in the welfare state

MA, Pd.D. Anne Leonora Blaakilde
University of Copenhagen

Background: In a historical perspective carework has primarily been reserved for women. During the 20th century, the Housewife was a social construction in most Western welfare states, inaugurated by a system which, while conveying expectations to female unpaid work, prioritized female carework as a societal value free of charge. In late modernity, however, everybody is expected to contribute to the paid labor market, and the necessary tasks of carework such as child rearing, health and nutrition management in daily life, care of sick and dying persons etc., have turned into a site of contestation, since it has never been financially prized in a contemporary expectations to grandmotherhood in Denmark.
3.5 Centenarians in the past and present

Chair: Bernard Jeune

3.5.1 12-06-2012, 16:00-17:30, Room 3/4

Centenarians today: new insights on selection from the Five Countries Oldest-Old Project (5-COOP)

INSERM Research Director Jean-Marie Robine INSERM

The number of oldest old grew tremendously over the past few decades. However, recent studies have disclosed that the pace of increase strongly varies among countries. This present study aims to specify the level of mortality selection among the nonagenarians and centenarians living currently in five low mortality countries, Denmark, France, Japan, Switzerland, and Sweden, part of the 5-Country Oldest-Old Project (5-COOP). All data come from the Human Mortality Database, except for the number of centenarians living in Japan. We discuss three levels of mortality selection, a milder level in Japan, a stronger level in Denmark and Sweden and an intermediate level in France and Switzerland. These divergences offer an opportunity to study the existence of a trade-off between the level of mortality selection and the functional health status of the oldest old survivors which will be seized by the 5-COOP project.

3.5.2 12-06-2012, 16:00-17:30, Room 3/4

The Era of Centenarians - The Mortality of Swedish Oldest-Old

PhD Sven Dreyfahl Karolinska Institutet Co-author: HD Karl Modig

Between 1969 and 2009 Swedish life expectancy at age 80 increased by 2.01 years for men and 2.79 years for women. While the number of Swedish centenarians and the maximum age at death have risen dramatically, it is still unknown whether their mortality has declined as well. For our investigation we use individual-level data of all Swedes who reached age 100 between January 1, 1969 and December 31, 2009 (N=15,231). We estimated different measures of the average age at death. Our results indicate that the mortality rates for centenarians of both sexes remained remarkably stable over the 40 year period, even for the most recent years. This suggests that either the progress in delaying death has been limited to mortality at ages below 100, or that increasing heterogeneity among centenarians is concealing declining mortality rates.

3.5.3 12-06-2012, 16:00-17:30, Room 3/4

Use of medicines among centenarians in Sweden

PhD Student Jonas W. Wåtsson Aging Research Center Co-authors: Docent, Associate Professor Marti Parker Professor Johan Fastbom Professor Mats Thorslund Associate Professor Kristina Johnell

Little is known about the use of medications among very old persons. This study investigated pharmacological drug use in community-dwelling and institutionalized centenarians, nonagenarians and octogenarians using the Swedish Prescribed Drug Register. The register was linked to the Swedish Social Services Register and comprised 1,672 centenarians, 76,584 nonagenarians, and 381,878 octogenarians. Multivariate logistic regression analysis was used to analyze whether age was associated with use of drugs, after adjustment for sex, living situation and co-morbidity. With these adjustments, centenarians were more likely to use analgesics, hypnotics/sedatives and anxiolytics, but less likely to use antidepressants than nonagenarians and octogenarians. Moreover, centenarians were more likely to use high-ceiling diuretics, but less likely to use beta-blockers and ACE-inhibitors. Centenarians ‘high use of analgesics, hypnotics/septatics and anxiolytics may reflect a palliative approach to their drug treatment or that pain and mental health problems increase into extreme old age. Also, centenarians do not seem to be prescribed cardiovascular drug therapy according to recommended guidelines to the same extent as nonagenarians and octogenarians. Longitudinal studies will be needed to ascertain if this is an age or cohort effect.

3.5.4 12-06-2012, 16:00-17:30, Room 3/4

Using cardiovascular diseases and medicine consumption to describe morbidity in Danish centenarians

Associate Professor, Senior Consultant Karen Andersen-Ranberg

University of Southern Denmark

Although health in general deteriorates with advancing age, centenarians are generally perceived as survivors with better health than their age peers. The Danish 1895 birth cohort study was launched to describe the health of unselected 100-year-olds (N=275; n=207; 75%) through interview and objective examination, as well as health information from family doctors and national health registers. Since CVDs are the main cause of mortality we focus on the prevalence of objective CVD findings. General morbidity was assessed by use of drugs. Major CVDs were assessed by measuring blood pressure (BP; participation rate 69%) and electrocardiogram (ECG; participation rate 76%). Hypertension affected 52%. ECGs revealed a major pathology in 69%, ischimia 46%, atrial fibrillation/flutter 27%, and previous myocardial infarction 10%. Drugs were used regularly by 95% (mean: 3.9 drugpary; using 5 drugs: 38%). The most commonly prescribed drugs were those aimed at the cardiovascular (64%), alimentary (56%) and nervous systems (49%). Based on these selected findings we find the 1895-cobhort to have a high prevalence of CVDs. Moreover, drugs aiming at the cardiovascular system were similarly the most commonly prescribed drugs, but may reflect underdiagnosing of cardiovascular diseases in the oldest-old.

3.5.5 12-06-2012, 16:00-17:30, Room 3/4

Disability in Danish centenarians: comparing gender-specific data on ADL from surveys of birth cohorts 1895, 1905 and 1910.

Post Doc Sonja Vestergaard Syddansk Universitet Co-authors: Professor Kaare Christensen University of Southern Denmark Associate Professor Bernard Jeune Danish Aging Research Center

The number of Danes reaching 100 years has increased with more than 50% since 1995. It may be hypothesised that today more frail person reach the age of 100 than in earlier decades. We therefore examined whether this increase in survival has led to an increase in disability levels. We have earlier found that Danish centenarians born in 1905 had better ADL than those born in 1895, but only among women. We have now carried out a third survey of Danish centenarians born in 1910. Does the improvement for female centenarians in 2005 still hold in 2010? In all three birth cohorts, disability was assessed according to a modified version of Katz ADL and Arlind’s PAGL. In the 1895/1905/1910 cohort 273 out of 365 participated (75%), in the 1905/1910 cohort 225 out of 364 participated (63%), and in the 1910/2010 cohort 273 out of 442 participated (62%). The first cohort was interviewed and examined by the same geriatrician and nurse, the next two cohorts was interviewed and examined by trained interviewers. It seems that the improvement in ADL holds for 100-year-old women in 2010 but it did not improve further.
Tiredness in old age: Associated factors

S3.6-2 12-06-2012, 16:00-17:30, Room 12

Tiredness in old age: Associated factors and predictors in seven years

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Co-authors: MSc A-K Kivistö
PhD Marja Jylhä

The aim of the study was to investigate factors associated with self-reported tiredness in a sample of home-dwelling individuals aged 70 or older, as well as factors associated with the onset of tiredness during a 7 year follow-up period. The data are from the multidisciplinary prospective Tampere Longitudinal Study on Aging (TAMELSA) which started in 1979. Waves from 1999 and 2006 were used in this study. In 1999, 398 respondents out of the total of 429 (93 %) and in 2006 252 out of the total of 275 respondents (92 %) were interviewed. After the removal of proxy respondents and those lost-to-follow-up between 1999 and 2006, the sample in 1999 was 378 and in 2006 197. Altogether 113 respondents died during follow-up period. The study was conducted with structured questionnaires by personal interviews in 1999 and via telephone at follow-up. The respondents were asked whether they had felt tiredness during the last two weeks, categorized as tiredness often or rarely, and almost continuously and no tiredness (no, or occasionally). The covariates included gender, age, education, self-rated health, number of diseases, functional ability and depression. The prevalence of tiredness was 23 % with highest prevalence among the oldest age group. Feelings of tiredness increased among 15 % of the participants. Self-rated health and functional ability increased the likelihood of tiredness as did feelings of depression. Age was associated with tiredness independently but not in an adjusted model. Number of diseases was associated with the increase of tiredness over a seven year follow-up period. Tiredness alone was a significant independent predictor of mortality when age and gender were adjusted for, but not in the fully adjusted model. The study confirmed the connection of tiredness with self-rated health, functional ability, diseases and depressiveness. Rather than age as such, age-related changes in health and functioning seem to be connected with subjective feeling of tiredness.

Fatigability in basic indoor mobility in nonagenarians

S3.6-3 12-06-2012, 16:00-17:30, Room 12

Fatigability in basic indoor mobility in nonagenarians

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Objectives: Older adults’ subjective feelings of fatigue have been considered an important indicator of functional decline in old age. However, fatigue in the fastest growing segment of the old population, the oldest old, has not been reported before. The aim of this study was to evaluate the prevalence and associated health factors of indoor mobility related fatigability among nonagenarians.

Methods: The study is based on baseline data of The Danish 1905 cohort study on 92-93 year old persons (n=1181) who were independent of help in indoor mobility. Fatigability in basic indoor mobility was defined as a subjective feeling of fatigue when transferring or walking indoors. Other standardized assessments include self-report measures of medical history, as well as performance-based assessments of walking speed and maximum hand grip strength.

Results: In total, every fourth (26%) of the participants reported fatigability when transferring or walking indoors and fatigability was more common among participants living in sheltered housing as compared to those living independently (32% vs. 23%, p<0.001). Cardiovascular diseases, musculoskeletal pain in lower body, medications, walking speed and depressive symptoms were independently associated with fatigability.

Conclusions: In non-disabled nonagenarians, fatigability in basic indoor mobility is associated with many potentially modifiable health factors that should be taken into account when planning interventions to maintain independent functional ability and well-being among the oldest old population.

Fatigue and cardiovascular health: A study on aging Danish twins

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Fatigue has been shown predictive of ischaemic heart disease (IHD) in healthy middle-age men. The aim of this study was to investigate the predictive value of fatigue for IHD and poor cardiovascular health in healthy individuals aged 70 and older. The study population was drawn from The Longitudinal Study of Aging Danish Twins (LSADT). In total 1596 healthy individuals was followed 10-16 years through registers and 2-10 years by questionnaires. Kaplan Meier, Cox Proportional Hazard and logistic regression were used to analyse data. Fatigue was measured with the mobility-tiredness scale (Mob-T) and multivariable-adjusted models included age, sex, SEP, lifestyle factors and depression. IHD was defined as first hospitalization due to IHD (CD10: I20-I25) or death with IHD as primary cause. A poor cardiac health vascular profile was assigned to individuals who at questionnaire follow-up was loss to follow-up, had been hospitalized due to IHD, had self reported IHD related diagnoses or had developed mobility disability. Fatigue individuals had a significantly larger risk of being hospitalized due to IHD during the 10-16 years of follow-up (HR=1.47 (CI95%: 1.08-2.00)) and of having a poor cardiovascular health profile at 2: (OH=1.45 (CI95%: 1.80-1.90) and 4-year of follow-up (OH=1.55 (CI95%: 1.11-2.16), compared to older persons without fatigue. At 6-10 year follow-up we lacked study power as very few individuals sustained a good cardiovascular health profile. We concluded that fatigue in older cardiovascular healthy adults is an independent early predictor for development of subsequent poor cardiovascular health and even hospitalization due to IHD.

Telomere length - a molecular biomarker for fatigue.

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Fatigue is often present in older adults with no identified underlying cause. We suggest that cellular wear and tear due to oxidative stress and inflammation is an underlying factor to fatigue. We therefore hypothesized that LTL might be relatively short in those who experience fatigue since leukocyte telomere length (LTL) is known as a marker of cellular aging. We assessed 439 older Danish non-disabled twins. LTL was measured using Southern blots of terminal restriction fragments. Fatigue was measured by the Mobility-Tiredness scale based on questions on whether the respondents felt fatigued after performing six mobility items. We examined lifestyle factors, mental health and cognitive status, indicating fatigue. LTL was significantly associated with fatigue (p=0.023), showing an increase of 0.038 kB/fatigue score unit, i.e. LTL was longer in individuals who were less fatigued. Aging-related diseases and mental health did not explain the association, while lifestyle factors slightly influenced the association. Our results support an association between LTL and fatigue, suggesting cellular wear-and-tear as an underlying factor to fatigue.

Telomere length - a molecular biomarker for fatigue.
Oral Abstracts
Barriers to a person-centred care for older patients with cognitive impairment in acute care.

Author: RNT, MSc, PhD student Anita Nilsson
Umeå universitet

Co-authors: RNT, Professor, Birgit H. Rasmussen, RN, Associate Professor, David Edvardsson

Objectives: Older patients with cognitive impairment often receive acute care not corresponding to their individual needs. Person-centred care (PCC) is described as a model for high quality care taking the needs of the whole patients into account. Despite the known advantages it appears difficult to implement, practice and sustain PCC in acute care settings. The aim of this study was therefore to further explore barriers for PCC of older patients with cognitive impairment in acute care.

Methods: A total of 110 hours of ethnographic style observations were completed at a cardiology ward. The data analysis was inspired by the principles of grounded theory and based on different types of observations and interviews.

Results: Data analysis is under progress. Preliminary results show that barriers to PCC exist on several levels in acute care settings, namely the organizational, environmental and individual staff and team level. Consequences of the barriers observed point towards patients’ suffering from care, family being excluded from care and staff being frustrated. A theoretical model of barriers for PCC, its properties, consequences and care category will be presented at the conference.

Conclusions: Preliminary results show the complexity and interweavens of the barriers for PCC of older patients with cognitive impairment in acute care. Change processes, strategies and interventions must target underlying workplace and organizational factors as well as the individual healthcare staff.

Metabolic syndrome and associated factors among South Korean Older adults

Analysis of KNHANES 2007

Author: Professor Seung Youn Hong
Kangnam Univ

Introduction: Over the past decades, the number of obese as well as older population in South Korea has increased due to socioeconomic growth. Cardiovascular disease therefore becomes more prevalent which is now a leading cause of death and the development of components of the metabolic syndrome (METS) within this population has increased as well. A better understanding of the determinants of METs in older population might provide insight into preventive interventions for improving health and reduce the incidence of associated disease. However, little information is available about determinants affect METs in later life.

Objective: The aim of this study was to investigate the determinants for METs among older adults over 60 year in Korea.

Method: Dataset was obtained from the KNHANES 2007; a cross-sectional health survey of a nationally representative sample of non-institutionalized population. The prevalence of the METs as defined by NCEP ATP III, was determined, and factors associated with predisposition to the METs were analyzed.

Result: Total 897 older adults, 514(57%) females. 383(42.7%) males with a mean age of 69.75 years were included in this study. Among the 897 older adults, the age-adjusted prevalence of the METs was 22.7% for men and 42.4% for women. Higher BMI was associated factors for the METs regardless of gender. Smoking in men and economic inactivity, Medicaid beneficiary, functional limitation in women increased the odds of the metabolic syndrome.

Conclusion: METs is present in more than 34% of older adults in South Korea. Whereas current smoking and higher BMI were identified as independent modifiable risk factor of METs in men, other factors such as economic activity and functional limitation were also identified as risk factor of METs in women. Therefore, not only lifestyle modification but also modification of economic activity and functional limitation are required to prevent metabolic syndrome in older population.
Older volunteers help improve quality of life through out-of-home activity intervention among older people with severe mobility limitations: a randomized controlled trial.

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Genontology Research Center and Department of Health Sciences, University of Jyväskylä  
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The emphasis on home care has increased the number of home-confined and isolated frail people in the communities. The volunteers could provide recreation for such people. No earlier studies have examined the effects of voluntary work on the people served. We examined the effects of out-of-home individualized recreational activity intervention on quality of life (QoL) among community living older people, who have difficulty accessing the outdoors independently. Volunteering. Accessing to Outdoor Activities and Wellbeing in Older people (VOW) project (SRCTN5847832) was a randomized single blinded controlled trial (RCT) conducted in Jyväskylä, Finland, in 2008-2011. The inclusion criteria were: agree to participate in a RCT, age 65 or higher, severe mobility limitation, willing to increase outdoor activity and able to communicate normally. 125 people aged 67-92 years were interviewed at home and randomized into intervention or waiting list control group. The primary outcome is QoL measured with WHOQOL-BREF which includes the overall QoL (2 items), physical capacity (7 items), psychological well-being (8 items), social relationships (3 items) and environment (8 items). Each intervention group member was assigned a trained volunteer who assisted the participant in attending recreational out-of-home activities once a week for three months. The baseline characteristics of the intervention and control groups were comparable. In the intervention group, QoL total score increased on average 0.44 points (95% Confidence interval, CI -1.70, 1.58) while the control group QoL decreased on average -1.60 points (95% CI -3.45, 0.35; treatment Confidence Interval, CI, -1.70, 1.58) from baseline to 12 months. The baseline characteristics of the intervention and control groups were comparable. In the intervention group, the development of the recipients' functional level in relation to activities of daily living was inconclusive. We find no differences between the four municipalities with respect to the development of older peoples' psychological well-being. In both municipalities representing help to self-help we found a relative reduction in the amount of help granted than in the two other municipalities.

Conclusion: The outcome of focusing on help to self-help in providing practical and personal help on the recipients' functional ability with respect to activities of daily living is uncertain. This may be due to the fact that the principle has not been widespread in the home care organisation. An effect with respect to a relative reduction in the amount of help granted may be due to the assessment officers focusing more on what the applicants for help really are to carry out themselves.
Intergenerational relations materialized

The significance of older people's private possessions in residential care

Author: Catharina Nord

Linköping university

This presentation conveys results from an ongoing study of the significance of the private possessions that older people bring to their last home in residential care. The focus is on intergenerational relations embedded in the older person’s private assets and how these possessions represent the next of kin. The research is a qualitative study, with individual, semi-structured interviews as the main data collection method. Also, photographs were taken to document the interviewees’ rooms and assets. Eleven interviews were carried out with 13 older individuals who were in the age range of 60 to 99. The analysis was based on actor network theory and aimed to reveal how artefacts are included in networks in time and space in which personal relations are remembered, confirmed or symbolized. Several aspects of time are present in these networks: the past, the now, and the future are a field of associations with significant others. There is a need for an extremely restricted selection of things when the older person moves from an often substantially bigger ordinary home to the small bed-sitting room or flat that is normally available to older people in residential care. The things selected may represent the most valuable of an older individual’s possessions, perhaps not so much in economic value, but rather emotionally, practically and as a representation of the individual’s identity and life in which other individuals play and have played an important role. The results show who these significant others are and what types of artefacts represent older people’s relations with them. Furthermore, the results show how relations/artefacts are connected to the older person’s life-stories as well as their present day support and social life. The study concludes that family members from the past and present constitute the most important relations to an older individual in the very late phase of life in residential care. Most of the few assets that are brought to the last home are linked to them in a number of ways.

O1.3-2 11:50-12:10

The materialized connection of objects to other generations for elderly people living at home who are reducing their material room in old age

Author: Dr. Åsa Larsson

Linköpings universitet

In an earlier study regarding the oldest old and their daily life and doing it was found that many old people planned and reasoned about reducing their material room and getting rid of things. This process of reducing the material room is often called ’Casser maison’ and is the focus of an ongoing project consisting of three studies in which this process, disbandment of home, is studied at different points in later life transitions. In this presentation the focus is on how the possessions link different generations together, as described by elderly people who are not exactly at the point of changing their living arrangements but nevertheless are starting to think about, plan or are actually reducing the number of their possessions. Qualitative semi structured interviews regarding the disposal of objects in the home were performed with 13 elderly persons (age 72-93) still living in their own home and managing primarily by themselves. The continuing analysis shows that the objects mentioned as being of special value often have connections to their ancestors, especially grandparents, as the objects have been inherited from the grandparents, usually via the parents. At the same time these objects are things that the elderly with their grandchildren to continue to preserve for future generations of the family. The objects thus have important connections over several generations, from both the past and the future, to both ancestors and heirs of the elderly. Further elaborated findings and discussion will be presented at the conference.

O1.3-3 12:10-12:30

Cherished objects as materialized links between generations

Author: Anna Whitaker

National Institute for the Study of Ageing and Later Life, Dep. of Social and Welfare Studies

The presentation is based on data obtained from an ongoing qualitative study which aims to explore the symbolic meanings and functions of cherished objects among surviving children after sorting out the property and possessions left by a deceased elderly parent. Ten semi-structured interviews were conducted with twelve individuals - six men and six women - born between 1943 and 1969. This study is part of a larger project consisting of three studies, in which the aim is to study the changing meaning of personal possessions in later life transitions - a research field that is limited. An often unavoidable task for the next of kin of a deceased person is to take care of the estate, i.e. the home and/or personal objects that belonged to the deceased person. This process, which consists of sorting out objects of different types, can accommodate a range of considerations, negotiations and compromises around the possessions. It is about what should be thrown away, sold, given away, what to keep, and how retained things should be allocated. It is a process that is partly affected by the grief over the deceased, and partly by the relationship to the deceased and other relatives. A dominant theme in the study is how some of the saved and highly valued objects act as a kind of materialized link between past and future generations and serve as a tool to preserve memories of a relationship to the deceased. The presentation includes a discussion on how the surviving children’s experiences of taking care of the estate and inheritance elucidate how different objects are imbued with various meanings linked to early memories, the relationship to the deceased parent. The presentation shows that inheritance issues have complex emotional and family relationship dimensions - also in relation to future generations.

O1.4 Psychiatry, technology, BMI

Chair: Finn Rønholt

11-06-2012, 11:30-12:30, Room 2

Active outdoor in inpatient geriatric psychiatry - experiences and data from development of a model

Author: Dr. Marianne Thorsen Gonzalez

Diakonhjemmet University College

Co-authors: RN Marianne Larsen, PT Lara Miyshel, MHiCS Kari Midtbø Kristiansen

Objectives: To develop and test out a model for increased outdoor activities for older persons with psychiatric disorders. To explore how nursing students and the supervising staff supervising mutually experienced taking part in the active outdoor project as pedagogical clinical project.

Methods and theories: The Active Outdoor Project is scientifically underpinned by theories and research that recommend activities in general and outdoor activities in particular as supplementary treatment in preventing rehabilitation of mental disorders. In Norway all the region health authorities offer funding opportunities for projects that involve students, lecturers in colleges and universities and supervising clinical in clinical studies. Often these projects also involve projects that directly or indirectly involve patients or users in order to improve or develop clinical practice. The Active Outdoor Project is a 1 year project involving students in different activities like developing suitable activity programs, learning monitoring tools, and at the same time being involved in motivating and cooperating with patients during different activities during their clinical practice. The project, which has a descriptive mixed method design, started in August 2011 and will end in May 2012 with registration of activity of the patients and filling out open qualitative questionnaires for students and staff.

Results: By end of January activity is registered on 32 patients (Women: 19, Men: 13). Mean registration days are 22 (Range 1-63 days). Walks in the neighborhood (33%), sit outdoor on a bench (18%), excursions (10%) and shopping (7%) are the majority of outdoor activities. Women are in general more active than men, and older patients are more passive than younger patients. Likewise total activity is to a remarkable degree inversely correlated with age for men than for women, however not significant. The qualitative data from the students and staff are not analyzed yet, but will be provided on the conference.

Conclusion: Data further show that the most frequent activities chosen are walking and more “passive” outdoor activities. Care should be taken to consider age and gender in order to activate and perform activity programs suitable for specific subgroups.

11-06-2012, 11:30-12:30, Room 2
Quality registry in The Viken Research Network for Geriatric Psychiatry

Author: MSc Kari Midtbaa Kristiansen

Diakonhjemmet Hospital

Co-authors: MSc/Head of dep. Berhard Lorenzen, MSc/Head of dep. Bodil MckPerson, Head of dep. Tore Rast, Psych. Helene Skanse, Professor Knut Engedal, MD Inger-Marie Tjernæs, Head of unit: Trude Tegelene

Objectives:
- To enhance our knowledge of old persons with severe psychiatric disorders.
- To secure an optimal medical evaluation and treatment for old persons with severe psychiatric disorders.

Methods and theories: The Viken Research Network for Geriatric Psychiatry (VirGeP) has initiated a joint quality registry (QualGeP) for patients in five departments of geriatric psychiatry. In the Oslo region, each hospital alone is too small to develop their own research unit within this specific field, and the number of patients in each diagnostic category is too limited to secure robust and reproducible findings. A collaboration between several hospitals, however, could contribute to valid and reliable research and documentation. QualGeP contains standard information about our patients provided in an ordinary R&D project where simple gerontological devices are being developed.

The memory or reminiscence stick (mStick) is a biographical tool, on which personal documents are stored (e.g., family photographs and materials linked to hobbies and interests). It can be used for memory testing and training, and it provides meaningful entertainment to active elderly people. The health stick (hStick) is a modernized version of the so-called SOS Passport, on which various health-related data are saved for cases like acute illnesses or injuries. It also functions as a means for self-care and promotion of one’s own health, because comprehensive information on health behaviour may be saved on the stick.

These USB-based sticks represent user-driven technology that empowers rather than labels. Twelve pilots have been launched in the Lahti Region to examine user experiences. The pilots are investigated in a systematic manner to assess impacts and usability of the sticks. Data are collected by means of interviews, learning diaries, photographs, memos, and participatory observation. According to the results, the hStick is accepted and adopted by the users especially when it functions as a means for monitoring one’s own health, learning self-care and giving feedback (e.g., concerning physical exercise). The mStick prevents the world from becoming narrower which easily follows the deterioration of health in old age. It enables people who are confined to bed to be connected to other places and times. The stick may create “generational intelligence” by increasing intergenerational interaction and transmitting family history to younger generations. It also acts as an assistive device for care workers who organize reminiscence sessions and joint programmes. It helps to see patients as whole human beings – thus potentially renewing the care culture.

Results: The registration in QualGeP started 1 April 2011. By 15 September QualGeP had included 119 patients from all the participating departments, 29 from Oslo University Hospital, 42 from Akershus University Hospital and 29 from Diakonhjemmet Hospital. A total of 31 patients admitted to one of the departments were not included due to lack of consent from the patient or the next of kin. For 10 patients the consent was not provided or missaid by the staff. Therefore, out of 160 patients, 119 were included in QualGeP during the first 6 months. The staff reported the work with QualGeP to be challenging and time consuming, but also clinically relevant in their day-to-day contact with the patients. The data has not yet been registered electronically. Results will be provided before the conference.

Conclusion: So far 74.6 % of all patients were included at admittance, despite the start-up challenges with such a substantial initiative. QualGeP may be essential in facilitating research and ensure quality for the benefit of elderly patients with severe psychiatric disorders in the future.

ORAL 14

1.4-2  11:45-12:00

Sticks – Innovative Concepts for Memory Support, Reminiscence and Health Promotion

Author: Professor Antti Karisto

Department of Social Research, University of Helsinki

Co-authors: MÅ Fåvå Kuusinen, PhD Helinä Mellas, PhD Satu Pekkainen, PhD Rasa Valve

Human being is a biographical creature, whose memories are important resources in the later life. This is a starting point in a Finnish R&D project where simple gerontological devices are being developed. The memory or reminiscence stick (mStick) is a biographical tool, on which personal documents are stored (e.g., family photographs and materials linked to hobbies and interests). It can be used for memory testing and training, and it provides meaningful entertainment to active elderly people. The health stick (hStick) is a modernized version of the so-called SOS Passport, on which various health-related data are saved for cases like acute illnesses or injuries. It also functions as a means for self-care and promotion of one’s own health, because comprehensive information on health behaviour may be saved on the stick.

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Conclusion: So far 74.6 % of all patients were included at admittance, despite the start-up challenges with such a substantial initiative. QualGeP may be essential in facilitating research and ensure quality for the benefit of elderly patients with severe psychiatric disorders in the future.

1.4-3  12:00-12:15

Body Mass Index and Survival in the Very Old

Author: Dr. Anna Dahl

Department of Medical Epidemiology and Biostatistics, Karolinska Institutet

Co-authors: PhD Elizabeth Faith, PhD Marie Eriksen-Braxell, PhD Dennis Gerstorf, PhD Nilam Ram

Although the negative effect of being overweight in midlife is well researched and associated with negative health outcomes, the implications of weight in late life is less well understood. Most research has focused on current body weight in relation to health outcomes in late life. But current weight is only a snapshot. It does not tell the story of past weight and changes in weight. In the present study we aimed at evaluating both current body mass index (BMI) and changes in BMI with mortality across four Swedish studies in very old age, including 1581 persons aged seventy and above. About half of the sample (53.4%) were overweight or normal weight (BMI<25), 35.6 were overweight (BMI 25-29.9), and 12% were obese (BMI>30). Over a two year period 60% had a stable weight, 24.1% declined, and 15.3% increased as defined as a five percent change in BMI. Regression analysis of survival data based on the Cox proportional hazards model (the PHREG procedure in SAS) showed that relative to those persons being underweight/normal weight, both persons being overweight and obese have a relatively lower mortality risk. Likewise, relative to those with a stable BMI score, those with a 5% increase in BMI over two years have a lower mortality risk. Both being overweight or obese as well as weight gain in very old age are associated with survival. These findings add to the discussion whether there is a need for other weight recommendations in very old age.

ORAL 15

1.5  11:00-11:15

Functioning over time in persons with MCI

Patterns of everyday technology use and involvement in activities

Author: PhD student, OT reg Annicka Hedman

Karolinska Institutet

Co-authors: PhD, Professor Louise Nygård, Associate professor, Professor Ove Almquist, PhD, Associate professor Anders Kottorp

Objectives: Increasing demands of ability to manage everyday technology (ET) for participation in society is a potential dilemma for elderly. The aim of this study was to investigate patterns of functioning over time in elderly with mild cognitive impairment (MCI) mainly regarding perceptions of difficulty in using ET and involvement in activities.

Methods: A longitudinal study was conducted assessing 37 older adults with MCI on four occasions over two years. The Everyday Technology Use Questionnaire (ETUQ) was used to identify their perceptions of difficulty in ET use, and self-perceived involvement in everyday activities was rated using the Frenchay Activity Index (FAI). In addition, screening of mood state and cognitive function was done and conversion to dementia or not was followed. A person-oriented approach with visual inspection of longitudinal case plots was used to explore and analyze patterns of functioning over time.

Results: The preliminary results show that functional patterns in persons with MCI are heterogeneous over time: the participants could be categorized in three main patterns of functioning, characterized as ascending/stable, fluctuating/stable or descending/oscillating. More than half of the sample showed descending or fluctuating longitudinal case plots on the ET use variable, while activity involvement, depressive symptoms and cognitive functioning exhibited less fluctuation for the majority over time. In patterns with descending ET use the proportion of participants who converted to dementia was higher.

Conclusions: The results indicate that assessing perceived difficulty in ET use may capture sudden decline in functioning in persons with MCI, helping to discover needs otherwise at risk of being unattended. The results suggest that increasing difficulty in ET use might be associated with a higher risk of disease progression.
ORAL

O1.5-2 11:45-12:00

Evidence of sleep apnea in MCI/Mild dementia

Author: Dr. Jon Snaedal
Geriatric Department, Landspitali University Hospital
Co-authors: PhD Kristi Hannesdottir, Prof Thorarinn Gudnason, PhD Annir Avindsson, Atli Jósefsson

Background: The vulnerability of the brain to hypoxic conditions is well recognized. Sleep apnea (SA) is a sleep disordered breathing disorder characterized by fragmented sleep and abnormal pauses in breathing or shallow breathing accompanied by substantial drops in arterial oxygen saturation. The cardiovascular sequel is well documented and studies suggest that the cognitive and neuropsychiatric consequences of SA may be wide ranging including difficulties in memory, learning, concentration and language as well as symptoms of depression and anxiety. Sleep apnea is a common yet perhaps an under-diagnosed disorder in the ageing population. Thus early identification and treatment of this risk factor may be of key importance in this population. This study tested the hypothesis that SA is common in individuals with MCI or mild dementia.

Methods: 29 recently diagnosed MCI/mild dementia Memory Clinic patients with an MMSE score ≥ 23 points, participated. All participants underwent a standard overnight sleep apnea study at the Sleep Clinic patients with an MMSE score > 23 points, participated. All participants completed questionnaires on physical symptoms, daytime sleepiness and abnormal movements, oxygen flow and breathing patterns. Blood pressure, BMI as well as neck and waist circumference measurements were collected. Participants completed questionnaires on signs of SA such as physical symptoms, daytime sleepiness and snoring. Results: Of 29 participants, 24 (82.8%) had a mean apneahypopnea index of 15.49 ± 16.43 while females had a mean apneahypopnea index of 8.96 ± 5.98. Conclusion: There was a high frequency of SA in this small MCI/mild dementia population. Further research is needed to explore the occurrence of SA in this population, its relation to cognitive functioning and dementia progression and the effect of SA treatment.

O1.5-3 12:00-12:15

Occupational and Leisure Time Engagement at Midlife and Cognitive Functioning in Advanced Old Age

Author: Dr. Ross Andel
University of South Florida
Co-authors: Merrill Silversten, Ingmar Kareholt

Objective: To examine the interplay of occupational and leisure time engagement at midlife and its relation to cognition in advanced old age.

Methods: We used all 805 participants from SWEOLD, a Swedish nationally representative study of individuals aged 74+, with information about occupation and midlife leisure activity participation from 1968, and cognitive assessment (an abridged version of the Mini-Mental State Examin) administered in-person in 1992 and 2002. Occupational categories were matched to previously validated ratings for complexity of work with data, people, and things. The self-reported intellectual discretion at work was also assessed. Generalized estimating equations adjusted for repeated observations were used as some individuals underwent cognitive testing twice.

Results: Controlling for age, sex, education, and income, those with higher complexity of work with people (p<0.01) and greater intellectual discretion at work (p<0.001) were more likely to engage in leisure activity overall and specifically in political and mentally stimulating activity (p<0.05), but not in physical, cultural, or organizational activity (p>0.05). When overall, mental or political leisure activity scores were combined with each measure of engagement at work, the combination of high (above-median) leisure activity/high work engagement was consistently associated with better cognition in advanced old age controlling for age, sex, education, income and year of cognitive testing (p<0.001). High work engagement was not associated with better cognition when combined with low leisure activity (p>0.05), whereas high overall leisure activity was associated with better cognition even when combined with low work engagement (p<0.001).

Conclusions: Engaged life during midlife, whether through work or during leisure, is related to better cognition in late life. Engagement during leisure may compensate for lack of engagement at work but not vice versa.

O1.5-4 12:15-12:30

The joint association of physical activity and BMI in mid-life with cognitive function in late life

Author: Dr. Milan Guddjonsdottir
Landspitali University Hospital, Gerontological Research Institute
Co-authors: MD Sigurd Bjornsson, MD Bjarni Einarsson, MD Jon Snaedal, PhD Jane Sazynski, PhD Thor Aspelund, MD Vilmundur Gudbrands, MD Tamara B. Harris, PhD Lenore J. Lauret, MD Palvi V. Jonsson

Objective: To examine the long term joint effect of midlife PA and BMI on late-life cognition.

Methods and theories: Physical activity (PA) and body mass index (BMI) are associated with cognitive function. However, the long-term joint effect of midlife PA and BMI on cognition has not been extensively examined in an old population. A population based cohort (born in 1901–1935) of men and women participated in the Age, Gene/Environment Susceptibility - Reykjavik Study with an average of 25 years interval between midlife and late-life examinations. The four PA/BMI joint groups were defined as 1) No PA/overweight or obese (BMI >= 25), (NP10, 34%), 2) No PA/normal BMI (18.5 < BMI < 24.9), (NPAN, 34%), 3) PA/overweight or obese BMI (PAO, 15%), and 4) PA/normal BMI (PAN, 16%). Composite z-scores of speed of processing (SP), memory (MEM) and executive function (EF) were created from a neuropsychological test battery. Results: Analyses were based on 4777 participants (58% women, 42% men) after excluding people with dementia. Compared with the NPAO group (reference), PAO and PAN groups had significantly faster SP (PAO, beta = 0.19; PAN, beta = 0.25, p < 0.001), higher MEM (PAO, beta = 0.14, PAN, beta = 0.26, p < 0.001), and lower EF (PAO, beta = 0.11, PAN, beta = 0.12, p < 0.001), after controlling for demographic, behavioral, cardiovascular factors and apolipoprotein E genotype. However, no significant difference was found with NPAN group. Conclusion: Being physically active at mid-life even in persons who were overweight or obese BMI is associated with better cognitive function 25 years later.

O1.6 11:30-11:45

A Five-Year Panel Study of Relationships between Subjective Age and Mental Wellbeing in the Second Half of Life

Author: Marijke Veenstra
NOVA
Co-authors: Seenu I. Daatland, Astrid Spyde

Background: Wanting to be younger than one’s actual age may operate as a maladaptive identity strategy whereas feeling younger may serve as a compensatory, adaptive, strategy in terms of ageing processes. There are few longitudinal studies assessing the stability of subjective age in general and its relation with mental well being over time in particular. Hence, the direction of causality remains unclear and mental wellbeing may be a cause rather than a consequence of youthful identities. Objective: To assess stability and change in subjective age and its causal relation with mental wellbeing over a five year period.

Methods: Two waves of data from the NorLAG panel study from 2002 and 2007; a community-based panel study of Norwegians aged 40+ (N = 2,400). Mixed models were used to assess five-year stability of subjective ageing and its relation with socio-demographic characteristics. We used Structural Equation Modelling (SEM) to assess the direction of causality between domains of subjective age and mental wellbeing.

Results: On average, respondents indicated that they felt 7.2 years younger than their actual age at T1 and 6.7 years younger at T2. Similarly, they wished to be 16.3 years younger than their actual age at T1 and 17.4 years younger at T2. Five-year declines in subjective age scores were significantly greater for men than women. Preliminary SEM results suggest the presence of reciprocal causation in the relations between domains of subjective age and mental wellbeing. Wishing to be younger than one’s actual age has a negative effect on mental wellbeing five years later. Feeling younger than one’s actual age is associated with less depression five years later. Conversely, good mental wellbeing is associated with feeling younger five years later and less discrepancy between ideal age and actual age.

Discussion: Our results are in line with lifespan theories indicating that a younger subjective age perception is an adaptive strategy in ageing.

O1.6 Psycho-social well-being I

Chair: Boo Johansson
11-06-2012, 11:30-12.30, Room 12
ORAL 16

01.6-3 12:00-12:15

Older persons with borderline mental dis orders: risk factors in North of Russia

Author: Professor Andrey Soloviev
Northern State Medical University
Co-author: senior research fellow Ilya Ivanov
Co-authors: professor Elena Vlasenko, Victor Mestechko

Background: The present study was to investigate the association of social support, somatic health problems and socio-economic factors with psychological distress. We also examined changes in the association of somatic health problems and socio-economic factors with psychological distress after adjusting for social support.

Methods: A random sample of 4,000 persons aged 65 years or more living at home in the city of Murmansk was drawn. Questionnaires were sent by post, and the total response was 2,387. Psychological distress was assessed using the Hopkins Symptom Checklist (HSCL-10) and social support with the Oslo-3 Social Support Scale (OSS-3). Partial correlations were used, while associations were studied by logistic regression.

Results: After adjusting for socio-demographic and somatic health problems, we reported a statistically significant association between psychological distress and social support: “Number of close friends”, OR 0.61; 95% CI 0.47-0.80; “Concern and interest”, OR 0.69; 95% CI 0.55-0.84. A strong association between lack of social support and psychological distress, irrespective of variables adjusted for, indicated a direct effect. Social support had a mediating role between hearing impairment and psychological distress. Income was found to be an independent determinant for psychological distress and somatic health problems.

Conclusions: Lack of social support and somatic health problems were associated with psychological distress in older persons. It is likely that hearing loss, which is one of the most chronic somatic disorders in the elderly, leads to reduced social contact and support and therefore to increased psychological distress. The combination of poor social support, poor somatic health and economic problems may represent a vulnerable situation with respect to the mental health of older persons. Free interventions that highlight social support should be considered in mental health promotion.

Keywords: older adults, social support, psychological distress, somatic health, social inequality.

01.6-4 12:15-12:30

Shifts of normal aging phenotypes between young old and old-old. Findings from SONIC study.

Author: Dr. Yasuyuki Gondo
Osaka University Graduate School of Human Sciences
Co-authors: Takeshi Nakagawa, Yoshio Ishikawa, Dr. Masako Ogasawara, Dr. Kei Kaminata, Dr. Kazunori Ikobe, Yuki Masu, Dr. Nobuya Takayama, Dr. Yasumichi Arai, Dr. Ryutaro Takahashi

Objectives: Conceptualizing successful aging has long been debated in gerontology. To date three different successful aging models are the focus of discussion. These are: longevity without frailty (medical model), functional independence with social involvement (Rowe & Kahn's model), and psychological adaptation and well-being (Bailey's model) have been studied concurrently. Each model has advantages and disadvantages to apply for long elderly period (65-100), because different age groups have different characteristics in successful aging components. The aim of this study is clarifying functional status differences in 4 dimensions of successful aging components between young-old and old-old.

Methods: Community dwelling young-old (men 238, women 255, age range 66-72) and old-old (men 248, women 244, age range 79-81) participated in the invitation survey at the community centers. The participation rates were 25% (young-old) and 20% (old-old), respectively. We performed medical and dental checkups, cognitive tests, physical assessments, and interviews based mainly on questionnaires which included psychological and social variables.

Results: Simple comparisons of average scores for each variable between two age groups and sex were performed. As results, higher disease prevalence except for diabetes and lower physical and cognitive function were observed in old-old. However, psychological well-being (WHO-5, positive and negative well-being, and life satisfaction) were higher in old-old. Perceived social support was not different between the age groups, even although the number of people living alone increased in old-old.

Conclusion: Functional phenotypes of normal aging differ between young-old and old-old. Regardless of multiple losses of successful aging components in functional dimension, old-old maintain higher psychological well-being. This result indicates the existence of psychological process which enables them to compensate for functional losses. To consider successful aging model in future super aged society, we should focus more on the psychological adaptation and psychological developmental process as well as functional maintenance. Further studies including oldest-old and centenarians are needed.

01.7 Falls, risk and prevention
Chair: Susanne Stabel Gren
11-06-2012, 11:30-12:30, Room 13

Discursive constructions of falls prevention: discourses of active aging versus old age as disease

Author: PhD student Lotte Evron
Department of Communication and Psychology, Aalborg University
Co-authors: Dr. Arita Ulrich, Professor Lene Tanggaard

This study presents a discourse analysis of falls prevention among older people in a context of a falls clinic. Data are based on an empirical study of the ways in which fall prevention was realized and managed in a falls clinic at the political, recruitment and treatment level. Despite massive information and investment in falls prevention programs, many still drop out or decline to participate in such programs. The study explores how discourses cross swords in the domain of falls prevention. We identify two main discourses in the field: Discourses of active aging opposed to discourses of old age as disease. In discourses of active aging falls are constructed as preventable and not necessarily related to old age; in discourses of old age as disease falls are constructed as a disease of old age. Specific agent positions are created within discourses. Discourses of active aging construct self-responsible citizens who are physically active and motivated to participate in falls prevention programmes; discourses of old age as disease on the other hand construct “fall patients” who accept being passive in the health care system. Older citizens who are not in need of treatment or less physically active are excluded from the discourses. Future falls prevention strategies might try to invoke different perspectives on aging and physical activities to improve participation rates in falls prevention programmes.

01.7-2 11:45-12:00

Predictive validity and cut-off scores in four diagnostic tests for falls – a study in frail older people at home

Author: PT, MSc, PhD student Ulrika Möller Olsson
Lund University
Co-authors: RN, PhD, Associate Professor Ulf Jakobsson

Background: Healthcare providers need fall-risk assessment tools in order to be able to identify people at risk of future falls and to implement effective preventive interventions. Various
diagnostic tests to identify the risk of falls in older people should be used in different clinical settings. However, no study has investigated the predictive ability and cut-off scores for diagnostic tests used as part of an in-home assessment in frail older people. Aim: To investigate the predictive validity for falls and optimal cut-off scores in the Downs Fall Risk Index (DFRI), Timed Up and Go (TUG) and Romberg, Semitandem Romberg and Tandem Romberg tests (RT, SRT, TRT) used in in-home assessment of frail older people (65+ years). Method: Data were extracted from a randomized controlled study involving 153 participants (women 67 %, mean age 81.5 years [SD 6.3]). To assess the predictive validity baseline data of the diagnostic tests were used and data on falls were collected at the 6- and 12-month follow-ups. Youten’s index was used to assess the optimal cut-off score in each test. Results: None of the tests showed a high predictive validity. The optimal cut-off in DFRI was 3 with 79% sensitivity and 24% specificity and in TUG 12 seconds was suggested with 78% sensitivity and 37% specificity. However, the validity indexes were generally low and only 40-50% were correctly classified. The RT and SRT showed low sensitivity and few were able perform TRT. Conclusion: No test exhibited a high predictive validity. The acceptable sensitivity for DFRI and TUG indicates that these tests may be used to predict falls in in-home assessment of frail older people. Romberg tests are not recommended for use in predicting future falls in this context. To increase the predictive validity for falls in this context, the use cut-offs for DFRI and TUG suggested in this study as a part of a comprehensive fall-risk assessment tool should be investigated in future studies.

O1.7.3 12:00-12:15
Fear of falling and coexisting sensory difficulties as predictors of mobility decline in older women

Author: Anne Viljanen
University of Jyväskylä, Department of Health Sciences, Gerontology Research Center
Co-authors: PhD Jenni Kulytra, PhD Merja Rantakokko, MD, PhD Matkku Koskenvuo, MD, PhD Jalko Kaprio, PhD Taina Rantanen

Objectives: The purpose of the present study was to examine whether fear of falling (FOF) and sensory difficulties, either alone or together, are associated with walking difficulties in older women.

Methods: Data on self-reported FOF, difficulties in hearing, vision, balance, and walking 2km were gathered with a structured questionnaire among 434 community-dwelling women aged 63-76 years at baseline and after a three-year follow-up. Logistic regression models were used for analyses.

Results: Every third (n= 138, 32%) participant reported walking difficulties compared to those without FOF. In women with one sensory difficulty the age-adjusted OR for walking difficulties was 1.3 (95%CI 0.7-2.2), in those with two sensory difficulties 2.1 (95%CI 1.3-3.0), and in those with three sensory difficulties 3.5 (95%CI 1.7-7.3), compared to persons with no sensory difficulties. Persons who reported FOF and who had three sensory difficulties had almost five-fold age-adjusted odds (OR 4.7, 95% CI 1.9-11.7) for walking difficulties compared to those who reported no FOF and no sensory difficulties. Among the 290 women without walking difficulties at baseline, 54 participants developed difficulty in walking 2km during the three-year follow-up. Age-adjusted OR for incident walking difficulty was 3.5 (95%CI 1.6-7.8) in participants with FOF and with 2-3 sensory difficulties compared to persons without FOF and with at most one sensory difficulty at baseline.

Conclusions: Older women who have several coexisting sensory difficulties combined with FOF are particularly vulnerable to mobility decline. Avoidance of walking as a result of FOF is likely to be reinforced when multiple sensory difficulties hinder reception of accurate information about the environment, resulting in accelerated decline in walking ability.

O1.7.4 12:15-12:30
Title: Fall-related information seeking behavior among elderly internet-users

Author: Marjan Askari
AMC
Co-authors: S. Elami, S. Metelock, S. de Rooy, A. Abu-Hanna

Objectives: Falls form a major health problem for elders, and increasingly strain the healthcare system. It is conjectured that elders’ involvement in their own care is beneficial. The internet provides a promising instrument for empowering elders but their information-seeking behavior about fall is unknown. The aim of this study was to investigate this among fallers and non-fallers.

Methods: A survey was distributed among members of an association of elderly internet users. Solicited were demographic information; information seeking behavior; cause, consequence and prevention of falls. The questions were either dichotomous or designed on a 1 to 4 Likert-scale. Results of fallers and non-fallers were compared using statistical test. Results: Ninety-seven persons completed our survey. The average age was 72 years. 84% respondents reported internet use for finding health-related information, and 32% reported that they used a fall in the last 12 months. 65% fallers and 64% non-fallers (2031 vs 42/66, p=0.84) were willing to search fall-related information on internet. 28% fallers vs. 15% non-fallers have actually sought fall information (p=0.23).

The mean scores of fallers vs. non-fallers for having interest in receiving information about cause, prevention and consequence of falls were respectively, 3.0 vs. 2.1 (p=0.18), 3.4 vs. 2.8 (p=0.02) and 3.5 vs. 2.8 (p=0.01). This was for interest in having specific information for medications, conditions that increase the risk of falling, fall anxiety and self management respectively 3.1 vs. 3.0 (p=0.72), 3.3 vs. 3.2 (p=0.37), 2.7 vs. 2.3 (p=0.14), 3.1 vs. 2.9 (p=0.47).

Conclusion: About 2 out of 3 elderly internet users are interested in fall-related information. Fallers are especially more keen on receiving information on fall consequences and prevention than the non-fallers. There was no difference between the groups in receiving specific information. These findings can help the design of more effective fall-related media for the elderly.

O2.1 Geriatric patients II
Chair: Olafur Samuelsson
11-06-2012, 16:15-17:30, Plenum B10
O2.1-1 16:15-16:30
Clinical data in a new perspective; Cross sectional identification of the older acute medical patient in risk of readmission and death?

Author: Dr. Henrik H Klaauen
Clinical Research Centre, Copenhagen University Hospital, Hvidovre Hospital
Co-authors: Research Psychotherapist Mette Merete Pedersen, M.D PhD Ove Andersen, Card Scent Rh.D Inne Petersen

Objectives: Evaluation of clinical parameters potential to predict mortality and readmission among older acutely admitted medical patients.

Methods: Registry study on 3883 Danish citizens older than 65 years of age with an acutely medical admission to the emergency department of Copenhagen University Hospital, Hvidovre in the period of 01/01 – 31/12/2010. Patients with malignance diagnose were excluded. The cohort and the biochemical analysis data was retrieved from the hospital database. Data regarding death were retrieved from the Danish Civil Registration. We study associations between length of stay (LOS), primary admission diagnosis, co-morbidity and standard biochemical analyses on the outcomes of mortality and readmission within 30 days of discharge.

Results: Preliminary results: Of the 3883 elderly patients 42% were male. Mean age were 79 years. Mean LOS was 5.5 days. Within 48 hours from admission 54% were discharged. Among patients with no co-morbidity the 30 days readmission frequency were 12 % for LOS >48 hours and 16% if LOS > 48 hours. For patients with one or more co-morbidities the 30 days readmission frequency were 16 % for LOS >48 hours and 18% if LOS > 48 hours. Only 45% of the readmission diagnosis was identical with the primary admission diagnosis. We will extend these results with results from biornarkers, and use these in a cox regression to predict readmissions and death.

Conclusion: Usual information provide to the primary health sector at discharge is insufficient to identify the risk of readmission and death. We expect biochemical parameters can be clinical feasible parameter in risk assessment of readmission and death.
Nursing Assessment and Intervention to Geriatric Patients Discharged From Emergency Department

Author: MScN, PhD-student Elizabeth Rosted
University of Southern Denmark and University Hospital Aarhus
Co-authors: Research Manager, Dr.Med.Sci. Ingrid Poulsen, Associate professor, Dr M.Sc. Carsten Hendriksen, Professor, Dr. Ph. Lis Wagner

Background: Geriatric patients recently discharged from hospital are at risk of unplanned readmission and admission to nursing home. When discharged directly from Emergency Department (ED) the risk increases, as time pressure often requires focus on the presenting problem, although 80% of geriatric patients have complex and often unresolved caring needs.

Objectives: To examine the effect of a two-stage nursing assessment and intervention to address the patients uncompensated problems given just after discharge from ED and one and six months after.

Method: We conducted a prospective, randomized, controlled trial with follow-up at one and six months. Included were patients ≥70 at increased risk of readmission and functional decline (had an ISAR score of 2-6 points) and discharged home in the period 16th of February 2009 to 31st of January 2011, N=271.

Intervention: A nurse did a brief nursing assessment in the period 16th of February 2009 to 31st of January 2011, and readmission to ED could be a way of discovering geriatric patients’ unresolved problems and preventing further functional decline in the ED.

Methods: The method of assessment used in the fast track is MEETTS (Medical Emergency Triage and Treatment System). The inclusion criteria is over 80 years of age, green triage according to MEETTS with one exception: saturation down to 90% is accepted. Green triage means vital parameters as follows: alert, saturation: 90-95% without oxygen, normal respiration, pulse: 50-150, temperature: 35-38.5 degrees C, no alarm symptoms. Ambulance nurse is phoning senior physician in charge for decision about hospitalisation.

Results: The fast track from ambulance to geriatric care unit was introduced on February 15th 2010. After one year: 120 patients. 79 in the control group. Middle age is 88 years old in both groups. Gender distribution: about 60% women and 40% men. Cause of admission (fast track): 35% general weakness, 13% fall from ambulance to a geriatric unit. Time to doctors’ assessment in the fast track is 42 minutes (fast track) and 147 minutes (Emergency Room). Total time at the ER was mean 312 minutes. Total value of this fast track is 5.5 hours earlier to the hospital bed.

Conclusions: It is possible to admit older frail patient directly from ambulance to a geriatric unit. Time to doctors’ assessment can be reduced with 1½ h. The fast track is an important improvement, with a large value for the elderly, while maintaining medical safety. We can already conclude that the fast track to a geriatric unit will be a future important part of the emergency medical service, to meet the need of the elderly.

The Cumulated Ambulation Score for the evaluation of basic mobility in geriatric wards

Author: Senior Researcher Morten Tange Kristensen
Department of Physiotherapy and Orthopaedic Surgery, Hvidovre University Hospital
Co-authors: PhD-student Thomas Linding Jakobsen, Physiotherapist Jesper Westphal Nielsen, Geriatric Consultant Lillian March Irgersen, Section Leader Robert-Jan Nienhuis, Physiotherapist, Development Line Rikke Sønder

Objectives: To assess the feasibility of The Cumulated Ambulation Score (CAS) for the evaluation of changes in basic mobility in a geriatric ward.

Methods: The CAS assesses basic mobility defined as; getting in and out of bed; sit to stand from a chair and walking, with a score from 0-6 (a score of 6 indicative of independent mobility).

Results: A total of 101 consecutively admitted patients (74 women, 27 men) with a mean (SD) age of 84.9 (7.2) years, were included. The primary reasons for hospitalisation were medically illness (n = 56, 55%), falls or decreased functional level (n = 42, 42%) and surgical illness (n = 3, 3%). Number of patients independent in basic mobility increased significantly (P<0.001, Figure), after a mean of 17 (12) days in the ward. Fewer patients were independent in bed transfer as compared to chair and walking (Figure). Those not independent in basic mobility upon admission (CAS=0) died more often during admission (7 out of 8 who died), and were more often not discharged to their own home (13 out of 19 not discharged to own home) as compared to those independent (CAS=6) upon admission.

Conclusions: The CAS is a feasible tool for use in a geriatric ward to evaluate changes in basic mobility for the majority of patients, and recommended to be used, nationwide in geriatric wards. It seems as if specially training of “bed” independence should be given a higher priority. Additionally, the CAS may be useful in predicting patients at risk of dying, or not being discharged to their previous residence.

On the Threshold - Older Persons' Concerns Related to Hospital Discharge

Author: Doktorand Felicia Gabrielson-Jørhult
School of Health Sciences
Co-author: Docent Per Nilsson

Background: Discharge planning is a communicatively complex process, the aim of which is to identify and organize care and support to meet older persons’ needs after discharge from the hospital. However, the concerns experienced by older persons in the discharge process have been studied insufficiently. The purpose is to avoid moving elderly patients between different care units within the hospital.

Methods: The method of assessment used in the fast track is MEETTS (Medical Emergency Triage and Treatment System). Methods: the method of assessment used in the fast track is MEETTS (Medical Emergency Triage and Treatment System). The inclusion criteria is over 80 years of age, green triage according to MEETTS with one exception: saturation down to 90% is accepted. Green triage means vital parameters as follows: alert, saturation: 90-95% without oxygen, normal respiration, pulse: 50-150, temperature: 35-38.5 degrees C, no alarm symptoms. Ambulance nurse is phoning senior physician in charge for decision about hospitalisation.

Results: Three themes emerged from analysis of the data, labeled “striving to attain security”, “striving to regain independency” and “recognizing the need for further care”. One person could express more than one concern. Many of the older persons being discharged from hospital raised somewhat conflicting concerns insofar that they wished to be independent and get back to a normal everyday life concomitant to realizing that they had to accept a certain amount of care and support to attain security.

Conclusions: The hospital discharge process brought strain and uncertainty to many older persons. Their main concerns were related to how support and care could be organized as to achieve an acceptable balance between their strive to regain independency and their wish to receive enough care and support to attain security in their post-discharge everyday life. It is possible to admit older frail patient directly from ambulance to a geriatric unit. Time to doctors’ assessment can be reduced with 1½ h. The fast track is an important improvement, with a large value for the elderly, while maintaining medical safety. We can already conclude that the fast track to a geriatric unit will be a future important part of the emergency medical service, to meet the need of the elderly.
O2.2 Social and health care
Chair: Sigurður Sigurgeirsdóttir
11-06-2012, 16:15-17:30, Plenum 9/11

Dilemmas in home nursing care and for elderly based on analysis of health care reform in Denmark

Author: Ulla Skjødt
University College Sealand

Abstract: Dilemmas in home nursing care and for elderly based on analysis of health care reform in Denmark. The effort is to produce understanding and dialogue about how management tools can create paradoxical scenarios in the municipal organisation in daily work for the community nurses and for elderly who are in need for home nursing care.

Methods: The method is qualitative deductive content analysis of political material. The chosen material is analysed in connection with organisational management tool and changes of the welfare society and how this has an impact in a nursing and an elderly perspective. The theoretical framework consists of five categories: character of the management tools, paradox of the management tools, home nursing care between market economy, science and professional judgement, elderly between reality, continuity of care and standardisation and self-determination of the elderly. Research questions are formulated within each category with which the material is coded focused and systematic.

Results: Estimated to bring out themes to explain how the presumptions are embodied in the aim of the study. This project is a part of a Ph.D. study in the context of New Public Management regarding impact on professional nursing in society and elderly in need of home nursing care.

Author: Presenter, Ulla Skjødt Mc.ethics and organisation, Diploma in nursing, Diploma in management, RN Supervision: Britta Hordam, Ph.D., Merete Bender Bjernum, Ph.D.

O2.2-2 16:30-16:45
Support to elderly care nurses – developing a knowledge centre

Author: Dr. Lena Olai
Dalarna University

Objectives: Nurses working in elderly health care in the municipalities needs a broad competence. They have to deal with an extensive range of health problems, co-morbidity, medical and nursing treatment, supervision of patients, relatives and staff. They also have to follow national guidelines (NG) and evidenced based methods (EBM) and documenting the care process in patients’ journals. The aim of the Knowledge Centre (KC) is to provide support and coordinate work and care development, based on research and evidence based practice.

Methods: All 15 local authorities in the county of Dalarna and Dalarna University have developed a KC for elderly health care. A Senior Lecturer (SL) will supervise and develop the work in close collaboration with the nursing staff. The first step was identifying the nurses’ needs, and that process is still in progress. The second step was working in small groups under the supervision of the SL. Local care programmes, and working routines from all authorities, together with NG’s and EBM’s, were compiled and developed to update regional care programmes, in consensus.

Results: As of date, the work has contributed to a production of documents in nursing care related areas such as patient security, implementing guidelines, routines for delegating health care duties to unqualified staff, mentor-program for newly employed registered nurses, and networks for nurses. The production of documents produced by the KC is available on a Swedish web-site www.du.se/kommunalvardutveckling with free access. The work has generated a number of suggestions for student thesis for nursing students as well as for researchers. The KC has contributed to cooperation between nurses in different authorities.

Conclusions: The KC successfully contributes support regarding processes and structures for knowledge dispersion and practical issues with special focus on elderly care nurses.

O2.2-3 17:00-17:15
The view of illness of older persons with diabetes mellitus

Author: Dr. Tassana Choowattanapakorn
Chulalongkorn University
Co-author: Saipin Suriyawong

Diabetes mellitus is becoming a constantly increasing common chronic disease. Although many projects focus on solving this growing health problem, it still remains illusive. The important factors now being looked at are the differences of understanding of the illness and the health behaviors between persons with diabetes and health professionals. This study combined quantitative and qualitative approaches that investigated the view of older persons with diabetes in Chiang Rai Province, Thailand. Quantitative data were collected from 100 purpose sampling questionnaires. Data were then analyzed by frequency and percentage. Findings revealed that most older persons had high levels of knowledge about diabetes mellitus and self care behaviors (17.92%). Content analysis was used to describe qualitative data from 20 in-depth interviews. Five themes with subthemes emerged:

1) Perceived causes: eating too many sweet foods and monosaccharide glutamate, excessive eating, caused by genetics

Swedish nursing assistants (NA) provide most of the daily care and can observe subtle changes that may be early signs of infection. Outcome of good care is depending on the clinical decision making process and communication between professions. A possible contribution of NA’s observations, or their part in the clinical decision making process has not been earlier studied. Purpose: To explore early nonspecific signs and symptoms of infection in NHR and the decision making process, as described by NA. Method: Focus groups with 21 female NAs. The interviews were analysed with qualitative content analysis for manifest and latent content, with no preconceived categories. Findings: NAs described nonspecific signs and symptoms of infection as two exclusive categories. It is not as usual explained general signs and symptoms, i.e. discomfort, unrestrestrained behavior, aggressiveness, restlessness, confusion, tiredness, feebleness, decreased eating. Seems to be ill related to signs and symptoms of established infection in terms of fever and pain or more specifically to specific infections. Confusion, aggressiveness, feebleness and decreased eating were significantly more frequent when an infection was suspected. The NA wished for partnership in the decision process with the nurses and the doctors. Their decision making process and choice of action was influenced by personal experiences and preconceptions, external support system, clinical experience, information search, reasons for choice of action and feedback from the nurse and physician. Conclusion: NA have a keen observational ability to detect early signs that might help to confirm suspected infections in NHR early on. Nurse’s and physician’s response to the NAs observations had great impact on their further actions.

Follow up and evaluation process:
O2.3 Images of ageing  
Chair: Myra Lewinter  
11-06-2012, 16:15-17:30, Room 1

O2.3-1  16:15-16:30
Constructions of age in variety of cultural contexts and the consequences for leading an ageing workforce

Author: Professor Cordula Braedel-Kühner  
Karlsruhe University International University

The increasing diversity of an ageing workforce demands leaders to support an open (non-stereotypical) attitude towards growing old and a willingness to reflect on ageing as an element of diversity. Objective of this explorative study is to increase understanding of the leaders’ perception of ageing in different cultural contexts.

The leadership concept, our study is based on, is the concept of individualized, age-related leadership (Braedel-Kühner, 2005; Braedel-Kühner & van Elst, 2011, Ilmarinen, 2002). The perception of one’s own ageing depends on cultural and social influences, on images of age and ageing. The concept considers the meaning of the construction of age and ageing in the context of an individual and interactive leader-employee relationship as well as in the evolving collective understanding of leadership. This research drawn on Max Weber's social closure theory and Niklas Luhmann’s inclusion/exclusion theory to explain age discrimination and unequal treatment as a cultural or ideological process (Weber et al., 1978; Roscigno et al., 2007). We used a mixed method research using a quantitative questionnaire (n=395) study and semi-structured interviews (n=24). The data (from Finland, Germany, Italy and Switzerland) was analysed by an exploratory principle component analysis and by deductive and inductive content analysis. It was possible to detect cultural differences in perceptions of the leaders. When reflecting their own ageing the leaders mentioned strategic and social leadership abilities, work ethics, mental and physical capacities. When reflecting the ageing of their employees in addition they described the attitudes towards change. For leaders it is important to reflect on the own ageing process, on finiteness and also to develop a realistic attitude towards own ageing. Knowledge about diverse and differentiated images of age in a corporate, social or private context is essential for behaviour towards ageing workforces.

O2.3-2  16:30-16:45
"As time goes by"?  
A contribution to the discussion of time in the study of ageing

Author: Dr. Myra Lewinter  
Department of Sociology

The concept of time seems intrinsically related to the study of ageing. Yet there is an uncomfortable feeling among people working with social science and humanities approaches to ageing with the linear conception of time that dominates current discourses. Baars wants to integrate the chronological approach towards ageing with personal experience and narrative articulations of time. However, thoughtfully, this approach doesn't seem to break the dominance of linear time. This paper will first argue that the current linear approach to time has deep roots in history and society and is deeply constructed by western societies. Next the paper will seek to complement this dominant discourse with a complementary one consisting of four elements of time: individual, social, symbolic and infinite time. These will be elaborated and developed so that they can be used in research on ageing in order to understand individual experience of ageing within a socially structured time frame.

O2.3-3  16:45-17:00
Older people on the agenda

Author: Dr. Kiri Lumme-Sandt  
University of Tampere

Population is ageing and issues concerning older people are dealt with regularly in daily news. The images of old age and older people presented on the media have a significant role on shaping both our understanding of the role of older people and meaning of old age in the society.

The aim of this presentation is to look at what is written about older people and population ageing on editorial pages of two Finnish leading newspapers, Helsingin Sanomat and Aamulehti. The data is collected during three separate months in 2011 and 2010 respectively. The analysis of the data was descriptive and differential (Chi-square), showing frequencies, tendencies over time and variations across subgroups.

Results: Our results showed a minor decline in self-reported age discrimination. Respondents reported age discrimination less frequently in 2010 compared to 2005. We show a reappearance pattern of declining age discriminatory expectations in the 8 studied domains. Respondents reported negative expectations less frequently, and positive and neutral expectations more frequently in 2010 compared to 2005.

Discussion: Our discussion is committed to interpreting the empirical tendencies that are observed in the data. We delve into tentative interpretations of design effects, political rhetoric (in a wide sense) and ageing awareness, and the individualisation of society.

O2.3-4  17:00-17:15
Conceptions and tendencies of age discrimination among elderly people in Finland and Sweden

Author: Fredrik Snellman  
Umeå University

Co-authors: PhD Mikael Nygård, PhD Susanne Jungstam

Objective: Ageism in its narrower meaning age discrimination is scrutinised in this article. We aim to examine tendencies in the conceptualisation of age discrimination among older adults in Finland and Sweden. We study whether the awareness of having faced age discrimination in the past as well as expectations of future age discrimination are shifting over time. Our study departs from theories that scrutinise the changes in an ageing society (modernisation theory and individualisation) and from age discriminatory tendencies shown in the Eurobarometer.

Method: Identical items on self-reported age discrimination, and, conceived views (discriminatory expectations) of elderly people in 8 domains of society were surveyed in the GEROA study in 2005 (n=3370) and repeated in 2010 (n=6638). The respondents in our study were 65 and 75 years of age in the two years respectively. The analysis of the data was descriptive and differential (Chi-square), showing frequencies, tendencies over time and variations across subgroups.

Results: Our results showed a minor decline in self-reported age discrimination. Respondents reported age discrimination less frequently in 2010 compared to 2005. We show a reappearance pattern of declining age discriminatory expectations in the 8 studied domains. Respondents reported negative expectations less frequently, and positive and neutral expectations more frequently in 2010 compared to 2005.

Discussion: Our discussion is committed to interpreting the empirical tendencies that are observed in the data. We delve into tentative interpretations of design effects, political rhetoric (in a wide sense) and ageing awareness, and, the individualisation of society.
O2.4 Nutrition and vitamin status

Chair: Anne Marie Beck
11-06-2012, 16:15-17:30, Room 2

Nutritional risk (NRS2002) and low BMI was associated with increased mortality for patients in a university hospital. A one year follow-up.

Author: Randi J Tangvik
Haukeland University Hospital
Co-authors: Professor Anne Berit Guttormsen, Professor Grethe S Tel, Biostatistician/FYH Rad Major, Nilsen, Statistician Andreas Hennix, Professor Anette Hylæn Rainell

Background and Aims: Disease related malnutrition is common in hospitalised patients and is associated with adverse outcomes.

To improve nutritional care and practice at Haukeland University Hospital, Bergen, Norway, a nutritional strategy was developed and a campaign entitled “Good nutritional practice” was introduced. Screening for nutritional risk was introduced to identify patients in need of improved nutritional care.

The aim of this study was to investigate, by one-year follow-up, risk factors and consequences for patients at nutritional risk according to Nutritional Risk Screening 2002 (NRS2002).

Methods: During eight repeated point prevalence surveys in 2008 and 2009, a total of 3280 adult somatic inpatients were screened by NRS2002. Patient characteristics and data on one-year mortality were obtained from the patient-administrative database.

Results: Of 3280 screened patients, 29% (952) were identified to be at nutritional risk (at risk). These patients were more often women than men (53.5% vs. 46.5%, p=0.007), in average 6.2 years older (67.8 years vs. 61.6 years, p<0.001), had a lower mean BMI (24.1 vs. 26.9, p=0.001) and more comorbidity (24.8% vs. 12.3% with eight diagnoses or more, p<0.001).

Compared to patients not at nutritional risk (not at risk), the patients at risk had increased mortality (OR=4.65 (3.87-5.58)), even after adjusting for age, sex and illness score (OR=2.13 (1.42-3.18)). Near half of the patients at risk, who were 60 years and older, died the following year. For patients aged 40-60 years, mortality was four times higher among patients at risk, compared to patients not at risk.

BMI was associated with reduced mortality at one year follow-up, compared to the lower BMI categories.

Conclusion: Nutritional risk identified with NRS2002 was associated with increased one-year mortality. Higher BMI was associated with reduced one-year mortality. Strategies to prevent and treat malnutrition in the hospital and post-discharge are crucial.

O2.4-2 16:30-16:45

Trends in nutritional status and caring practices among service house and nursing home residents in Helsinki 2003 - 2011

Author: Dr. Helena Soimi
SERVICES FOR ELDERLY CITY OF HELSINKI
Co-authors: PhD Seja Muurinen, DSc Merja Suominen, PhD Niina Savikko, Med. student Marjo Halttunen, MD, PhD Kasu Pitkälä

Aims: The aim of this study is to compare the older nursing home (NH) residents’ and service house (SH) residents’ nutritional- status in 2003 and 2007, respectively, with that of residents in both settings in 2011.

Methods: In 2003 and 2007 we assessed the nutritional status all NH and SH residents in Helsinki, Finland and repeated the assessments in these settings in 2011. In 2003, 2114 (87%) NH residents and in 2007, SH residents, 1475 (87%) were assessed, whereas in 2011, 1586 NH residents (86%) and 1932 SH residents (62%) were assessed with a personal interview and with the Mini Nutritional Assessment (MNA).

Results: The mean age of both later cohorts was higher in 2011 than in 2003 (NH: 84.4 vs. 83.7 and in 2007 cohorts: SH: 84.2 vs. 82.7, respectively). A larger proportion had dementia in 2011 cohorts than in 2003 (NH: 76.0% vs. 69.4%, p<0.001) and in 2007 (SH: 69.5% vs. 59.3%, p=0.001). A larger proportion of later cohorts were either malnourished or at-risk of malnutrition according to the MNA than in 2003 (NH: 93.4% vs. 88.7%, p<0.001) and in 2007 (SH: 81.9% vs. 78.0%, p<0.001). The use of nutritional supplements was significantly more common among the later cohorts than in 2003: NH: 11.1% vs. 4.8%, p<0.001 and in 2007: SH: 10.7% vs. 3.1%, p<0.001. The same applies to the use of vitamin D supplements (NH: 78.1% vs. 32.9%, p<0.001), (SH: 68.7% vs. 60.2%, p=0.001).

Conclusions: In 2011 institutionalized resident population in Helsinki is more frail, prone to malnourishment and suffer more often from dementia than 4-8 years ago. Institutions seem to be more aware of good nutritional care of vulnerable older people although there is still room for improvements.
Vitamin B6 deficiency and diseases in elderly – a study in nursing homes

Author: MD Ida Kindsbakk Jensen
Norwegian University of Science and Technology

Co-authors: Ida K Jensen, MPH, Gunnar S Fossen, MSc Solveig Ljigard, Prof Per Gr Farup

Background: Malnutrition, vitamin deficiencies and diseases are common in elderly.

Objectives: Assess the prevalence of vitamin B6 (B6) deficiency and the associations between B6 deficiency and diseases in elderly.

Methods: Residents in five nursing homes with 190 beds were invited to this cross-sectional study. Demographics, nutritional status (Mini Nutritional Assessment MNA® score; range 0-30, < 17 = malnutrition, 17-23.5 = risk of malnutrition), activities of daily living, physical activity (steps per day), dietary habits, all use of drugs, and psychiatric and somatic diseases were recorded. A blood sample including B6 (p-PLP) was collected, and p-PLP values < 20 nmol/l indicates B6 deficiency in elderly. The participants or their next of kin gave informed consent. Results are given as mean with SD.

Results: 61 residents (men:women: 22:39) with a mean age of 85.3 (6.3) years and BMI 25.7 (4.5) kg/m² were included. MNA® score was 21 (3.6); malnutrition and risk of malnutrition were present in 12% and 62%, respectively. Dietary intake of B6 (mg/day) in men and women were 1.60 (0.30) and 1.18 (0.31), respectively. B6 deficiency was not associated with any somatic and psychiatric disorder, and not observed in subjects given vitamin supplements.

Conclusions: B6 deficiency was present in half of the residents and associated with inactivity and malnutrition, which together with low values for ALAT and albumin are reminders for vitamin B6. Although no association was seen between B6 deficiency and somatic and psychiatric diseases, vitamin supplement should be recommended for frail elderly in nursing homes.

O2.5 16:15-16:30

Social relations and mobility-related fatigue

Author: MD, phD, assistant prof Charlotte Nilsson
Section of Social Medicine, Department of Public Health, University of Copenhagen

Co-authors: MD, phD, associate prof: Rikke Lund, Professor: DMSc Kirsten Axkild

Weak social relations are predictive of mobility limitations and functional disability. It has not been studied if social relations are associated with self-reported mobility-related fatigue, which is an important predictor of mobility limitations and disability.

Objectives: To study the effect of cohabitation status, social participation and satisfaction with one’s social relations on 1) onset of mobility-related fatigue in mobility activities after 3- and 4-years in a cohort of older adults, and 2) changes in fatigue between 3- and 4-year follow-up.

Methods: Danish Intervention Study on Preventive Home Visits, constituted the study population. Data were collected by mailed questionnaire in 1998/1999, 2001-2002 and 2003. Logistic regression and multinomial logistic regression analyses were performed. Analyses were stratified by gender and adjusted for age, financial assets, and feeling down or aggressive without a specific reason.

Results: Compared to men with high social participation, men with low social participation had significantly increased odds of onset of mobility-related fatigue after 3- and 4-years (OR 95% CI: 1.09-2.09), and also significantly increased odds of developing fatigue or sustained fatigue between 3- and 4-year follow-up. Compared to women who were satisfied with their social relations, women who were unsatisfied with their social relations had significantly increased odds of onset of mobility-related fatigue after 3- and 4-years (OR: 1.51 (1.09-2.09)), and also significantly increased odds of developing fatigue or sustained fatigue between 3- and 4-year follow-up.

Conclusions: Some aspects of weak social relations appear to increase the risk of mobility-related fatigue among older adults, but might vary according to gender. Social relations might thus have an effect on the earliest steps in the disablement process.

O2.5-3 16:45-17:00

Alcohol consumption among men and women

The impact of education, values and urbanization

Author: Dr. Britt Stagsvold
NOVA- Norwegian Social Research

Co-author: Researcher Ivar Lima

Objectives: Alcohol consumption is increasing in the elderly population in Norway, especially among elderly women. Because a higher consumption will lead to relatively more people with problems related to alcohol, the situation has become a source of public health concern. Higher alcohol consumption is assumed to be associated with modern ways of life. How strong are these associations? Are they equally strong among men and women? More specifically we explore the relationship between alcohol consumption and three aspects related to modernization; education, values and urbanization.

Methods: The analyses are based on cross-sectional data from the Norwegian NorLAG and LOGG study in a sample of 698 men and women aged 40 to 85. Data were collected in 2007-08.

Results: Frequent alcohol consumption is almost twice as high in men and women aged 40 to 85. Data were collected in 2007-08.

Conclusion: Alcohol consumption among men and women associated with self-reported mobility-related fatigue, which is an important predictor of mobility limitations and disability.

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O2.5-3 16:45-17:00
O2.5-5 17:15-17:30

Perceived work-related stress in midlife predicts disability in old age

Author: Dr. Jenni Kulmala
Gerontology Research Center, University of Jyväskylä
Co-authors: Dr. Mikaela von Bonsdorff, Dr. San Stenholm, Dr. Monika von Bonsdorff, Prof. Clas-Håkan Nygård, Dr. Matti Kicket, Dr. Jorma Setälä, Prof. Juhani Ilinniemi, Prof. Taina Rantanen

Objectives: Work-related stress has been acknowledged as a determinant of adverse health events. The aim of this study was to examine work-related stress in midlife as risk factor for old age disability.

Methods: Data for this study come from a 28-year follow-up study of municipal professionals in Finland, which began in 1981 (Finnish Longitudinal Study of Municipal Employees, FLAME). Study includes a total of 2594 FLAME participants aged 34 to 58 at baseline, whose self-reported stress symptoms were assessed in 1981 and 1985 and who responded to disability questionnaire in 2009. Principal component analysis was used for exploration, data-reduction and differentiation into stress symptom profiles in midlife. The Odds Ratios (OR) for ADL- and IADL-disability and mobility limitation were computed using logistic regression.

Results: Four midlife stress profiles were identified: avoidance of work and lack of energy; perceived increase in cognition; sleep disturbances; and somatic stress symptoms. Approximately half of all participants reported occasional stress symptoms. The proportion reporting high level of stress symptoms in 1981 and 1985 varied between 14–23% depending on stress profile. After 28 years, 12% had ADL disability, 42% IADL disability and 22% mobility limitation. We saw a clear gradient of increasing old age disability for increasing intensity of midlife stress symptoms. The extensively adjusted logistic regression models showed that those with disability in old age had reported constant work-related stress symptoms two to almost three times more often in midlife than those without disability in old age.

Conclusions: Among occupationally active 44- to 58-year-old men and women stress symptoms in midlife correlated with disability 28 years later. Work-related stress symptoms may be the first signs of decompensation of individual functioning relative to environmental demands, which may later manifest in disabilities.

O2.6-1 16:15-16:30

Inner strength of older people in Finland and Sweden

Author: Kentin Viglund
Umeå University
Co-authors: RN, PhD Elisabeth Jonsson, RN, Professor Bert Lundman, RN, Professor Gunilla Strandberg, RNT, PhD Björn Nygren

Background: This study forms part of the Gerontological Regional Databaza (GERBDA) - Botnia project that investigates healthy ageing with focus on the dignity, social participation and health of old people. Theoretical framework for the study was Lundman’s Model of Inner Strength, where in the meta-theoretical analysis four interrelated and interacting dimensions of inner strength were identified: firmness, creativity, connectedness, and flexibility. Inner strength was measured using a newly developed Inner Strength Scale (ISS) based on the model.

Objectives: The aim was to examine inner strength in relation to age, gender and culture among old people in Finland and Sweden. Design: A cross-sectional design was used. Participants: The 6,119 participants were 65, 70, 75 and 80 years old and living in Västerbotten County in Sweden or Österbotten County in Finland. Methods: The ISS consists of 20 items relating to the four dimensions, and it is rated on a 6-point Likert-type scale. The range of possible scores on the ISS is 20–120, a higher score denoting higher inner strength. Independent t-test and analysis of variance were used to test the mean ISS scores. Results: The 65-year-olds had the highest mean ISS score, 100 (SD = 11.6), with a decrease in score for every subsequent age group. The lowest score, 95.8 (SD = 14.0) (p<0.001), was achieved among women aged 85 and older. Conclusions: The main results were the finding of lower inner strength among women aged 85 and older than among men in the same age group. The lowest score, 95.8 (SD = 14.0) (p<0.001), was achieved by the 85-year-olds. A high educational level was associated with the highest mean ISS score, 101.1 (SD = 11.4), while participants with a low educational level scored the lowest, 97.1 (SD = 13.2) (p<0.001). Men 85 years olds score was highest among women, 96.9 (SD = 12.7), than among men, 98.1 (SD = 12.4) (p = 0.008). Conclusions: The main results were the finding of lower inner strength with age, and a tendency to higher inner strength among women compared with men. The study population came from Finland and Sweden; still, despite the different backgrounds, patterns in the distribution of inner strength were largely similar.
people meet the threat of illness and decline” (Lawton et al., 1998: 23). In order to analyze the deviations of VOL in young-old, old-old and very-old people and identify the factors that explain its variance, a study with a sample of 207 communi-
ty-dwelling participants aged between 60 and 96 years (mean age 77.2, SD 7.5) was conducted. Data collection included a multidimensional protocol comprising validated and recognized instruments as the Positive Valuation of Life Scale (Lawton, 1998), the Meaning of Life Questionnaire (Steiger et al., 2006), the Geriatric Depression Scale (Yesavage, 1982), the NEO-FI (Costa & McCrae, 1992) and the OARS (Fillenbaum & Smyer, 1981), as well as socio-demographic information. Results demonstrated differences on life evaluations between the three age groups (p<0.05), with better results in the youngest. After testing the individual contribution of each variable with unadjusted linear regression for the Positive Valuation of Life (Pos-VOL), we conducted an adjusted linear regression model using the significant ones, namely gender and age. In the final model, extraversion, conscientiousness, meaning of life and depression explained 57% of the dependent variance (R2=0.565). The results for extraversion, as one of the contributors of Pos-VOL is in line with previous work (e.g., Costa & McCrae, 1992) and the OARS (Fillenbaum & Smyer, 1981), as well as socio-demographic information. To analyse the association between important life course transitions and alcohol consumption in the second half of life and depression explained 57% of the dependent variable (R2=0.565). The results for extraversion, as one of the contributors of Pos-VOL is in line with previous work (e.g., Costa & McCrae, 1992) and the OARS (Fillenbaum & Smyer, 1981), as well as socio-demographic information. To analyse the association between important life course transitions with change in alcohol consumption among widowed women. Retirement is not associated with increased alcohol consumption, neither in the panel data nor in the cross-sectional data.

O2.6-4 17:00-17:15
Life Course Transitions and Changes in Alcohol Consumption in the Second Half of Life

Author: Ivar Lima
Norwegian Social Research
Co-author: Senior researcher Britt Slagsvold

Background: Alcohol consumption in Norway is increasing, especially among people 50+. This has led to a public health concern about a potential rise in alcohol related problems among the elderly. Few studies have addressed the relations between life course transitions and changes in alcohol consumption in the second half of life.

Objective: To analyse the association between important life course transitions and alcohol consumption in the second half of life. The following life-course transitions are analysed: empty nest, at retirement from work and at divorce and death of a partner.

Methods: The analyses are based on cross-sectional data (2007, N=7,108) and panel data (2002 and 2007, N=2,300). We use OLS regression and repeated measures models to analyze levels of, and five-year changes in, alcohol consumption in relation to life course transitions.

Preliminary results: Frequent use of alcohol, is associated with empty nest households. Widowed women drink less frequent. Frequent use of alcohol, drinking alcohol at least twice a week or more, increased from 27.7 percent at wave 1 to 31.6 percent at wave 2. Frequent drinking of at least 3 alcohol units increased from 11.8 to 13.3 percent. However, five year change in frequent use of alcohol is age-related, as increase is strongest among respondents aged 40 to 69. Longitudinal analyses indicate that the association of life course transitions with change in alcohol consumption is not statistically significant.

Conclusion: The increasing alcohol consumption among respondents aged 40-69 deserves a closer attention. The cross-sectional data show a higher consumption among persons that have an in an empty nest household, and a less frequent consumption among widowed women. Retirement is not associated with increased alcohol consumption, neither in the panel data nor in the cross-sectional data.

O2.7 Hip fracture I
Chair: Timo Strandberg
11-06-2012, 16:15-17:30, Room 13

O2.7-1 16:15-16:30
Will comprehensive geriatric work-up during the index stay improve mobility at 4 months in hip fracture patients?
The Tromsø Hip Fracture Trial.

Author: Professor Olav Stetevold
Norwegian University of Science and Technology
Co-authors: Anders Prestmo, PerMLie Thingstad, Knut Taraldsen, Lars Gunnar Johnsen, Jorunn Helbostad, Ingvild Salvdal

Background: Hip fractures in old age have serious consequences on function, mobility and mortality. The aim of the study was to investigate if treatment of old hip fracture patients in an orthogeriatric ward during the hospital index stay has advantage over standard care in an orthopedic ward. Primary endpoint is mobility at 4 months after the fracture.

Methods: A randomized clinical trial (RCT) enrolled 400 home dwelling patients aged 70 years+. Randomization was performed before surgery while the patients were in the emergency room. The intervention group received comprehensive geriatric assessment including a work-up by geriatricians, nurses, physiotherapists and occupational therapists. Control patients received standard orthopedic care. Information on demographic characteristics, pre-fracture use of walking aids, cognitive function, activities of daily living (ADL), instrumental ADL (IADL) and medical condition was collected during index stay from patients and caregivers and review of medical records. ADL was evaluated by use of Barthel Index (0-20) and IADL by use of Nottingham extended IADL scale (0-66). Mobility was assessed by use of Short Physical Performance Battery (SPPB) and Timed Up and Go (TUG) at the 5th postoperative day and at 1, 4 and 12 months

Results: Data collection will be closed in January 2012. Group allocation is therefore unknown. Preliminary analyses show that the study sample has a mean age of 83 years, 75% are female, and 10 % lived in sheltered housing before the injury, and that the participants had a prefracture median Barthel Index value of 20 (interquartile range 17-28) and median IADL score of 45 (Interquartile range 28-57). The mean SPPB score at 4 months was 5.11 points (SD 3, 04) (range0-12).

Conclusions: Preliminary data demonstrate a study sample of old hip fracture patients with restricted mobility 4-months after the fracture. Data comparing mobility and ADL-IADL in the two treatment arms will be presented at the congress.
tion programme, twice weekly. It started approximately 2 weeks after surgery and included functional exercises, balance training and 3 sets of progressive strength training for lower limb muscle groups (2 weeks with 15RM, 2 with 12RM, and 2 with 10RM). The weight load was adjusted after each of the 3 training sets in each of the 12 sessions to secure training at the respective RM level. Pain was measured with the Verbal Rating Scale during each training and test session. Maximal isometric knee-extension strength for both limbs was monitored with a hand-held dynamometer; the New Mobility Score (NMS) evaluated the functional level, while the Timed Up & Go (TUG), and six minutes walk test (6MWT), performed as fast as safely possible were used to evaluate changes in functional mobility.

Results: The knee-extension strength in the fractured limb improved (P<0.001) from 0.49 to 0.82 Nm/kg (67%), while strength deficits in non-fractured was reduced from 60% at baseline to 83% after the 6-weeks program. The TUG and NMS improved significantly with 31% and 59%, in addition to 61% (201-323m) for 6MWT (all, P<0.001), after six weeks training. Weight loads for 15, 12 and 10RM for fractured limb knee-extension and bilateral leg press training increased with 52% and 81%, 25% and 19%, and 13% and 12% respectively (all, P<0.001). Hip fracture related pain was no limiting factor for training or follow-up testing.

Conclusion: Progressive strength training is feasible and seems very effective when commenced shortly after hip fracture. Still, an extended program seems necessary to empower long-term older people with hip fractures in maintaining daily activity may improve health related quality of life.

Keywords: Hip fracture, 65 years or older, 12-month follow-up study, SF12 Health Survey, interRAI-AC, comprehensive assessment

O2.7-4 17:00-17:15
Changes in quality of life among older patients one year after hip fracture

Author: Associate professor Else Vengnes Grue Diakonhjemmet University College, Department of Nursing and Health

Background: Older persons who experience a hip fracture are at high risk of impaired quality of life. Our aims were to identify characteristics in hip fracture patients with impaired health related quality of life and changes during the following year. Also we intended to discover indicators that might predict high quality of life at twelve month after hip fracture.

Methods: A total of 311 patients were admitted to two acute-care hospitals during 2004-2006 for hip fracture. Inclusion criteria were age 65 years or older and admitted from their own home. Information about premorbid period, three days prior to the incidence, was collected retrospectively using the Resident Assessment Instrument for Acute Care (InterRAI-AC) and SF 12 Health Survey also at three and twelve month after the hip fracture. The Mental and Physical Health Composite Scores (MCS & PCS) were computed using scores of the SF 12.

Results: Persons with premorbid values lower than the mean score MCS (43.8 (SD 6.2)) had more often discouraged mood than patients with higher mean score. The twelve month follow-up mean MCS did not changed compared to premorbid and three month assessment (P=0.08, P=0.27 respectively). Patients with less than the mean score PCS (42.8 (SD 11.3)) prior to the admission had more frequently cognitive and combined sensory impairment, ADL and IADL loss compared to patients with higher mean score. The mean value on PCS at three months [36.9 (SD16.4), P=0.01], showed a lower value than the initial assessment. At twelve month mean PCS showed a poorer value [39.5 (SD10.2), P=0.01], than premorbid. Eighteen percent had high quality of life (PCS>48.7) twelve month after the hip fracture. Predictors for high quality of life were younger age, independent in ADL and homecare.

Conclusion: Interdisciplinary intervention programs aimed at empowering home dwelling older people with hip fractures in maintaining daily activity may improve health related quality of life.

O3.1 Migration
Chair: Anne Leonora Blaakilde
12-06-2012, 08:30-10:00, Room 1

O3.1-1 08:30:08:45
Aging and Health Practices Between Two Cultures

Author: Visiting scholar Suzan Yazici Akdeniz University
Co-authors: Research assistant Signe Gramvad Petersen, postdoc Anne Leonora Blaakilde

Background: Since labour migration from Southern Europe to the North started in the 1960s, host countries like Denmark are facing new demographic challenges regarding this population of retired migrants who do not necessarily age and live like other Danish retirees. No one – and least of all the migrants themselves – expected the move to be permanent, and potential problems following migration were not foreseen and not dealt with. Many of them obtained low-paid, physically demanding jobs, did not learn the language of the host country, did not receive further education, and did not invest in real estate, and now as they age, do often not possess the same positions and legal rights regarding the Danish pension system as the in-born Danes do.

Such aspects of otherness can eventually cause a range of problems such as social isolation, poor financial situation, reliance on children or relatives for translation purposes, and, not the least, a suffering from multiple, interacting health problems, which because of the above mentioned cases may be treated in various and incomplete ways. Health perceptions and practices of Turkish elderly people living in Denmark are studied in order to gain knowledge about how these practises are influenced by circular migration processes, cross-border health-care, and what kinds of specific problems they are facing due to migration.

Methods: 20 semi-structured interviews with Turkish migrants, aged 45-80, and fieldwork in health settings and local, public centers.

Findings/results: The interviewees feel old, ill, and worn-out. Many of them are involved in circular migration as returning migrants to Turkey. They are “in-between” two cultures and consider remigration, but having children in Denmark make them hesitate.

Conclusion: Retired Turkish migrants are not likely to remigrate, and their health situation calls for more attention in order to meet their needs.

O3.1-2 08:45-09:00
Living In-between and Doing Health
Elderly Pakistani Women in Norway

Author: PhD Candidate Beate Lieve Sverre Biskerud University College
Co-authors: PhD, RN Grethe Eiternæn, PhD Kari Nyheim Solbakkete

Objectives: This qualitative study investigates the stories of socialization of elderly Pakistani women living in Norway to understand their specific challenges and how they deal with them. Migration studies indicate that elderly migrant women are passive, ill victims caught in a marginalized position due to age, ethnicity and gender, and thus have little or no access to opposition and agency. To broaden the picture it is necessary to develop an innovative approach to understand what is implicated in the process of migration. The importance of considering life conditions that surrounds potential health promotion behaviors of immigrants is stressed by several researchers. However, up to now limited research guided by this perspective has been done in Norway. Therefore, this study explored how elderly Pakistani women in Norway promote their health and well being through some distinct social interactions. The intention is to bring awareness to how health, even by so-called disadvantaged social groups, may take place. These practices are important to take into consideration when developing health-promoting policies for elderly immigrants.

Design: An ethnographic study of 15 Pakistani women, aged 53-75, was carried out in a multi-ethnic fieldwork in Oslo using participant observation and ethnographic interviews. The concepts of health, ethnicity, gender and age are viewed relationally and as dynamically constructed in social interactions. The analytical approach was inspired by the constructivist theoretical framework of narrative ethnography.

Results: The elderly Pakistani women in Norway construct stories of living in-between cultures and experiences of acculturative stress caused by being elderly, immigrants and women. However, this analysis also suggests that through distinct social relationships, primarily in the context of a voluntary organization, elderly Pakistani women do health and they appear as active agents in relation to their health and lives.

Conclusions: The healing practices taking place among elderly Pakistani women may counteract the negative health outcomes associated with age, migration and gender. Implications for immigrant health-promoting policy in Norway: increase the establishment and allocate funds to sustain voluntary organizations run by and for immigrants.
Aging and Health Practices Between Two Cultures: Elderly Turkish Migrants in Denmark

Author: Postdoc, Ph.D. Anne Leonora Blackside
Center for Healthy Ageing, University of Copenhagen
Co-authors: Visiting Scholar, Dr. Suzan Yatari, Research Assistant, MA Signe Granvad Petersen

Background/purpose: Since labour migration from Southern Europe to the North started in the 1960s, host countries like Denmark are facing new demographic challenges regarding this population of retired migrants who do not necessarily age and live like other Danish retirees. No one – and least of all the migrants themselves – expected the move to be permanent, and potential problems following migration were not foreseen and not dealt with. Many of them obtained low-paid, physically demanding jobs, did not learn the language of the host country, did not receive further education, did not invest in real estate, and now as they age, do often not possess the same positions and legal rights regarding the Danish pension system as the in-born Danes do.

Such aspects of otherwise can eventually cause a range of problems such as social isolation, poor financial situation, reliance on children or relatives for translation purposes, and, no one – and least of all the migrants themselves – expected the move to be permanent, and potential problems following migration were not foreseen and not dealt with. Many of them obtained low-paid, physically demanding jobs, did not learn the language of the host country, did not receive further education, did not invest in real estate, and now as they age, do often not possess the same positions and legal rights regarding the Danish pension system as the in-born Danes do.

Methods: 20 semi-structured interviews with Turkish migrants, aged 42-80, and fieldwork in health settings and local, public centres.

Findings/results: The interviewees feel old, ill, and worn-out. Many of them are involved in circular migration processes, cross-border health care, and what kinds of specific problems they are facing due to migration.

Conclusion: Retired Turkish migrants are not likely to remigrate, and their health situation calls for more attention in order to meet their needs.

Ageing in South Australia: Continuity and change in the caring practices of ageing Italian migrants in South Australia.

Author: Dr. Daniela Cosmini-Rose
Dept. of Language Studies, Flinders University

The Italian South Australian ageing population, which mirrors the pattern of the wider Italian Australian community, makes up the largest group of people over 65 from culturally and linguistically diverse backgrounds. In 2006 more than half of the Italians in South Australia were over 65. Therefore, a common concern for the Italian-Australians, one they share with other migrant groups and with the wider Australian population, is how to care effectively for their aged.

This paper is an ethnographic examination of the ageing experiences of elderly Italian migrants in South Australia. The study analyses the perception of the ageing Italian migrants’ health and practical needs, their living conditions, their need for family and social contact, the importance of remaining independent, their language and communication difficulties and cultural challenges.

The paper addresses the extent of family care-giving practices such as how and why care is exchanged, which practices are employed and by whom, and which factors facilitate or hinder care-giving focusing primarily on the parent-child relationship.

Data has been collected through individual and focus interviews employing a multi-site approach which recognises that elders, their families, and communities are closely interrelated and need to be examined in relationship to one another. Preliminary findings show that informal family care is still the preferred pattern of care of the Italian migrants. This falls mainly on the adult children and especially on the daughters. However, the family support is not as readily accessible as it was in the past, considering that the second generation is also expected to conform to mainstream Australian lifestyles characterised by increasing labour market mobility and demanding personal lives that reduces their availability to care for their ageing parents. In addition, the study shows that the Italian elderly face language and cultural challenges that are relevant to their care-giving practices.

The invisibility leaders: Elderly ethiopian priests in israel

Author: Dr. Aviva Kaplan
Netanya Academic College
Co-author: Dr. Aviva Kaplan, Dr. Rachel Shalaby

Our lecture addresses a central topic, migration, which is one of the prominent characteristics of the borderless postmodern society in which we live. The experience of migration imparts to all migrants a sense of marginality and social exclusion. The elderly Ethiopian kessoch (priests) who came to Israel over the past two decades constitute a singular population that underwent this jolting experience. They are of particular interest to us since through them we are able to learn about other elderly populations that experience similar processes. For thousands of years, the elderly Ethiopian kessoch were the undisputed leaders of the Jews who lived in Ethiopia. The great revolution that they led as they presided over their communities on the journey to the Promised Land (Israel) eventually radically transformed their status and in fact destroyed their social position in their old-new homeland.

Our research was undertaken with the assistance of an Ethiopian social worker whose presence opened doors to us despite the prevailing suspicion and mistrust. He helped us overcome the language barrier and constituted a bridge to understanding the culture of the research subjects. By employing an interpretative sociological approach that adopts a phenomenological perspective and utilizes qualitative research methods, we examined interpersonal influences as we focused on the cultural shock that they experienced.

This is the first such cultural anthropological study that addresses the problem of traditional elderly leaders who come into contact with “postmodern life materials” and are unable to contend with them. Our research shows how these elderly leaders, who were among those who generated a significant social revolution, are “devoured” by it at the end of the process.
Does the increasing use of statins in older people reflect an indication creep?

Author: Post doc Helle Wallach Kildemoes
University of Copenhagen
Co-authors: Lektor Carsten Hendriksen, Post doc Mikkel Vass, Professor Morten Andersen

The use of statins (the most important group of cholesterol lowering drugs) increased considerably during the last decade. In 2009 the number of statin-users in Denmark increased to 530,663, corresponding to about 10% of the population. Introduced to reduce the high mortality in middle-aged men with myocardial infarction, statins are now also recommended for a range of other conditions, including individuals without cardiovascular disease (CVD) or diabetes (termed asymptomatic individuals) at high risk of CVD. Yet, it has been questioned whether the beneficial CVD risk reducing effect among older people outweighs the adverse effects e.g. muscle problems.

Aim: The aim of this study was to explore trends in prevalence and incidence statin-use in elderly (age≥65) according to indication, age and gender.

Methods: We followed all Danish adults during 1996-2009 in the nationwide individual-level registries with respect to demographic information, dispensed prescription drugs and in-hospital information. The indication for statin prescribing was continuously assigned by means of registar-markers for a range of CVD conditions and diabetes (applying prescription and in-hospital information). Prevalence and incidence of statin-use during 1996-2009 were computed according to indication, age and gender.

Results: During the period 1996-2009 statin incidence increased substantially more in older than in younger age groups and was especially observed in asymptomatic individuals. The prevalence increased to 320/1000 and 170/1000 in individuals aged 65-84 and 85+, respectively – asymptomatic statin-users amounting to 27% and 10%, respectively. Incidence and prevalence in asymptomatic individuals were highest in women.

Conclusion: Statins are increasingly prescribed for asymptomatic older persons, despite the dubious net-beneficial effect. Are we facing an indication creep for preventative drugs with an inverse ageism transforming elderly care into disease-death preventio

Dilemmas in discontinuing medication among elderly people

The example of discontinuing statins in primary care

Author: Michael Nixon
Copenhagen University

Among elderly patients the usage of statins has increased exponentially over the last 10 years. There are several problems with this increased usage, including: overprescription of statins, a weak evidence base for effectiveness of statins for those over 65 years of age, especially women, as well as the risks of increased polypharmacy and reduced adherence to existing medication. There is also evidence of patients having general moral stance against taking drugs. One potential strategy for addressing these problems is the discontinuation of the medication (statins), especially in primary care where most of the medication is prescribed. However, little is known about the decision-making process of general practitioners (GPs) in decisions to discontinue or continue. Therefore this study used a qualitative methodology to examine the decision-making process of GPs to identify how appropriate discontinuation could be encouraged. Data used in the study included interviews, focus group discussions, document analysis and participant observation. The results led to three types of recommendations to: the GPs, professionals who work together with GPs and national bodies, including those who produce guidelines.

Suggestions for further research are given, including qualitatively examining the role other professionals have in enabling the process of discontinuation.

Life-Threatening Drug Use, Misuse And Abuse Among Male And Female Older Adults In The United States: 2005-2010

Author: Victoria Albright
RTI International

Co-authors: Dr Jerry Hedges, Dr Al Woodward, Victoria Scott

By many credible measures, prescription drug use has been on the rise in the United States as well as the globe over the last decade. More prescriptions are being written; more individuals, and especially seniors (adults aged 65+), are on maintenance medications to treat chronic conditions; and individuals are living longer on these treatment programs. These factors create a marked increase in the opportunity for drug interactions as well as intentional drug abuse.

The Drug Abuse Warning Network (DAWN) is an ongoing national (USA) public health surveillance system that monitors emergency department visits and deaths that involve illicit drugs, prescription drugs, and pharmaceuticals used for therapeutic purposes. DAWN identifies the visits/deaths as resulting from drug misuse/abuse, drug-related suicide attempts, accidental ingestion or adverse reaction.

DAWN data offer a rich trove of information on the intentional and unintentional ingestion of illegal and illegal drugs that result in life-threatening medical emergencies and death. The information can be used in a multitude of ways to support public health messaging and design of intervention programs targeted at the older and more vulnerable segment of the population. The presentation will use DAWN data to (1) identify the characteristics of older persons experiencing life-threatening medical emergencies and fatalities that are drug-related, (2) learn about drugs and drug combinations that are most life threatening, and (3) identify opportunities for formulating public health messages that are targeted at seniors and the problems they have with drugs.

The presentation will present the demographic characteristics of older patients, identify the drugs and drug combinations most often involved in life-threatening emergencies and death, and identify directions for formulating public health messages targeted at reducing misuse-abuse, avoiding adverse reactions, and reducing drug-related suicide.

No cognitive impact of reduced anticholinergic drug score in a frail elderly population

Author: Hege Kensten
Oslo University Hospital, Department of Geriatric medicine
Co-authors: Prof Torger Bruun Wyller, Prof Espen Melders, Prof Knut Engesdal

Introduction: Large observational studies have reported that anticholinergic drug exposure in the elderly display a high risk of cognitive impairment, but the potential cognitive improvement of an interventional reduction of drug induced anticholinergic burden is not previously studied in randomized controlled trials. In present study, we assessed the impact of pharmacist-initiated reduction of anticholinergic drug use on cognitive function in nursing homes residents.

Methods: The study was a randomised, controlled, single blinded trial including long-term residents from 21 nursing homes with anticholinergic drug scale (ADS) score ≥46/167 (3), stratified by center, and randomly allocated (1:1) to intervention or control. Exclusion criteria were inability to perform the tests, i.e. patients with severe dementia were excluded. The intervention was pharmacist-initiated reduction of ADS score in multidisciplinary drug reviews. Primary endpoint was CERAD-10 wordlist test for immediate recall. Secondary cognitive endpoints were CERADs wordlist tests for delayed recall and recognition, and MMSE. Saliva production and serum anticholinergic activity (SAA) were included as peripheral measures. The subjects were re-tested after 4 and 8 weeks following intervention.

Results: 87 patients were included. The median ADS score was reduced by 2 units (IQR= 3-5) in the intervention group and remained unchanged in the control group. The adjusted mean difference in immediate recall between interventions and controls was 0.54 words, 95% CI: 0.57, 2.05, p = 0.48, and there were no significant differences in any of the cognitive test performances or peripheral measures after adjusting for confounding baseline scores.

Conclusion: Pharmacist-initiated intervention significantly reduced ADS score in nursing home residents, but this reduction did not significantly improve cognitive function or reduce the peripheral measures; SAA and mouth dryness.
Nurses’ self-assessed competence in gerontological nursing

Author: Dr. Pirjo Tikkanen
JAMK University of Applied Sciences
Co-authors: Dr. San Teet, Sirkka-Lisa Kallunen

Background: People working in the service provision for aged people have very different educational backgrounds and levels of competence. Developing professional competence both improves the quality of care and makes the field more attractive for potential staff. In Finland, apprenticeship-type continuing education in gerontological nursing is a new form of adult education (30 ECTS credits) that offers professional development based on the needs of working life for registered nurses who are in employment. Object: The purpose of this study was to describe the self-assessment of competence in gerontological nursing of the registered nurses (n=51) who participated in apprenticeship-type continuing education programme in 2010-2011.

Methods: Data were carried out by Digium internet-based software for surveys by using a Likert-scale self-assessment questionnaire at the beginning and at the end of the programme. Eight competencies are divided into statements describing more specific the content of each competence. The respondents assessed their level of competence on a scale “The statement describes me” 6 = very good, 5 = good, 4 = quite good, 3 = to some extent, 2 = only slightly, 1 = not at all.

Results: None of the participants had experienced slow codes being performed on patients. All the participants were sympathetic towards doctors for making tough end-of-life decisions, but feel there is an avoidance to all participants. The participants were sympathetic towards doctors for making tough end-of-life decisions, but feel there is an avoidance to all participants. The participants were sympathetic towards doctors for making tough end-of-life decisions, but feel there is an avoidance to all participants. The participants were sympathetic towards doctors for making tough end-of-life decisions, but feel there is an avoidance to all participants. The participants were sympathetic towards doctors for making tough end-of-life decisions, but feel there is an avoidance to all participants. The participants were sympathetic towards doctors for making tough end-of-life decisions, but feel there is an avoidance to all participants. 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Pain management in dying hospitalized patients: A comparison of the young old and the oldest old patients

Author: PhD Student Simen A. Stenadal
Diakonhjemmet University College, Institute of Nursing and Health
Co-authors: RN, PhD, Associate Professor Inger Schou Bredal, MD, PhD, Professor Anette Hylen Rahnhoff, RN, PhD, Professor Liv Wergeland Sørbye, RN, PhD, Professor Arners Lerdal

Objectives of the study: Pain is often underestimated and undertreated in older patients. Knowledge concerning pain in the oldest hospitalized patients during the last three days of life is deficient. The objectives of this study were to investigate healthcare workers’ documentation of frequency of pain characteristics, whether there were differences in documentation of pain characteristics in young old patients (65-84 years) and oldest old patients (85-100) and what types of analgesics were administered.

Methods: The study included 190 patients; 101 young old patients and 89 oldest old patients from a general hospital in Oslo, Norway. Data were extracted from the patients’ electronic records using the Resident Assessment Instrument for Palliative Care.

Results: Median age for young old patients and oldest old patients was 79 years and 89 years, respectively. No significant difference was found between these two groups with regard to mean length of stay in the hospital, residential status and ward admittance. A higher proportion of the young old patients had a cancer diagnosis, were married, and lived with family members or others, while a higher proportion of the oldest old were women. Pain was reported in 72.1% of the total sample. No significant differences were found between the two age groups with regard to frequency of pain, intensity of pain breakthrough pain, pain control and type of administered analgesics. Adequate pain control was documented among 9.4% of the young old patients and 10.8% of the oldest old patient group. Morphine was the most frequently administered opioid for both young old (52.7%) and oldest old (50.0%) patients.

Conclusion: No significant differences with regard to pain characteristics and types of administered analgesics between the age groups were found. Healthcare workers should be aware that pain is a highly frequent symptom in the oldest old hospitalized patients in the last days life.

Existental issues in palliative care. Experiences of assistant nurses

Author: Dr. Elizabeth Anberg
National Board of Health and Welfare
Co-author: PhD, Associate professor Maria Carlsen

Palliative care aims to ease pain and discomfort, when care is no longer possible. The care may also offer social, psychological and existential support, to both patients and relatives. An increasing international attention has been given to patients, relatives and staff in palliative care during the last decades. Little focus has though been given to less educated staff, like assistant nurses, who are those who often spend most time with patients.

Objective: to investigate nursing assistant’s experiences of existential issues in palliative care.

Method: Six female and one male nurse assistants participated in three group sessions (2.5 hours per session). The participants had a rather long work-life experience as nursing assistants (m=15 years, range 3-29 years). The sessions were structured as focus groups, with literature giving three issues to discuss; (1) working close to death, (2) loneliness, (3) our need of meaning. The discussions were recorded, transcribed and analyzed with content analysis.

Results: Two overlapping domains were extracted, one considering practical care and one considering existential issues. The stories about practical care were interpreted in themes as (a) organisational boundaries, (b) meeting others, and (c) the patient’s body. The stories about existential issues were interpreted in themes as (a) the difficult part, (b) the valuable part, and (d) death and dying. One theme interpreted as communication seemed to be a part of both domains, why communication seemed to be a central theme.

Conclusions: The experiences that were reported in this study indicate that assistant nurses may give existential support to some patients, in addition to the practical care. The very personal situations that occur when staff helps patients to wash themselves, get dressed, bandage wounds, to eat etc., may create situations where meaningful conversations can take place. Such conversations, where staff primarily listens to patients, may constitute an existential support for patients and a meaningful task for staff.

Palliative care and end-of-life care. Experiences of assistant nurses

Author: PhD Student Simen A. Stenadal
Diakonhjemmet University College, Institute of Nursing and Health
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Up against a challenge of providing pre-discharge resources for family carers of older patients: the process of developing a user-friendly eLiP website

Author: Lisa Low
The Chinese University of Hong Kong
Co-authors: Man-him Wong, Chi-fung Ling, Kim-pang Fan

Background: Against the dilemmas arising from the multiple concerns of providing timely, appropriate and relevant care for older persons following discharge from hospital, this 4-year study aims to examine the effects of an eLearning Information Package (eLiP) for hospitalised older people and families to make decisions about discharge locations.

Objectives: This presentation describes an interim phase that used the qualitative data collected from elders, families and nurses in the phase one study, which identified the needs and challenges confronting them when planning older patients for discharge, to then undergo a process of developing a nurse-led, user-friendly and interactive eLiP website for family carers.

Methods and theoretical underpinnings: The content of the website is underpinned by the Ottawa Decision Support Framework (ODSF) which composes of three components: decisional needs, decision support and decision quality.

Additionally, a set of guidelines was used to guide the development of user-centred website design and thereby obtained information about user/web interaction.

Methods: We have managed to integrate the first two components of the ODSF framework into the eLiP website by creatively using the qualitative findings to heighten family carers awareness and understanding of the elders’ needs, and to help them think ahead and consider options in managing the elder’s situation before discharge. Decisional support was provided by developing new, as well as consolidating and integrating existing elderly resources into the website and then helping families to become familiar with resources that are available for their consideration. We will present our challenges of designing eLiP that attempted to address the multiple needs of elders, and how we prioritized and selected from our qualitative findings, and our choice of existing elderly resources to include.

Conclusions: eLiP hopes to become an interactive pre-discharge hospital package for older people by providing timely, appropriate and relevant information to family carers during a very stressful time. Its effectiveness in supporting families of older people during the pre-discharge period has yet to be determined, and will be tested in phase 2 of the study.

The strains and gains of caregiving: The effect of providing personal care to a parent on a range of indicators of psychological well-being

Author: Thomas Hansen
NOVA- Norwegian Social Research
Co-authors: Brit Slagsvold, Reidun Ingebrigtsen

As the need for informal care rises it is important to know how caregiving affects well-being, to whom, and under which conditions. The literature so far has been limited by their scope of dependent variables and there has been little discrimination between groups of caregivers. This paper explores the effects of providing personal care to parents along a wide range of measures of well-being (life satisfaction, self-esteem, mastery, positive and negative affect, depression, and loneliness). We use cross-sectional data from the Norwegian Life Course, Aging and Generation (LOGG) study (N=15,000, age 18-79), and two-wave panel data from the Norwegian study on life course, aging and generation (NorLAG) (N=1,000, age 40-70). Among men, providing help with personal care to a parent has no effect on any indicator of well-being. Among women, the effect depends on the resident status of the care recipient. Providing such help to a non-co-resident parent, has no emotional effect among women, except a small positive effect on sense of control. Hence, there are psychological rewards associated with caregiving, a fact that tends to be ignored in theoretical and empirical work on caregiving. Providing such help to a live-in parent, however, relates among women to lower well-being (as measured by life satisfaction, negative affect, depression, and loneliness). There are few variations in these effects by age. Education, however, makes a significant impact. There are markedly more adverse effects of caregiving among low-educated than high-educated women. Education thus seems to buffer against the adverse consequences of caregiving. The panel analysis shows that caring for a non-co-resident parents is weakly associated with decreasing life satisfaction and increasing depression and sense of control over a few-year interval. The main conclusion is that providing personal care to a non-co-resident parents has few and weak effects on well-being. Caring for a live-in parent, however, has more detrimental consequences for well-being.
Depressive symptoms among older people: a 15-year follow-up

Author: PhD Sini Eloranta
The Age Institute, Helsinki/Finland
Co-authors: PhD, Adjunct Professor Seija Arve, PhD Savi Rovio, MSc, Statistician Hannu Isoaho, M.D., Professor Mati Vitanen, M.D., Professor Aapo Lehtonen

Aim: This population-based birth cohort study investigated the prevalence of depressive symptoms and factors associated with them among home-dwelling older people. Study Design: A prospective, population-based 15-year follow-up study of the age cohort of 70-year-olds living in the city of Turku, Finland. Methods: The data were collected in 1991 by a postal questionnaire that was sent to all residents, born in 1920 (N = 1530). Follow-ups using the same procedure were conducted in 2001 and 2006. All examinations included an identical study protocol; the participants' self-reported health status and depressive symptoms were investigated via a questionnaire. Afterwards, thorough clinical examinations including the Zung depression scale were conducted by a nurse and a physician. Results: The mean of the Zung scale total score was 34 at the age of 70 and a significant increase was found in both re-examinations. At the age of 80 the mean of the Zung score was 35.8 while it was 31.5 at the age of 85 years. Univariate and multivariate analyses showed that the factors that associated with self-reported depressive symptoms were mostly functional and social (e.g. suffering from loneliness and not meeting friends regularly) while only a few associations were found between medical conditions or objectively evaluated ill health. Conclusions: Our findings revealed an increase in prevalence of depressive symptoms throughout the course of the investigation. Mostly functional and social factors were associated with self-reported depressive symptoms, while few associations were evidenced between depressive symptoms and medical conditions or poor health. At a clinical level, this study highlights the need for preventive strategies and early identification of possible depressive symptoms among home-dwelling older people.
O4.6 Physical exercise I
Chair: Minna Mänty
12-06-2012, 10:30-11:30, Room 12

Nordic Walking for Geriatric Rehabilitation: A Randomized Pilot Trial

Author: MSc Sabrina Figueiredo
McGill University
Co-authors: PhD Lois Finch, BSc (PT) Adi Ming, PhD Sara Ahmed, MD Ailen Huang, PhD Nancy Mayo

Purpose: There is a need to identify effective interventions to promote walking capacity in seniors. This study was the first to compare Nordic Walking and traditional walking. The primary objective was to estimate the relative efficacy in improving walking capacity of Nordic Walking and Overground Walking for the elderly.

Method: Single blind, site-stratified, randomized, pilot trial designed to estimate the amount of change with Nordic Walking and Overground Walking. Participants were elderly, home-dwelling cognitively intact volunteers. They walked back and forth a distance of 6.5 meters. Time was measured with photocells. Participants were instructed to walk at preferred speed, and then they were instructed to walk at their preferred speed while counting backwards from 50 with intervals of 3. Gait speed from the two conditions was then investigated for association with the SF36 (physical health scale, self-reported fear of falling (falls efficacy scale), grip strength, and sit-to-stand performance. Association was investigated by linear regression; with adjustment for age and gender.

Results: 51 persons (66% women) with mean age 75.8 years (SD 5.3) participated. They walked 1.16 m/s (SD 0.20) during unconstrained gait, and at 0.85 m/s (SD 0.31) during the dual task condition. Gait speed measured during unconstrained gait was only significantly associated with sit-to-stand performance (p < .001), while gait speed measured while doing a secondary task was significantly associated with all the variables of interest.

Conclusion: Adding a secondary, arithmetic task during walking disclosed functional difficulties in the participants to a greater extent than unconstrained walking. We believe this has clinical value, since procedures for measuring gait speed during dual task walking may easily be implemented in clinical settings.

O4.6-2 10:50-11:10

Gait speed has a closer association with physical function when adding a cognitive task

Author: Physiotherapist, PhD-student Bård Bogen
University of Bergen
Co-authors: Geriatrician, dr.med Anette Hylen Randoff, Physiotherapist, PhD Rolf Moe-Nilssen

Background: Walking requires effort from the nervous system, the cardiovascular system, the pulmonary system and the musculoskeletal system. Failure in either system is likely to produce alterations in gait patterns affecting gait efficiency. Hence, slow gait has gained interest as an indicator of health and function in elderly people. Gait speed is easily measured in clinical settings, and has been identified as a predictor of ADL decline, falls, hospitalization and death. However, unconstrained gait may not best represent the challenges elderly people face during walking on a daily basis, such as walking while doing another task at the same time. Hence, adding a second task when measuring gait speed may demonstrate weaknesses better than when measuring gait speed during unconstrained gait. In this paper, we investigate how gait speeds during unconstrained gait and during a dual condition are associated with other measures of function.

Method: Participants were elderly, home-dwelling cognitively intact volunteers. They walked back and forth a distance of 6.5 meters. Time was measured with photocells. Participants were instructed to walk at preferred speed, and then they were instructed to walk at their preferred speed while counting backwards from 50 with intervals of 3. Gait speed from the two conditions was then investigated for association with the SF36 (physical health scale, self-reported fear of falling (falls efficacy scale), grip strength, and sit-to-stand performance. Association was investigated by linear regression; with adjustment for age and gender.

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O4.6-3 11:10-11:30

The association between older adults’ personal goals and physical activity

Author: Milla Saajanaho
Gerontology Research Center, Department of Health Sciences, University of Jyväskylä
Co-authors: PhD Aine Viljanen, PhD Sanna Raud, PhD Marja Kantakoski, MSc Li-Tang Tua, MD, PhD Jiaikko Kaprio, MD, PhD Marja Jyhä, PhD Tana Kantanen

Personal goals are defined as goals that people have chosen for themselves. By setting and pursuing personal goals people are able to direct their own actions and life course. Some evidence exists that physical inactivity may be related to problems in managing exercise and other valued life goals simultaneously. However, among older adults, the association between personal goals and physical activity is yet unknown. The aim of this study was to explore how older adults’ personal goals correlate with physical activity. The participants were 308 older women (M = 71.2, SD = 3.3). They were interviewed using a revised version of the Personal Project Analysis. Physical activity was assessed with self-reported amount of leisure time exercise, ranging from none (1) to a great deal (5) of activity. The data were analyzed using logistic regression modeling.

Most of the participants (50%) had at least one goal related to health and functioning, 48% to social relationships, 45% to physical activity, 39% to leisure activities and 29% to self-development, lifestyle or ideology. 26% of the participants reported exercising quite a lot or a great deal (high level of physical activity) and 74% moderately or less. The analysis showed that high level of physical activity was associated with having at least one physical activity goal (OR 3.47, 95% CI 1.99-6.04). The association remained strong when adjusted for age, education, economic situation, depressive symptoms and mobility limitations. Other personal goals did not correlate with physical activity.

The results indicate that having personal goals related to physical activity correlate with higher physical activity. Encouraging older adults to set relevant goals for physical activity could be a key factor for increasing their physical activity level.

O4.7 Rehabilitation
Chair: Jette Thuesen
12-06-2012, 10:30-11:30, Room 13

O4.7-1 10:30-10:45

Identity Work in Geriatric Rehabilitation

Author: Jette Thuesen
Roskilde University, Center for Sundhedsfremmerforskning

Medical sociology and anthropology address how illness and disability accentuates questions of subjectivity and identity and report that an important aspect of rehabilitation comprises questions like “who am I, and who will I be?”. An ongoing PhD-study examines identity work in geriatric rehabilitation processes, drawing on a social constructionist approach. Identity work comprises the ways in which institutions such as geriatric rehabilitation convey certain identities as ways of understanding and categorizing lived experience, and the ways this interpretation takes place in social interaction, as a discursive construction of selves. As a multidisciplinary and multi-sited intervention, geriatric rehabilitation offers a multiplicity of discursive resources for understanding and acting upon illness and functional decline in old age. In other words, geriatric rehabilitation offers a multiplicity of identities for self-construction. This study examines the production and use of identities in institutional talk, empirically focusing on a variety of encounters between professionals and older people, following 9 persons during hospitalization and after discharge to further rehabilitation in the municipality. The data is from institutional, multi-sited ethnographic fieldwork, including participant observation, patient and staff interviews, and gathering patient records and plans of action. The study’s purpose is to document the connection between institutional identities and self construction as an unfolding narrative of the self. The presentation outlines these processes. In a preliminary analysis of two encounters, it is illustrated how institutional identities are promoted and used in institutional talk.

O4.7-2 10:45-11:00

Training the frail body: An exercise of hope

An anthropological study of elderly going through physical rehabilitation in Denmark

Author: Louise Scheel Thomasen
Dept. for Ethnology & Center for Healthy Aging, University of Copenhagen

This abstract is based on a Ph.D. project about Danish elderly going through physical rehabilitation and training after illness.
or operation. In a context of a growing number of elderly the purpose of the study is to understand how frailty and bodily changes are experienced and managed by elderly, and how we think old age and manage elderly as particular health subjects in Denmark.

The study is based on ethnographical fieldwork in rehabilitation centers, and time spent with elderly in other contexts of their lives. Drawing on Vincent Crapanzano and his understanding of hope (2003) the study shows the paradoxical nature of life in this situation. Working their way through the ups and downs of rehabilitation, crises occur continuously. Some elderly also see the end of life as approaching. Physical decline and endings co-exist with striving for improvement. Feelings of insecurity turn into a hope for a return to normality, thus restoring a known sense of self. Hope in crisis induces a certain temporal quality to life. The past is both behind and ahead of you as it spills into images of the future.

Through rehabilitation and training, and an effort to engage elderly citizens in various activities, the welfare state both creates and organizes hope. Individual goals for training are negotiated between physio- and occupational therapists and elderly, shaping hope along the lines of a moral imperative of an active and healthy senior citizen. Training emerges as an exercise of a culturally informed hope, and a way of managing uncertainty. Measuring and testing instals training with an aura of certainty and objectivity, and holds out a promise of reaching your goals. The study offers an anthropological understanding of the temporality and workings of hope in individual crises. This permits a greater understanding of how Danish elderly manage crises initiated by illness or operation, and feeds into a discussion of how to help them through this process in the best way.

Example of everyday rehabilitation – from a theoretical perspective

Author: Annosfie Mahs-Träff
Linköpings University, National Institute for the Study of Ageing and Later Life

Objectives: The rehabilitation needs of most people living in residential care are to a large extent met through rehabilitative work in everyday life. The analysis presented is based on rehabilitative activities in Norrköping Municipality in relation to activity theory and the theory of gerotranscendence. Most people who live in residential care are in the so-called fourth age. They have multiple illnesses, major disabilities and need care. Activities in nursing homes need to be varied according to the residents’ abilities and interests. Participation in everyday life is crucial for older people’s health and wellbeing.

Theory and Method: Two major theories explain in social gerontology how individual’s adapt to the aging process: activity theory and the theory of gerotranscendence. In Sweden an activity theoretical approach is taken to elderly care. The theory purport that older people who are active and have contacts with others are happier than those who are not active. The theory of gerotranscendence is based on the idea that values and ideas about life change and we get a more spiritual and cross-border perspective as we age. Social activities are less important. The elderly may have an increased need for self-imposed loneliness.

Results: An analysis was made of physical and social activities. This showed that the activities usually occurred in groups and for the most part were based on activity theory. Very few activities can be traced to the theory of gerotranscendence. The user can choose whether to participate in activities or not. On the other hand it is not made clear that users are involved in planning the activities to be implemented. When an event occurs an interesting side effect is that staff are released and can be with those who do not want to participate in organized activities.

Conclusion: Staff must meet the patient’s need for activity by offering activities that are based on the two theories.
The importance of sensory garden and therapeutic horticulture in dementia care: A scoping review

Author: Dr. Marianne Thorsen Gonzalez
University of Oslo, Institute of Health and Society
Co-authors: Professor Marit Kirkelaud

Background: Maintaining quality of life is important in dementia care. Sensory gardens and plants are increasingly used, but the effect is uncertain.

Purpose: Examine and describe what is reported in the research literature about use of sensory gardens, therapeutic horticulture and the use of indoor plants for people with dementia.

Methods: Modified scoping review with searches in Amed, Cinahl, Medicine, III Web of Science, Embase, Scopus and SveMed. Analysis of selected empirical studies.

Results: Fifteen studies were included. Nine examined effects of sensory gardens, five examined horticultural therapy, one use of plants indoors. The findings suggest that this type of environmental management can reduce disruptive behavior, use of psychotropic drugs, serious falls, improve sleep and increase wellbeing and functional level.

Conclusion: Sensory gardens, therapeutic horticulture and other targeted use of plants may have a positive influence on function, behavior and well-being among people with dementia. More research is needed.

Keywords: Dementia, sensory garden, therapeutic horticulture, environmental management, literature review.

O5.1-3 12:15-12:30

Physical activity for people with dementia

Exploring the possibilities in physical activity for people with dementia who participate in municipal daycare

Author: Anders Møller Jensen
VIOLA / VIA University College

Objective: Exploring the possibilities in physical activity for people with dementia who participate in municipal daycare.

Methods and Theories: Physical inactivity is associated with increased disease risk and the ADEX study by The Danish Dementia Research Centre work to investigate whether physical exercise has an effect on the development of Alzheimer’s disease. This project takes hold of the challenges of implementing activities for demented containing increased physical activity.

The goal is to generate knowledge about how staff in practice can support the demented person being physically active. Staff from two municipality daycare daycare centers in Denmark, participated in 4 workshops over a period of ¾ of a year. The content was a combination of presentations on training and dementia, group work and staff presentations of experiences from practice. The staff collected during the project experience around selected activities in a registration forms. The staff was mid-term interviewed about their experiences with the process, and presented the best activities they discovered at the closing workshop day.

Results: Content of the registrations showed a structure where activities could be divided into 4 broad categories. The interviews and presentations on the last workshop demonstrated that when activities were self-motivated - for example by including a competition or playing/games - that was when the staff saw that demented were most physically active. Planning and the ability to improvise and motivate are important characteristics of staff to achieve success.

Conclusion: The project has shown that everyday life in dementia daycare may come to include more activities designed to make people more physically active. Time for dialogue among staff about the possibilities and limitations, and ideas from other colleagues, are important elements to create a culture change to include planning physical activity as a natural element in everyday life.

O5.2 Quality of home care services

Chair: Tine Rostgaard
12-06-2012, 11:45-12:45, Plenum 9/11

The exhausting dilemmas faced by home care service providers when enhancing participation among older adults receiving home care.

Author: Dr. Kjersti Vik
Sør-Trøndelag University College
Co-author: Professor Anne Hemming Eide

Older adults wish to stay at home, participate in society, and manage on their own as long as possible. Many older adults will, however, eventually become dependent on care and help to maintain their daily living. Thus, to enhance activity and participation also among older adults that receive home-based services, there is a strong need for development of knowledge-based practice regarding participation.

The objective of this study is to explore how service providers perceive conditions influence on their possibilities to promote participation among older adults, and more specifically, how they perceive the influence of their working conditions.

Methods: A purposeful sampling strategy was applied, and six focus groups with professionals in two municipalities were conducted. The focus groups comprised four and six participants of varying ages, length of working experience, and professions. A total of 30 service providers participated. The data was analysed by a constant comparative method following the guidelines from Grounded Theory.

Results: The analysis identified the four categories: ‘encountering needs that cannot be met’, ‘expectations about participation’, ‘organisation of services, and ‘professional standards’ influence the service delivery and created exhausting dilemmas.

During this analytical process, ‘being on the verge’ emerged as a core category that describes the service providers’ experience of a stressful workday, i.e., when they had the feeling of working against their own professional standards and being pushed to their limits.

Conclusion: The results indicate how the professional standards of service providers are in line with health policy for in-home services for active aging. Policy objectives are however not always followed due to different constraints at the level of service delivery. Along the path from political ideals to the practical execution of services, external circumstances related to the organisation of services are perceived as crucial in order to minimise dilemmas for the service providers.

O5.2-2 12:00-12:15

Mapping systematic reviews in elderly care

Considerations of content, quality and evidence

Author: Dr. Gunilla Fahlin
Swedish National Board of Health and Welfare
Co-authors: Programme officer Emelie Ingwall, Programme officer Marie Nyström, Associate professor Gunnar Bergström, Dr Jenny Neherman

Objective: The study objective is to map systematic reviews of effects of 1) support to informal carers, and 2) models of organizing care (discharge, care models or rehabilitation). Life in dignity and care for the most fragile elderly is a matter of high priority in Sweden. The study is part of a government commission.

Methods: Scientific databases were searched and review articles were read in full text. The quality was assessed with a form based on recommendations in AMSTAR and PRISMA. The fragile population is seen as many subgroups such as persons with single diagnoses (e.g. dementia), multiple diseases or frailty. Information was extracted of e.g. population, the procedures for searching literature, screening, assessing quality and bias of included studies and country of origin. The reviews were categorized as either of three: systematic and updated, systematic in need of updating the literature search or of limited quality. Inclusion and quality was independently assessed by two reviewers.

Results: Altogether 59 out of 119 included reviews were categorized as systematic. Psychosocial and education training interventions for carers were most frequent and mainly for persons with dementia or stroke. Discharge arrangements and care models were often reviewed, sometimes for persons with single diagnosis, sometimes for a wider population. Lack of knowledge was identified for e.g. interventions supporting carers of persons with psychiatric or psychosocial problems respectively to how to organize non acute elder care.

Conclusion: The amount of reviews suggests that these matters are of great interest. No intervention either about supporting carers or how to organize care covers the entire population of the most fragile elderly. Review areas and methodological aspects such as criteria for assessing review quality, origin of primary studies and a potential use of GRADE will be discussed.
5.2

ORAL

agency in everyday life.

Understanding and recognising their strategies for balancing within created barriers for participation in daily life.

In order to promote participation in older adults depending on society. In general, the older adults were content with the home experience of satisfaction with the care is essential.

To be able to provide care and service of high quality to older people, knowledge about factors influencing their experience of satisfaction with the care is essential.

Taking home care services into everyday life

Older adults' participation with home care services

Author: PhD student, Social Educator Aud Elisabeth Wilse Sør Trøndelag University College

Co-author: Dr., Occupational Therapist Kjersti Vik

The aim of the study was to explore the experiences and descriptions of older adults' participation with home care services when living in place. Ten older adults with a variety of age-related physical impairments and frequency of homecare were interviewed. A constant comparative method was applied to analyse the data. The core category was identified as 'taking homecare services into everyday life', including emotional and intellectual aspects of participation. Two main categories included the older adults' descriptions and experiences of participation with the homecare services and home carers; 'balancing agency - a process of giving, taking and letting go' and 'socialising with the home carers'. The older adults' strategies for balancing agency included the subcategories 'assumingjoint responsibility for appropriate service delivery', 'being understanding and indulgent' and 'making one's mark'. The older adults' understandings of socialising with the home carers included two subcategories; 'small talking in the passing by' and 'linking to society'. In general, the older adults were content with the home carers, but experienced that the service system they worked with created barriers for participation in daily life. In order to promote participation in older adults depending on home based care, the study highlights the importance of understanding and recognising their strategies for balancing agency in everyday life.

O5.2-3 12:15-12:30

Taking home care services into everyday life

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Author: PhD student, Social Educator Aud Elisabeth Wilse Sør Trøndelag University College

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O5.2-4 12:30-12:45

Care satisfaction among older people receiving public care and service, at home or in special accommodation

Author: Dr. Staffan Karlsson

Lund University

Co-authors: Professor Anna-Karin Edberg, Associate Professor Ulf Jakobsson, Professor Ingridl Rahm Hallberg

In order to be able to provide care and service of high quality to older people, knowledge about factors influencing their experience of satisfaction with the care is essential.

Aim: The aim was to explore care satisfaction in relation to health related quality of life, functional dependency, health complaints and place of living among people 65 years or older, receiving formal care and service.

Methods: 166 people receiving care and service from the municipality were interviewed regarding demography, functional ability, perceived health complaints and care. Health related quality of life was measured with SF-12, and care satisfaction was measured with a questionnaire.

Results: The people were in mean 84 years old and those at home were more often cohabitating, less dependent in activities of daily living, less cognitively impaired and had fewer health complaints regarding mobility, faeces incontinence and pressure ulcer, compared to those in special accommodation (equivalent to nursing home). Low care satisfaction was associated with IADL dependency, blindness, faeces incontinence and anxiety, while high care satisfaction was associated with PADI dependency. Those at home rated an overall higher care satisfaction and were more satisfied with care continuity, personal relations and that staff have plenty of time, are respectful and quiet, than those in special accommodation.

Conclusions: Care satisfaction and health related quality of life (HRQoL) among older people was found to be more associated to functional impairment and health complaints than to whether care and service is received at home or in special accommodation.

O5.3 12:45-12:55

The Development of an ICT-based Transgenerational Learning-Environment in Higher Health Care Education

Author: Kriemhild Leitner

Carinthia University of Applied Sciences

Dynamic changes in the globalized world place complex demands on individuals and societies. ICT play a vital role in this context. At the same time, the aging societies present a major challenge especially with regard to social and intergenerational justice. This calls for a move beyond traditional boundaries in health care education. The EU funded project Primer ICT was dedicated to the development and evaluation of a concrete training program aiming at promoting ICT-competences of people of older age. Innovative pedagogic and geragogic approaches were developed and intervened to meet the project's overarching goal: to foster transgenerational understanding by ICT based learning. The main challenge was to actively involve senior citizens and students in the development of the course materials, so that, on one hand, the sustainable learning of ICT competences succeeded and, on the other hand, a dialogue between the generations emerged. The didactic methodology was based on ideas of cognitive and social constructivism and situational learning according to the model of self-directed learning (Biggs, 2007). This was further developed taking into consideration theories of intergenerational learning, learning in older age (Kade, 2009) and learning and ICT in older age (Schäffer, 2006). The project's quality was assessed using a mixed-methodology design (Creiswelle, 2009). Special focus in the evaluation process was given to the concrete training process of students as well as the special needs of the elderly. The results of Primer ICT showed that the chosen approach strongly accommodated the learning of older people. The multipliers (students) did not assume an "instructive" but a co-constructive role. As a result the learner-multiplier gap was removed in favor of a transgenerational learning community. Based upon these insights, further research will focus on the development of a virtual platform linking higher education, health care professionals and client needs.

O5.3 Lifelong learning

Chair: Britt Slagsvold

12-06-2012, 11:45-12:45, Room 1

Four levels of complexity in reasoning among adults

Author: Dr. Sofia Kjellström

Institute of Gerontology, School of Health Science, Jönköping University

Co-author: PhD Sara Nora Ross

Objective: Many lay people and non-developmental specialists still assume that development ends once adolescence is completed. This may account for gerontology's emphasis on decline in aging process without considering the development that may continue in later years. The development may result in different levels of complexity in reasoning. This study uses a mature theory to introduce how it can be used to examine levels of complexity in older persons reasoning.

Methods and theory: The model of hierarchical complexity (MHC) is a formal general theory that accounts for increases in behavioral complexity applicable to all occasions when information is organized. Previous studies have shown that the following four stages are common in Western adults reasoning: concrete, abstract, formal, and systemic. We predicted that at least three different measures of stage of performance would be used by older persons. We conducted interviews with a small sample of Swedish older persons about responsibility for health, and analyzed these qualitatively and quantitatively by MHC.

Results: Results indicated that older persons were using the four adult stages. Each level suggesting a qualitatively different way of reasoning about the issue: two where there is no actual reasoning about health and responsibility, and two where reasoning does occur, each qualitatively different.

Conclusion: Results suggest a long-standing blind spot in gerontology, that people reason at different levels of complexity, and this can be generalized to other domains. We cannot expect that all people are able to comprehend responsibility and other issues as assumed by society. Societal institution needs to be aware of this and construct their information at several levels of complexity in order for adults to understand messages as intended. Researchers need to be aware of the complexity dimension in analysis of data.
Intergenerational Interaction and Learning

Author: Professor Antonio Fonseca
Universidade Católica Portuguesa

The Calouste Gulbenkian Foundation in Lisbon and London has launched a joint programme of work on Innovative Approaches in Intergenerational Interaction and Learning. This programme of work involves funding a series of projects in the United Kingdom and in Portugal respectively as a means of trialling either especially innovative approaches and/or “importing” best practices in intergenerational interaction and learning. This would particularly focus on projects which are not only intergenerational in nature but also address how lifelong learning and modern technologies can both enhance older peoples lives and mitigate loneliness and isolation, and furthermore enhance the quality of life of younger generations, while also strengthening communities and increasing social cohesion. This paper presents the implementation process and the main results of the seven Portuguese funded projects. Some STRENGTHS/OPPORTUNITIES and WEAKNESSES/THREATS can be highlighted. As STRENGTHS/OPPORTUNITIES: innovation and pertinence of the idea; creativity of methodologies considered; diversity of settings used for the implementation of the projects; involvement of local authorities and institutions (public, private, religious, political); development of systematic actions against loneliness involving different generation’s members; promotion of planned and organized interaction initiatives between people of different ages and different social background. On the other hand, as WEAKNESSES/THREATS: lack of experience in diverse domains: community work, older people’s work, intergenerational work; confusion between intergenerational approach and topic approach (environment, ethnography...); lack of coherence: aims - activities - human resources involved; adhesion of the community below the expected. Three conditions appear to be vital for the mainstreaming and sustainability of the projects: solid base in the community, good management and flexibility.

O5.4-1 11:45-12:00
Co-residential parent care-giving
Views of adult daughters in late midlife

Author: Dr. Anu Leinonen
Jyväskylä University

In the Nordic countries, adult children and their parent(s) usually live in own households. Older people receive long-term help from social care services, but family members’ responsibilities have increased. However, it is not totally uncommon to live together with an ageing parent who needs help and care. International studies indicate that co-residential carers with intensive care responsibilities have more health problems than other carers. What do middle-aged adult daughters who care for their parent(s) think about living together with them? What are their rationales for co-residence and for living separate? How can the assessments related to co-residential care be understood in terms of relationships between the generation in late midlife and the generation needing help and care? The views of 33 Finnish women born in 1955 or earlier are examined. Various rationales are categorised, and principles of qualitative content analysis are used. The rationales for co-residence included, for example, the aim to avoid difficulties related to long distance caring, and the individual choice to live with one’s parent. When the interviewees talked about the unwillingness or impossibility to live together with their parent(s) they referred to the inability to provide intensive caring when still working themselves, or the inability to move themselves due to work and family commitments. The wish of having own autonomous space as adult persons and the need to counter caring responsibilities with own time were prevalent rationales. In addition, some interviewees did not explicitly comment co-residential care but referred to care at parent’s own home or in an assisted living facility as solutions when care needs increase. To conclude, interviewees’ rationales are connected to their individual wellbeing in late midlife and in years of retirement. Further, well-being of caring persons through the life course is a significant societal question across ageing countries.

O5.4-2 12:00-12:15
Caregiving situation and quality of life of older family carers: A comparative study on family care in Finland and Estonia

Author: Lic.Soc.Sc. Åsa Rosengren
Arcada, University of Applied Sciences
Co-authors: M.Soc.Sc. PhD student Krista Tammsaar

There is currently little evidence on the circumstances of family carers who are themselves elderly. The objectives of this study is to describe, analyse and compare the caregiving situation and quality of life of older family carers in Finland and Estonia. Structured interviews with older family carers (aged 65+) in Helsinki, Turku and Salo (n=101), Tallinn and Lääne-Viru county (n=448) were carried out within the frame of the research project SUHACARE (2009-2011). The caregiving situation of the older carers was investigated in relation to duration of caring, number of hours support per week provided, caregiving tasks, principal reason for caring, positive and negative aspects of caregiving, carers willingness to continue caring and quality of life. The results show that many of the Finnish and Estonian family carers in the study have a long career in caregiving and are engaged with caregiving more than seven hours per day (75% and 65%). A high proportion of the carers in both samples (70% and 75%) are alone in the caregiving situation and note that it would be difficult to find a substitute in case of illness or if they needed a break from the caregiving role (54% and 31%). The most frequent motive for family caring in the Finnish sample are emotional bonds and a personal sense of duty or obligation. Over 80 percent of the family carers in the Estonian sample feel responsibility to care for their dependent relative and economic aspects play also an important role for the decision to care. Caring obligations put significant pressure on many of the Finnish and Estonian family carers in the study. The most negative impact of caring to family carers in the Finnish sample is that they feel trapped in their role as a carer. In the Estonian sample many family carers note side-effects on their own health and social relations. Most of the family carers in the Finnish and Estonian sample are willing to continue to provide care. Many of family carers in both samples state their quality of life as predominantly positive.

The results strengthen the knowledge base of family caregiving by specifically highlighting the caregiving situation of older family carers in Finland and Estonia. This comparative study could be used for developing care policies and practices for older family carers in the two different welfare regimes.

O5.4-3 12:15-12:30
The role of social networks on elderly caregivers’ wellbeing: a European cross-country approach

Author: Daniela Graveiro
ICL, Centro de Investigação em Ciências Sociais
Co-authors: Alice Detelle Matos, Roberto Martínez-Pecino, Maria Schouten, Sara Silva, Rita Borges Neves

Informal caregiving has been identified as an essential contribution to the sustainability of long-term care systems in all countries in Europe, particularly in a context of economic and financial crisis and restructuring of the welfare state. As the phenomenon of the ageing of the population evolves, the number and the age of informal caregivers will increase over time. In this sense it is important to analyse the characteristics of these actors, the family dynamics frequently associated with them, and factors connected to the quality and the maintenance of the provision of this kind of care such as caregivers’ health and wellbeing.

Caregiving has often been associated with a deterioration of work conditions, economic situation or health status, but also with some positive outcomes such as improvement of the caregiver’s wellbeing. In this scope several researches have pointed out the role of social networks (as one indicator of social support) as a protective factor for health and wellbeing of caregivers. This influence may also vary according to gender. Based on the preliminary results of the fourth wave (2016) of SHARE project (Survey of Health, Ageing and Retirment in Europe) a gender approach that takes into account the differences in structure, interaction, family dynamics, exchange and emotional closeness of social networks of men and women is adopted. Analyses will allow to identify to what extent these characteristics of social networks are more or less promoters of wellbeing of 50+ years old individuals that provide help and care in 20 different European countries. Because the data used are recently collected is given an opportunity to report a very updated perspective about the issues in question. For the same reason the results will be available only in March.
O5.4-4 12:30-12:45
Living with Chronic Obstructive Pulmonary Disease in later life: dilemmas of family carers
Living with Chronic Obstructive Pulmonary Disease in later life: dilemmas of family carers
Author: Dr. Raquel Gabriel
Escola Superior de Saúde da Universidade de Aveiro
Co-authors: Dr. Daniela Figueiredo, Dr. Alda Marques, Dr. Cristina Jácome

Background: Approximately 210 million people worldwide present Chronic Obstructive Pulmonary Disease (COPD). The impacts of COPD on the quality of life of patients are well documented; however a progressive chronic illness also affects the family especially the primary carer. The impacts of COPD on family carers remain relatively unexplored, when compared to other chronic diseases, such as dementia or cancer. This study aimed to explore the impacts of COPD on family carers’ lives, actual concerns and perceived support from formal services.

Methods: A qualitative, cross-sectional study was conducted with family carers of patients at advanced grades of COPD (GOLD 3 and 4). Semi-structured interviews were performed with 25 family carers (n=22, 88% female), with a mean age of 62.1±12.0 years old. The majority were spouses (n=16; 64%), caring for more than 4 years (n=2; 93%). All interviews were audio-recorded, transcribed and submitted to thematic analysis using NVivo software.

Setting: One Swedish municipality with 70,000 inhabitants.

Participants: A total of 459 older adults were included. They were 80 years or older, living in their ordinary housing, and not dependent on the municipal home help service.

Intervention: A preventive home visit or four weekly multiprofessional group meetings with one follow-up home visit. The municipalities assessed that the reason for not having home visitors training and education programmes is needed.

Results: Both interventions delayed deterioration of self-rated health, and ADL between baseline and the three month follow-up. Results: Both interventions delayed deterioration of self-rated health (OR=1.99, 95% CI=1.12 to 3.54). As regards postponing dependence in ADL, senior meetings were found to be the most beneficial intervention (OR=4.95, 95% CI=1.14 to 3.33). No effect on frailty could be demonstrated.

Conclusion: Health-promoting interventions, made when older adults are at risk of becoming frail, can delay deterioration of self-rated health and ADL in the short term. Also, a multiprofessional group intervention such as the senior meetings described seems to have a greater impact on delaying deterioration in ADL than a single preventive home visit. Further research is needed to examine the outcome in the long term, and in different contexts.

O5.5 Preventive home visits

O5.5.1 11:45-12:00
Health-Promoting Interventions for Persons Aged 80 and Older are Successful in the Short Term

Results from the Randomized and Three-Armed

Author: Susanne Gustafsson
Sahlgrenska akademien, University of Gothenburg
Co-authors: PhD, MD Katrina Wilhelmson, PhD Kaja Ekclind, AV prof, PhD Gunilla Hedström, PhD Lena Ziden, PhD Gerta Häggblom Kronlid, MS Betina Haggaard, PhD Fredie Sinde, PhD, Prof. Elisabeth Rothenberg, MD, PhD, Prof. Sten Llandahl, PhD Synnevi Dahlin-Karoff

Objectives: The study Elderly Persons in the Risk Zone was designed to evaluate if it is possible to delay deterioration if a health-promoting intervention is made when the older adults (80+) are at risk of becoming frail, and if a multiprofessional group intervention is more effective in delaying deterioration than a single preventive home visit. This paper examined the outcome with regard to frailty, self-rated health, and activities of daily living (ADL) at the three month follow-up.


Setting: Two urban districts in Gothenburg, Sweden.

Participants: A total of 459 older adults were included. They were 80 years or older, living in their ordinary housing, and not dependent on the municipal home help service.

Intervention: A preventive home visit or four weekly multiprofessional group meetings with one follow-up home visit. The municipalities assess that the reason for not having home visitors training and education programmes is needed.

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O5.5.2 12:00-12:15
Are acceptance rates of a national preventive home visit programme for older people socially imbalanced?

Author: Dr. Yukari Yamada
University of Copenhagen
Co-authors: Arethea Elkmann, Charlotte Nilsson, Mikkel Vass, Kirsten Avlund

Background: to investigate 1) whether socioeconomic status was associated with acceptance of preventive home visits among older people and 2) whether municipality invitational procedures for the preventive home visits modified the association.

Methods: The study population included 1,023 community dwelling 80-year-old individuals from the Danish Intervention Study on Preventive home visits. Information on preventive home visit acceptance rates was obtained from questionnaires. Socioeconomic status was measured by financial assets obtained from national registry data, and invitational procedures were identified through the municipalities. Logistic regression analyses were used, adjusted by gender.

Results: Older people with high financial assets accepted preventive home visits more than persons with low assets (adjusted OR=1.59; CI=1.12-2.01). The odds ratio for accepting preventive home visits was larger among persons with low financial assets invited by a letter with a proposed date than among persons with high financial assets invited by other procedures, though these estimates had wide confidence intervals.

Conclusion: High socioeconomic status was associated with a higher acceptance rate of preventive home visits, but the association was modified by invitational procedures. The results indicate that municipalities might decrease some of the social inequality in acceptance of preventive home visits, if they change their invitational procedures.

O5.5-4 12:30-12:45
Older peoples’ experiences with preventive home visits in a Norwegian municipality: How do preventive home visits affect older peoples’ health and possibility for a good life in their own home?

Author: KD student, MScN, RN Mette Toien
Buskerud University College
Co-authors: Master student, OT Morten Hegeland, MPH, MScN, RN Bjorg Ekmann, PhD, RN Lisbeth Fagerstrøm

Background: The main aim of preventive home visits (PHV) is to uphold home dwelling older peoples’ health and well-being, and to prevent or postpone functional decline and need for comprehensive health care. Varieties of PHV are offered in several countries, including in Norwegian municipalities. The interest in PHV increase is due to expected demographic changes. Even though the potential of PHV to improve older peoples’ health is well documented, the knowledge base to guide the design of the visits is limited. Studies that shed light on experiences, attitudes and perceptions of recipients of PHV are missing and are therefore called for.

Aim: The aim of this study was to explore and describe older peoples’ experiences with and perceptions of PHV.

Methods: A randomized, three-armed, single-blind, and controlled trial performed between November 2007 and May 2011.

Setting: Two urban districts in Gothenburg, Sweden.

Participants: A total of 459 older adults were included. They were 80 years or older, living in their ordinary housing, and not dependent on the municipal home help service.

Intervention: A preventive home visit or four weekly multiprofessional group meetings with one follow-up home visit. The municipalities assess that the reason for not having home visitors training and education programmes is needed.

Results: Both interventions delayed deterioration of self-rated health (OR=1.99, 95% CI=1.12 to 3.54). As regards postponing dependence in ADL, senior meetings were found to be the most beneficial intervention (OR=4.95, 95% CI=1.14 to 3.33). No effect on frailty could be demonstrated.

Conclusion: Health-promoting interventions, made when older adults are at risk of becoming frail, can delay deterioration of self-rated health and ADL in the short term. Also, a multiprofessional group intervention such as the senior meetings described seems to have a greater impact on delaying deterioration in ADL than a single preventive home visit. Further research is needed to examine the outcome in the long term, and in different contexts.

O5.5-5 12:15-12:30
Preventive home visits for non-western elderly citizens in Denmark

Danish municipalities experiences of mediating, implementing and evaluating preventive home visits

Author: PhD, Occupational Therapist Mette Andresen
University College Zealand
Co-authors: BA in Occupational Therapy Lisa Krogh Bonde, BA in Occupational Therapy Ditte Binds

Danish law offer one yearly preventive home visit to elderly citizens aged 75 years and older. Elderly people with non-western background/heritage are a minority, but their number is missing and are therefore called for.

Aim: The aim of this study was to explore and describe older peoples’ experiences with and perceptions of PHV. The
More results will be presented at the conference.

Background: 1989-90.

In 2015, the PHV provided help to maintain role and preserve important functions and activities that helped them to uphold a good life at home. However, the perceived benefit and need for PHV varied, and some younger, healthy seniors did not identify with the topics introduced during the visit. Continuity and relationship over time was considered as positive and important, but not essential.

Conclusion: PHV helped older people to maintain good lives in their own home through individually tailored information, facilitation and support. More differentiated follow-up may be valuable.


Methods: The study was conducted as a randomized, placebo-controlled trial (n=208) experienced significant changes in muscle strength or muscle function, which did not differ significantly between healthy (n=198), pre-diabetic (n=20) and T2DM participants (n=17). Changes in serum glucose during the intervention differed by group: only glucose improved significantly in the pre-diabetic group; glucose and triacylglycerol improved significantly in the healthy group; whereas no serum parameter improved significantly in the T2DM group.

Conclusions: A 12-week resistance exercise program improves muscle strength and muscle function to a similar extent in healthy, pre-diabetic and T2DM elderly people. However, according to our data T2DM participants do not experience favourable changes in fasting glucose or HbA1C.


O5.6-4 12:39-12:45

Exercise and physical fitness post stroke

Author: Dr. Birgitta Langhammer
Oslo University College
Co-author: Professor Birgitta Lindemark

Background: It is argued that all stroke patients, indifferent of disability, have the same possibility to improve with training. On
the other hand no study has had a sole focus on this difference in a stroke population. The aim of the study is to follow and register functional improvements of motor function, balance, mobility, walking capacity and activity patterns in two groups with different functional capacities at baseline for a 36 months period.

**Methods:** Persons with stroke were recruited and divided into two groups related to their functional status at baseline. Outcome measures were the Motor Assessment Scale, Berg Balance Scale, Timed Up-and-Go, 6-Minute Walk Test and the Barthel Index of Activities of Daily Living. The participants were tested on admission, three, six, twelve and thirty-six months after the onset of stroke. During the acute phase of rehabilitation at the hospital both groups received functional task-oriented training, followed by regular self- or therapist driven training the first year post stroke and varied exercise patterns the following 24 months.

**Results:** Both groups improved their motor function (p<0.001), activities of daily living (p<0.001), balance, and mobility (p<0.001) till six months for so to stabilize at twelve months and decline at thirty-six months post stroke. Walking capacity (BMWT) improved up till twelve months, for so to slightly deteriorate in both groups at thirty-six months. Change scores indicate a great potential for rehabilitation in the MAS<35 group compared to the MAS group with a change of only 4% in MAS, 25% in BMWT, 8% in BBS and 5% in BI from baseline to three months post stroke.

**Conclusion:** The functional capacities in acute stroke patients have a major impact on motor function, balance, mobility and activity of daily living in a longitudinal perspective, where persons with MAS group<35 in comparison with Mas group>35 show a lower performance in all outcome measures from baseline to 36 months post stroke. However, stroke patients with MAS group>35 showed a higher improvement rate relatively, thus indicating the importance of maintenance of exercise and training post stroke for all persons with stroke.

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**Oslo 5.7 Hip fracture II**

**Chair:** Karen Andersen-Ranberg

12-06-2012, 11:45-12:45, Room 13

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**Oslo 5.7-1 11:45-12:00**

**Balance confidence and functional balance are associated with physical disability after hip fracture**

**Author:** MSc Johanna Edgren

Gerontology Research Center, Department of Health Sciences, University of Jyväskylä

**Co-authors:** MSc Anu Säpäkaski, PhD Aki Heinonen, PhD Tarja Rantanen, MD, PhD Mauri Kallinen, PhD Eija Portegijs, PhD Miikaela von Borsdorf, PhD Sanna Silvennoinen, PhD Sarianna Siipälä

**Background:** Hip fracture is a common trauma among older people, leading to balance impairments, decreased muscle strength, and loss of independence in daily activities. The incidence of hip fractures increases with age and the total number of fractures is expected to rise due to population aging. This study investigated the associations between physical disability, balance confidence, and functional balance among older people after a hip fracture.

**Material and methods:** The participants were 159 over 60-year-old community-dwelling men and women. Health, fracture status and contraindications for participation were assessed in a clinical examination. Physical disability was assessed by a questionnaire containing 14 questions on perceived difficulty in basic (ADL) and instrumental activities of daily living (IADL). Two sum scores were composed: ADL score (range 0-6) and IADL score (range 0-8). Higher score indicated more difficulties. Balance confidence was assessed by the Activities-specific Balance Confidence Scale and functional balance by the Berg Balance Scale. Knee extension force was measured using a dynamometer. Pain and use of walking aids were assessed by a questionnaire. The negative binomial regression analysis was used to explore the associations.

**Results:** For ADL disability relative to balance confidence, the IRR was 0.99 and 95% CI 0.98-0.99 (adjusted for age and gender) respectively for ADL and IADL score (range 0-8). Higher score indicated more difficulties. Balance confidence was assessed by the Activities-specific Balance Confidence Scale and functional balance by the Berg Balance Scale. Knee extension force was measured using a dynamometer. Pain and use of walking aids were assessed by a questionnaire. The negative binomial regression analysis was used to explore the associations.

**Conclusion:** Balance confidence and functional balance are important determinants of physical disability in older people with a previous hip fracture. In future, it would be essential to study what kinds of interventions are effective in enhancing balance confidence and functional balance among hip fracture patients.

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**Oslo 5.7-2 12:00-12:15**

**Increased hip fracture risk in older persons using antidepressants**

**A nationwide cohort study in Norway**

**Author:** Dr. Marit Svardal Bakken

University of Bergen

**Co-authors:** MSc PhD Anders Engeland, MD Lin B. Engesæter, MD PhD Anette Hylen Ranhoff, MD PhD Steinar Hurska, MD PhD Bjarne Rufus

**Background/Objectives:** Hip fractures are highly prevalent in older persons, with great implications for morbidity and mortality. Hip fractures are usually caused by a combination of osteoporosis and a fall, and antidepressant drug use may affect both conditions. The aim of this study was to examine association between antidepressant drug use and hip fracture risk in older persons.

**Methods:** Nationwide prospective cohort study including the Norwegian population aged 65+. For the study period, 01.01.05-31.12.10, data was obtained from the Norwegian Prescription Database (all prescriptions of antidepressants released at Norwegian pharmacies, by drug name and drug volume) and the Norwegian Hip Fracture Register (date of primary hip fracture). We compared hip fracture incidence during person time exposed and unexposed to antidepressant drugs (any antidepressant; tricylic antidepressants (TCAs), serotonin reuptake inhibitors (SSRIs) and other antidepressants) by calculating standardized incidence ratios (SIR). SIR>1 indicates increased hip fracture risk during antidepressant drug exposure.

**Results:** The study population comprised approximately 960,000 persons, of which 39,988 (4.4%) experienced a primary hip fracture. Preliminary analysis revealed an increased risk of hip fracture for persons exposed to any antidepressant, SIR 1.8 (CI 1.8-1.9); TCAs, SIR 1.5 (1.3-1.6); SSRIs, 1.9 (1.8-1.9) and other antidepressants, SIR 1.6 (1.4-1.8). Hip fractures were more prevalent among women than men exposed to antidepressants. However, fracture risk was higher in exposed men, SIR 2.0 (1.9-2.1), than in women SIR 1.8 (1.7-1.8). Generally, SIR decreased with increasing age.

**Conclusions:** This study indicates increased hip fracture risk in persons using antidepressants, especially SSRIs. These associations need to be explored further by clinical studies. SSRIs are extensively prescribed for older persons, necessitating careful evaluation of potential risks and benefits for individual patients.

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**Oslo 5.7-3 12:15-12:30**

**Activity-specific balance confidence as a proxy for mobility and balance in older people with a fall-related hip fracture**

**Author:** Dr. Erja Portegijs

Gerontology Research Center and Department of Health Sciences, University of Jyväskylä

**Co-authors:** MSc Johanna Edgren, MSc Anu Säpäkaski, PhD Mauri Kallinen, PhD Tarja Rantanen, MD PhD Markku Alm, PhD Ilkka Kivisysta, PhD Sanna Silvennoinen, PhD Sarianna Siipälä

**Objectives:** To study the relationship between balance confidence, a concept close to fear of falling, and performance-based as well as self-reported mobility and balance in older people with a history of a fall-related hip fracture.

**Methods:** Cross-sectional analyses of pre-trial data of two randomized controlled trials of physical rehabilitation in community-dwelling people with a hip fracture between 6 weeks and 7 years earlier (SARCTN34217637;SARCTN36380197[1,2], including 130 persons with fall-related fracture. Pre-trial assessments included Activity-Specific Balance Confidence (ABC) scale, use of walking aids outdoors, self-reported ability to walk outdoors and climb one flight of stairs, and laboratory assessments of self-preferred walking speed, timed get-up-and-go(TUG), and Berg Balance Scale. Correlation and univariate general linear model analyses were performed.

**Results:** Table 1 shows the participant characteristics, 75% was female (>65) and osteoporosis was used to repair 46% of hip fractures(>60). Higher ABC scores correlated with better performance (r=0.47,p<0.001) and self-reported (r=0.53,p<0.001) mobility and balance measures. Figure 1 shows a gradient of increasing ABC scores in all groups with better mobility and balance. Group differences remained significant also after adjustment for age, gender, time since hip fracture, number of diseases, and in addition either physical activity or knee extension strength of the fractured limb.

Urinary retention in hip fracture patients

Author: Mette Irene Martinsen
Diakonhjemmet Hospital
Co-authors: Anette Hylen, Rankoff, Ludvig Fjeld Schalm

Objectives: Hip fractures are a common trauma in the elderly and associated with complications, decline in function and mobility and high mortality. Urinary retention is a common postoperative complication. There are few studies on urinary retention in elderly hip fracture patients. The objective is to describe prevalence of urinary retention and complications related to urinary retention in elderly hip fracture patients.

Methods: This was an observational retrospective study. Data was obtained from a quality register where demographic and medical information are registered. Bladderscan were used to measure amount residual of urine preoperatively, the 1st, 2nd and 5th day after surgery. Residual urine <150ml was defined as urinary retention.

Results: 106 patients aged 66 - 98, 86 women and 20 men were included, from 01.04.2010 - 31.03.2011. An indwelling catheter was inserted preoperatively and removed the morning after surgery. Mean time of indwelling catheter was 23 hours.

Prevalence of urinary retention was highest preoperatively 66(62%) patients had urinary retention preoperatively, 38(28%) patients had urinary retention day one after surgery, 37(36%) the second day and 25(24%) on day 5. Although patients were able to void some had up to 960 ml of residual urine after voiding.

Neither age nor number of chronic diseases was associated with urinary retention in this study. Patients with urinary retention on day 5 had a higher prevalence of urinary infection, than the patients the patients who did not have retention (55% vs 20%, p<0.005). Patients with urinary retention on the 5th day stayed longer in hospital than the other patients (74 vs 12 days, p<0.05).

Conclusion: Prevalence of urinary retention was highest preoperatively. Although patients were able to void some had relative large amount of residual urine. Urinary retention on day 5 postoperatively was associated with more complications especially urinary tract infections and longer hospital stay.

6.1 Dementia care II
Chair: Marianne Schroll
12-06-2012, 14:00-15:00, Plenum 8/10

The Marte Meo method in dementia care
Evaluation of the effect of a six day Marte Meo practitioner course on the caregivers in longterm nursing home.

Author: Marianne Munch
NKS Olaviken alderspsykiatrisk sykehus
Co-author: Linn-Helde Lunde

Objective: NKS Olaviken participated from 2008 to 2011 with Sykehuset Innlandet and the Norwegian Center for Health and Aging in a Dementia Care program initiated by the Norwegian Ministry of Health. The objective was to examine the effect of a six day Marte Meo course on dementia caregivers communication skill and ability to perform person centered care.

The method is based on communication and solution oriented theories and uses filmfootage of daylylife interaction with patients as counselling tools.

Method: 39 caregivers from four different nursinghomes participated. During the course they learned elements of supportive communication and received counselling on filmfootage of interaction with patients. They completed two self report measures, The Person Centered Care Assessment tool and a measure reading the psychosocial environment, before, immediately after and six months after the intervention.

Results: There was a significant higher total score on both self-report measures.12 participants and three leaders participated in either focusgroup or depth interviews. The interviewed participants described changes in their way of interacting, increase attention and discussions of care approaches, the importance of watching film to discover and understand both the patients behaviour and the consequences of their own behaviour. In addition they reported changes in patient behaviour such as change from resistance and helplessness to cooperation and initiative as well as a change from a negative to a more positive bodylanguage when interacting with the participants.

Conclusion: The results showed an effect of the Marte Meo practitioner course on caregiving experience and behaviour, on perceived contentment with psychosocial work environment and perceived patient behaviour. Watching film in combination with counselling seems to facilitate the process of caregivers curiosity in finding new approaches in challenging daily life interaction situations.

6.1-1 14:00-14:15

Suffering and pain in end-stage dementia

Author: Dr. Bechor Zvi Aminoff
Deriatric Division, Sheba Medical Center, Tel Hashomer

Objective: to study possible interrelations between suffering and pain in end-stage dementia (ESD). Subjects: a cohort study of 200 ESD patients with a six-month follow-up period.

Methods: Our recently developed Mini Suffering State Examination (MSSE) scale is the first objective clinical tool for evaluation of suffering level in end stage dementia (Aminoff, 1999). The MSSE scale is available in English, Hebrew, Dutch and Spanish, and covers 10 items (range 0-10). Based on clinical experience, the following items were included in the MSSE: Not calm, screams, pain, decubitus ulcers, malnutrition, eating disorders, invasive action, unstable medical condition, suffering according to medical opinion, and suffering according to family opinion.

The MSSE scale was tested using the Cronbach’s α=0.737, model, which demonstrated its significant reliability (α=0.798). Validity of the MSSE scale was proven by Pearson correlation with Symptom Management in End-of-Life in Dementia (SOM-ELD) scale (r = 0.574, P < 0.0001), and Comfort Assessment in Dying with Dementia (CAD-ELD) scale (r = 0.796, P < 0.0001).


Results: On the day of admission to the Geriatric Department, 10.5% of ESD patients diagnosed with pain (21/200) and 85.5% of ESD patients were free from pain. Patients diagnosed with pains had a higher Mini-Suffering State Examination scale score (7.2 ± 2.4) than those without pain (4.0 ± 2.2), with a significant difference (P < 0.0001).

Conclusions: Pains contribute to higher suffering and the development of Aminoff suffering syndrome in ESD.

6.1-2 14:15-14:30

Creating relationships a way to understand personcentred dementia care

Author: Dr. Irina Ericsson
Hälsvetsjukakolan Jönköping Institute for gerontology
Co-authors: Ass prof Sofia Kjellström, RN, PhD Ingrid Helström

Swedish authorities recommended personcentred dementia care and this is considered a prerequisite for successful dementia care. An essential element of personcentred care is that the caregiver attempts to establish a relationship with the person with dementia.

Method and objective: This Constructivistic Grounded Theory study describes how relationships are created with persons with moderate to severe dementia. The material comprises 24 video-sequences of Relational Time (RT) sessions and 24 interviews with persons with dementia carried out in direct relation to the video-taping. We also interview eight professional caregivers which had been involved.

Results: The categories of ‘Assigning time’, ‘Establishing security and trust’, and ‘Communicating equally’ were strategies for arriving at the core category ‘Opening up’, which was the process that led to creating relationships. Both parties contributed to create a relationship; the professional caregiver controlled the process, but the person with dementia permitted the caregivers’ overview and opened up, thus making the relation possible.

Conclusions: Interpersonal relationships significantly enhance the well being of persons with dementia. Small measures like RT that do not require major resources can open paths to creating relationships. When a relationship is established caregivers receive the response needed for them to feel that their work is meaningful. Simultaneously persons with dementia feel a sense of well-being through the confirmation of their personhood. Creating relationships may also be a path to understand the practical application of personcentred care.

6.1-4 14:45-15:00

Enhancing dementia research by harmonizing the dementia work-up in the Nordic countries.

Nordic Network in Dementia Diagnostics

Author: Dr. Anne Rita Øksengård
NVS - Department, Section of Clinical Geriatric/Karolinska Institutet, Karolinska University Hospital

Background: Dementia is one of the most common mental diseases. It increases dramatically with the aging of the Nordic population. At the same time, even younger persons are being diagnosed with dementia. Early diagnostics is crucial, but unfortunately the actual causes of dementia are discovered far too late in the disease process.

Method: The Nordic Network in Dementia Diagnostics (NDDD) consisting of a multidisciplinary consortium of nine research groups from five Nordic countries and Lithuania and funded by NordForsk aims to harmonize diagnostic working methods for dementia, and contribute to earlier and enhanced diagnostics.

Results: Based upon a common diagnostic protocol and consensus in how to interpret the clinical information, several validation projects on diagnostics methods that are relatively reasonable in cost are discovered far too late in the disease process.

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Method: The Nordic Network in Dementia Diagnostics (NDDD) consisting of a multidisciplinary consortium of nine research groups from five Nordic countries and Lithuania and funded by NordForsk aims to harmonize diagnostic working methods for dementia, and contribute to earlier and enhanced diagnostics.

Results: Based upon a common diagnostic protocol and consensus in how to interpret the clinical information, several validation projects on diagnostics methods that are relatively reasonable in cost are discovered far too late in the disease process.
Conclusion: The potential for Nordic synergy in such research is considered to be great. The Nordic countries are often markets with too small a potential individually for the pharmaceutical industry to finance trials of new types of treatment. A closer Nordic collaboration in the development of improved methods might generate an earlier access to treatment of dementia and a better quality of life for persons with the dementia diagnosis and their caregivers.

O6.2 Long term care
Chair: Morten Balle Hansen
2-06-2012, 14:00-15:00, Plenum 9/11

O6.2-1 14:00-14:15
Alcohol related cognitive and affective impairments in a sample of long term care residents in Luxembourg

Author: Dr. Jean-Paul Steinmetz
ZithaSenior - Department of Research & Development
Co-author: Dr Carine Federspiel

The aim of the present research is to demonstrate the wide-spread cognitive and affective impairments of a small sample of chronic alcoholics (N=8), residing in a long term care facility in Luxembourg. To date, research and literature on the necessity and benefits of specific long term care programs for alcohol related brain damaged individuals is limited. During the presentation, data of a large test battery composed of standardized cognitive and affective tests are discussed, demonstrating important impairments in executive functions, cognitive speed, cognitive estimation, and processing of emotional information. Additionally, data from self- and other-ratings are contrasted, with results suggesting that chronic alcoholics are incapable in correctly perceiving and thus, interpreting their personal health condition. Given these findings, we conclude that there is a necessity of developing specific 24h long term care programs for alcohol related brain damaged individuals is limited.

O6.2-2 14:15-14:30
Insidious impact of Canadian elder’s (unspoken) perceptions of ageism in long term care facilities: Is home really a sweet home when coping strategies reinforce ageist attitudes?

Author: Professor Martine Lagacé
University of Ottawa
Co-authors: Annick Tanguay, Marie-Lyse Lauıëlte, Sarah Robichaud

In Western societies, while life expectancy is on the rise so are paradoxically, ageist stereotypes and age discrimination against seniors. However, ageism seems to be more tolerated than racism and sexism, although its consequences remain quite nega-tive. Furthermore, ageism is often expressed in implicit modes, namely through communication. Building on postulates of Communication Accommodation Theory, the three goals that underlie the current exploratory study were a) to determine if ageism is implicitly expressed through interpersonal communica-tion; b) when this is the case, if it is recognized and named as such, finally, c) to what extent does ageist communication have the potential to influence quality of life as well as type of coping strategies. A total of 33 semi-structured interviews were conducted from October 2010 to February 2011 with seniors living in long term care facilities throughout the province of Quebec, Canada. The issue of ageism has not been often studied in this type of living arrangement; more so, such research site seemed quite relevant in the light of previous studies suggesting that some caregivers’ attitudes in long term care facilities tend to reinforce senior’s dependent rather than independent behaviors. Qualitative and quantitative analysis of interviews revealed the following patterns: the majority of seniors provided examples of infantilizing and controlling communication, mostly through daily interactions with caregivers. A series of chi-square tests were performed to determine the potential relationship between ageism, quality of life and coping strategies. Results suggest that perception of ageist communication is negatively correlated to quality of life in the facility and positively correlated to usage of avoidance strategies (as opposed to confrontation strategies). Theoretical and practical implications of results are discussed.

O6.2-3 14:30-14:45
Use and costs of long-term care among older people in the last two years of life 1996-2008

Author: Leena Forma
University of Tampere
Co-authors: Marja Jylhä, Jari Raitanen, Petka Rissanen

The objectives were to describe and analyse, how use and costs of long-term institutional care in the last two years of life changed from 1996 to 2008 in Finland. Use and costs of long-term care were studied in total and separately for health centre, residential home and sheltered housing with 24-hour assistance. The data were derived from national registers. It contains all those who died at the age of 70 years or over in Finland in 1998 or 2002-2008, and a 40 % random sample of those who died at the age of 70 years or over in 1999-2001. Use of services were studied for last two years of life, thus from 1996. The costs were calculated using unit costs reported by National Institute for Health and Welfare. Binary logistic regression analyses were used to find out how age, gender and year of death were associated with use and costs of long-term care.

The data contained 316 639 persons. 46.7 % of them used any form of long-term care at least once in the last two years of life. The proportion using long-term care increased in the study period (42.2 % of those who died in 1998, 48.9 % of those who died in 2008). The proportion using health centre did not change (16.8 %, 16.7 %). The proportion using residential home decreased (26.0, 22.0) and using sheltered housing increased (7.9, 14.0). The costs of long-term care in the last two years of life decreased in the study period. Underlying the change in the use and costs of long-term care might be changes in either the age structure of the population or in the service system. Year of death was associated with use of services also when age was adjusted for. Thus it seems that at least a part of the change is related to the change in service system. Care in residential home has been replaced by care in sheltered housing, whose unit costs are lower. However, it is not clear, if the unit costs include all costs of sheltered housing, especially those paid by the user of service.
Retirement Villages: Residents and Non-Residents Perceptions of Environmental Control

Author: James Finn
University of Sydney

Australia’s population, like many developed nations is ageing. Over the past two decades, the overall number of elderly people has increased at a rate of 5.1% when compared with the rest of Australia’s population. Housing this growing number of elderly citizens continues to present policy challenges for the Australian Government today and into the future. Retirement villages (RVs) are one such housing option for the elderly, and currently only five percent of seniors’ aged over 65 years old is housed in this form of accommodation. A nationally representative survey of 613 retirement village residents (RVRs) and a matched sample of 606 community residents (CRs) living in the same postcode as the RVRs was conducted to compare seniors accommodation choice. Qualitative interviews with retirees of both groups were conducted prior to the surveys, and they revealed a disconnect between RVRs experiences of independence, privacy, and safety & security and CRs perceptions of independence, privacy, and safety & security in a retirement village (RV) setting. It was hypothesised that this could be a significant reason for seniors not wanting to move into an RV, and subsequently a new measure – perceived environmental control (PEC) was designed and implemented in an attempt to capture this difference empirically. Statistical analysis confirmed the construct, convergent, and divergent validity and reliability of PEC. Further analysis revealed that RVRs actual experiences of PEC were greater than the CRs perceptions of same, and a multiple regression analysis demonstrated that resident type (where seniors’ lived) accounted for the most amount of variance of PEC. Many RVs base their marketing strategies around physical services; however, these results could potentially have major implications for the way RVs are designed and marketed to attract potential new residents into the future, and thus play a central role in solving Australia’s future housing challenges of senior

Housing and moving decisions of older people in Finland

Author: Dr. Outi Jolanki
University of Jyväskylä
Co-authors: Susi Fred, Sari Hekkinen, Dr. Krisi Lumme-Sandit

Earlier studies have shown that the living environment and types of housing are linked to well-being, health and social participation of older people. However, research on this topic is scarce in Finland and little is known of the subjective meaning of living environment for older people, their reasoning for and experiences of moving – or consequences of these decisions to their well-being. In this study we are interested in housing and moving decisions of older people and their family members. The theoretical framework of ‘housing pathways’ introduced by Gliopham (2005) directs attention to individual and family biographies, decision-making, and subjective meaning of housing and moving. Also, the emphasis is on the meaning of cultural issues and social norms and values in housing decisions and changing needs and values throughout life course. Agency is a central concept in the study, but it needs to be noted that the moving decision can be voluntary and planned or forced and unplanned (Golant 2003). Also, individual chances to enact agency can be enhanced or hindered by various issues such as financial status, functional ability and family relations. The study draws from three qualitative empirical data sets. The respondents are native older Finns, older immigrants, and adult children. The analysis was performed using content analysis and discursive-narrative approach. The study showed that housing pathways offer a useful theoretical framework to discern and open up the complexity of older people’s housing and moving decisions. They are guided by personal wishes and goals, health and functional ability, financial resources and availability of services. However, the study also showed that life history and family members’ wishes and needs guide older people’s decision-making. Policies regarding housing and service planning need to acknowledge that older people are a heterogeneous group of people with different needs, wishes and resources

The association between self-reported environmental barriers and habitual walking activity among older people

Author: Li-Tang Tsai
University of Jyväskylä
Co-authors: PhD Merja Rantakokko, MSc Mila Saajunan, MSc Johanna Ennen, PhD Elsa Portege, PhD Anne Viljanen, PhD Tanya Rantanen

We examined the association of self-reported environmental barriers with habitual walking activity among older people. The analyses are based on cross-sectional data of 632 community dwelling men and women aged 75-81 who took part in the Screening and Counselling for Physical Activity and Mobility (SCAMOB) project in Jyväskylä, Finland. Self-reported environmental barriers to outdoor activity were categorized into three groups: traffic (noisy traffic and dangerous crossings), terrain (hilly terrain and poor street condition), and distances (long distance to services and lack of resting places). Habitual walking activity was assessed by self-reported distance and frequency walked within a week. Very low walking activity was defined as walking no more than 1.5 km/week or at most once a week. Participants walked on average 6.5 km (SD 5.2) and 4.0 times (SD 2.2) within a week. A total of 93 participants fulfilled the criteria for very low walking activity. Those who reported very low walking activity were more often men (p<0.01), were not living alone (p<0.01), had higher number of chronic diseases (p<0.01) and slower walking speed (p<0.004). They also reported distances as environmental barriers to mobility more often than those who were more active in walking (p<0.001). Those who reported distance-related environmental barriers were over two times more likely to report very low walking activity even after adjusting for age, gender, depression, socioeconomic status, number of chronic diseases, and walking speed (OR=2.2, 95% CI=1.21-3.68). This study shows that older people who report long distances to everyday services and lack of resting places as barriers to their outdoor mobility are at an increased risk of very low walking activity – a risk factor for accelerated functional decline. In the future, prospective analyses based on objective assessments of the environment are warranted.

A controlled trial of Snoezelen in a care home: Should we be talking to our residents more?

Author: Dr. Michael Bird
DSDC, Bangor University
Co-authors: Dr. Katrina Anderson, Dr. Sarah Macpherson, Annelise Blair

Objectives: Despite poor evidence, there has been a rapid increase in use of Snoezelen, or multi-sensory therapy, for BPSD. We evaluated a Snoezelen room in a care home, attempting to control for social interaction with the clinician. Methods. Staff were trained in Snoezelen techniques and each allocated to a resident with moderate to severe dementia and challenging behaviour. They were to use the Snoezelen room when their resident was upset or withdrawn (PNR sessions) and record pre- and post-distress. To enable observation by evaluators, each staff/resident dyad also had scheduled sessions, equally split between the Snoezelen room and a control condition in the garden. Resident behaviour was observed before, during, and after each session and collapsed into four categories: ‘sitting’, ‘neutral’, ‘engaged’, ‘highly engaged’. Results and conclusions. Over 4 months no nurse used the room on a PNR basis (i.e. to calm/comfort a resident). Though some staff came in on days off to run scheduled sessions, overall there was a rapid decline in attendance. One senior nurse took a phone-call in week one, left the room and never did another session. Accordingly we had a reduced sample for analysis; making this yet another Snoezelen study with weak evidence. Levels of engagement were high in both the Snoezelen room and garden conditions from the outset, and there were no significant differences between them. There is limited evidence that disturbed behaviour declined slightly immediately after sessions. The main story is the difficulty undertaking interventions in residential care. Reasons given at focus groups for low attendance, mirroring other studies, were that staff were too busy, and pressures from others because ‘talking to residents was not real work’. Conversely, staff who embraced the project admitted that they never engaged socially with residents, and that doing so had improved relationships and empathy. Thus it remains unknown whether the active fac

The association between self-reported environmental barriers and habitual walking activity among older people

Author: Li-Tang Tsai
University of Jyväskylä
Co-authors: PhD Merja Rantakokko, MSc Mila Saajunan, MSc Johanna Ennen, PhD Elsa Portege, PhD Anne Viljanen, PhD Tanya Rantanen

We examined the association of self-reported environmental barriers with habitual walking activity among older people. The analyses are based on cross-sectional data of 632 community dwelling men and women aged 75-81 who took part in the Screening and Counselling for Physical Activity and Mobility (SCAMOB) project in Jyväskylä, Finland. Self-reported environmental barriers to outdoor activity were categorized into three groups: traffic (noisy traffic and dangerous crossings), terrain (hilly terrain and poor street condition), and distances (long distance to services and lack of resting places). Habitual walking activity was assessed by self-reported distance and frequency walked within a week. Very low walking activity was defined as walking no more than 1.5 km/week or at most once a week. Participants walked on average 6.5 km (SD 5.2) and 4.0 times (SD 2.2) within a week. A total of 93 participants fulfilled the criteria for very low walking activity. Those who reported very low walking activity were more often men (p<0.01), were not living alone (p<0.01), had higher number of chronic diseases (p<0.01) and slower walking speed (p<0.004). They also reported distances as environmental barriers to mobility more often than those who were more active in walking (p<0.001). Those who reported distance-related environmental barriers were over two times more likely to report very low walking activity even after adjusting for age, gender, depression, socioeconomic status, number of chronic diseases, and walking speed (OR=2.2, 95% CI=1.21-3.68). This study shows that older people who report long distances to everyday services and lack of resting places as barriers to their outdoor mobility are at an increased risk of very low walking activity – a risk factor for accelerated functional decline. In the future, prospective analyses based on objective assessments of the environment are warranted.
Preventive conversations – how to ease the transition of becoming a nursing home resident

Author: Jette Lynnerup Betaniaheimmet

The project was inspired by a documentary “The Last Station” which portrayed three women. The documentary depicts the difficulties of adapting to a life as nursing home resident. At Betaniaheimmet, we are aware that the majority of new residents find it difficult to adapt to their new situation. Our hypothesis was that a preventive conversation in their home before moving followed by conversations regularly in the first 6 months after their move, would make a difference in the adaptation process.

The project included all new residents from Dec 2010 to Oct 2011, which amounting to 18 residents total. The new residents were divided into two groups, a main group and a control group. The first resident would be in the main group and every other resident would be in the control group. The main group would receive a visit in their home, as well as regular conversations after they had moved, and conversations with their relatives. The control group would only receive conversations prior to their move to Betaniaheimmet. Written evaluations would be made after each conversation, as well as all residents prior to their move to Betaniahjemmet. We obtained sociodemographic variables and medical diagnoses from the records.

Results: Survival did not differ between residents with and without a cancer diagnosis (P > 0.1). Twenty percent of the residents with cancer and 13% without cancer were still alive after five years. After adjustment for sociodemographic and illness variables, increasing age (P < 0.001), higher education (P = 0.009), comorbidity (P < 0.001) and the subdimension physical functioning (P = 0.001) predicted mortality. Bodily pain was only marginally associated with mortality (P = 0.08).

Conclusion: Independent of a cancer diagnosis or not, HRQOL and comorbidity predicted mortality among NH residents without cognitive impairment.

Objectives: To describe the impact of an individually tailored intervention program, for residents in a nursing home setting, on physical functions and daily life activities. Results after three months of intervention.

Author: Dr. Kerstin Frändin

Karolinska Institutet

Co-authors: Doctoral student Helena Grönstedt, Professor Astrid Bergland, Doctor Jorunn Helbostad, Doctor Lis Puggaard, Doctor Mette Andreassen, Doctor Karin Helstöm

Objective: To describe the impact of an individually tailored intervention program, for residents in a nursing home setting, on physical functions and daily life activities. Methods: Nursing homes in Sweden, Norway and Denmark were involved, and 322 residents were randomised to either Intervention or Control group. The intervention lasted for three months and consisted of physical and daily activities, led by physiotherapists and occupational therapists, and was built on their evaluation and on goals expressed by each resident. Testing of muscle strength, mobility, balance function and confidence, ADL level of physical activity, wellbeing and cognitive function was performed at baseline, directly after the intervention period and after another three months. Results after three months of intervention demonstrated a significant improvement in the Intervention group compared to the Control group regarding ADL, balance function and physical activity level. Also, the intervention group significantly improved their walking speed while the Control group significantly deteriorated in ADL and balance function.

Conclusion: Our study implies that functions can be improved and unnecessary decline be delayed, also in a frail nursing home population. Several health indicators, including objective tests of physical function and daily life activities. Results after three months of intervention demonstrate a significant improvement in the Intervention group compared to the Control group regarding ADL, balance function and physical activity level. Also, the intervention group significantly improved their walking speed while the Control group significantly deteriorated in ADL and balance function.

The health of the oldest old in Sweden deteriorated between 1992 and 2002 - is it better or worse in 2011?

Author: Dr. Carin Lennartsson

Aging Research Center

Co-authors: Dr. Ingmar Kårehö, Dr. Marti G Parker, Professor Mats Thorslund

Objectives: Sweden has one of the highest proportions of people aged over 80 in the world and life expectancy at higher ages is continuing to increase. At the beginning of the 21st century a Swedish study of the oldest old showed an increase in health problems in this group between 1992 and 2002. This study looks at data gathered in 2010/2011 to see if the health status in this very old population has continued to deteriorate.

Material and methods: The question was tested with the Swedish Panel Study of Living Conditions of the Oldest Old (SWEOLD) — a nationally representative interview survey of people aged 77+. SWEOLD has a high response rate and includes institutionalized persons and persons, for example with cognitive impairments, who are interviewed indirectly using a proxy.

Results: Several health indicators, including objective tests of physical and lung function, showed a significant worsening of health for both women and men between 1992 and 2002. New cross-sectional analyses show neither an improvement nor deterioration in self reported health problems. For example, reports of pain in the shoulders, back pain, problems climbing the stairs, anxiety and nervousness, have not changed significantly since 2002. Also the proportion of people reporting poor self-rated health has been stable at a level of about 12% over the years 2002, 2004 and 2010/2011. By contrast, the objective test of lung function has continued to worsen over this period.

Conclusions: The preliminary conclusions are that the deterioration of health seen between 1992 and 2002 has not continued. Nor are there any signs of improvement, at least when considering subjective measures. These results will be discussed with a special emphasis on the type of health outcomes, gender differences and methodological issues.
The importance of children in old age

Author: Inna Lisko
University of Tampere, Finland

Co-authors: PhD Kristina Taininen, PhD, MD Tero Hehlmäki, PhD, MD Antti Hervonen, MD, Ph Dr Marja Jyhä

Objectives: Leptin is an adipokine produced mainly from the adipose tissue. High circulating levels of leptin are associated with obesity and related disorders whereas low levels of leptin are associated with malnutrition. Accordingly both high and low levels of leptin seem to be associated with increased mortality risk. However, data regarding the oldest old are scarce. The objective of this study was to find out if leptin levels predict mortality in nonagenarians.

Methods: This study is part of a prospective population-based study, Vitality 90+, carried out in Tampere, Finland. Leptin levels in blood were measured from 60 men and 180 women, aged 90 ± 1 year. All-cause mortality was followed up for four years. Data regarding height and weight (body mass index), functional status (Barthel Index), smoking status and history of diseases were also obtained and used as covariates in the Cox proportional hazard models.

Results: In the adjusted analyses, mortality risk in men was significantly lower (p = 0.047) in the middle tertile of leptin (hazard ratio [HR] 0.46, 95% confidence interval [CI] 0.19-0.99) and borderline significantly lower (p = 0.056) in the lowest tertile (HR 0.37, 95% CI 0.13-1.03) compared to the highest tertile. In women no significant associations for leptin were found but the direction for association was opposite to that of men: in women the HR for the middle tertile of leptin was 1.40 (95% CI 0.79-2.64) and for the lowest tertile 1.47 (95% CI 0.81-2.65), respectively.

Conclusions: In nonagenarian men, low and moderate level of leptin seems to protect from mortality. In nonagenarian women, no significant associations between level of leptin and mortality risk were found. The findings of this study should be confirmed with a larger sample, and in future studies it is important to perform analyses separately for men and women.

Predictors of nine-year mortality in nonagenarians: The Vitality 90+ Study

Author: Dr. Kristina Taininen
Gerontology Research Center and School of Health Sciences, University of Tampere

Co-authors: MSc Tiina Luukkanla, MD, PhD Antti Hervonen, MD, PhD Marja Jyhä

Objectives: With increasing age, the association of conventional risk factors with mortality seems to weaken. Information about the predictors of mortality among the oldest old is limited. Possible gender differences are also poorly known. The aim of this study was to examine the predictors of mortality during nine years in a representative population sample on individuals aged 90 and older, focusing on differences between men and women. In addition, we examined the gender differences in survival at different levels of mobility and activities in daily living (ADL).

Methods: The nine-year follow-up study is part of the Vitality 90+ Study, a population-based study of people aged 90 and older. All inhabitants aged 90 and older in the area of Tampere, Finland were contacted, irrespective of health or place of living. The study population consisted of 171 men and 717 women. Data was collected with mailed questionnaire asking questions concerning about ADL, mobility, self-rated health, chronic conditions, and poor self-rated health were more important. At each different levels of mobility and activities in daily living (ADL).

Results: The 1914-population in total Denmark had 2 children, 11% of the women were childless. The BMI from the 1914-population surveyed in Glostrup, age 50, had 2 children and 10% of the women had no children. Two of the seven women inter- viewed aged 95 were childless, the 11 other 95-year-olds had between 1 and 4 children. Three had lost a child. The interviews dealt with: Thoughts about having children around World War II, fertility and birth (“I would not marry, because I had to, but because I wanted to”). - Having children and thoughts about their education (“It was always my honor to keep the children in clean and nice clothes”). - When the children have problems/problems (“when my son calls me, he never calls me, his wife does not allow him to”). - To lose one child (“You never come to grips with it”). - Importance in old age, for practical purposes, support and as the meaning of life (“I probably would have liked to have a child or two”; “if my grand children would all visit me once in a while, or call me up and ask how I am”).

Conclusion: Among the 95-year-olds, children were the most important life content.

O6.5-2 14:15-14:30

Predictors of nine-year mortality in nonagenarians: The Vitality 90+ Study

O6.5-4 14:45-15:00

Leptin as a predictor of mortality in nonagenarians

Author: Inna Lisko
University of Tampere, Finland

Co-authors: PhD Kristina Taininen, PhD, MD Tero Hehlmäki, PhD, MD Antti Hervonen, MD, Ph Dr Marja Jyhä

Objectives: The importance of children in old age Population: Thirteen 95-year-olds were interviewed, according to the following criteria: Alive 2009, participants in the health surveys in 1964, 1974 and 2004 of the 1914-population in Glostrup; still living in the Glostrup area; able to go through an intensive interview lasting 2 hours regarding the life course.

Methods: I took myself the interviews in the participants’ homes regarding actual life situation, course of life, and health – and afterwards the transcription to text.

Results: The 1914-population in total Denmark had 2 children, 11% of the women were childless. The BMI from the 1914-population surveyed in Glostrup, age 50, had 2 children and 10% of the women had no children. Two of the seven women inter- viewed aged 95 were childless, the 11 other 95-year-olds had between 1 and 4 children. Three had lost a child. The interviews dealt with: Thoughts about having children around World War II, fertility and birth (“I would not marry, because I had to, but because I wanted to”). - Having children and thoughts about their education (“It was always my honor to keep the children in clean and nice clothes”). - When the children have problems/problems (“when my son calls me, he never calls me, his wife does not allow him to”). - To lose one child (“You never come to grips with it”). - Importance in old age, for practical purposes, support and as the meaning of life (“I probably would have liked to have a child or two”; “if my grand children would all visit me once in a while, or call me up and ask how I am”).

Conclusion: Among the 95-year-olds, children were the most important life content.

The importance of children in old age

95-year-olds from the 1914-population in Glostrup, Denmark

Author: Professor Marianne Schroll
Center of Preventive Medicine, Glostrup University Hospital

Aim: To understand quality of life in old age as a function of the life course.

O6.5-3 14:30-14:45

The importance of children in old age

95-year-olds from the 1914-population in Glostrup, Denmark

Author: Professor Marianne Schroll
Center of Preventive Medicine, Glostrup University Hospital

Aim: To understand quality of life in old age as a function of the life course.
Associations of anemia and physical performance in Georgia Centenarians

**Author:** Dr. Dorothy Hausman
*University of Georgia*

**Co-authors:** Alyson Hazlam, Dr. Adam Davy, Dr. M. Elaine Cress, Dr. Mary Ann Johnson, Dr. Leonard Poon, the Georgia Centenarian Study

**Background:** Anemia is a common among older individuals and has been associated with lower levels of physical function. Most studies of anemia and physical function have focused on a ‘younger’ older-adult population and it is unknown whether this association holds true in the very old.

**Objective:** To determine associations between anemia and selected measures of physical function in a population-based sampling of centenarians with a high (~50%) prevalence of anemia.

**Setting:** North Georgia, USA. Study design: This study was a secondary analysis of data from the Georgia Centenarian Study, and included participants with complete data for hemoglobin and creatinine concentrations and physical function measures (n=129).

**Methods:** Anemia was defined according to the WHO definition (hemoglobin concentrations of 12 g/dl for males and 11 g/dl for females). Analyses were performed with logistic regression analyses. Results: Among the 280 elderly of an ambulatory geriatric care unit (191 women, 89 men, 79.9 ± 6.1 year-old). Methods: Gait speed was evaluated by walking at self-chosen usual pace. Usual gait speed under 0.8 meter per second was defined as slow gait speed. Superoxide anion production was evaluated using a lucigenin-based chemiluminescence method. Inflammatory cytokines were measured by ELISA. Results: Among the 280 participants, 179 (63.9%) walked with a gait speed < 0.8 m/s (slow walkers) and 101 (36.1%) with a gait speed > 0.8 m/s (normal walkers). Superoxide anion production and inflammation markers such as fibrinogen were more important in slow walkers (p = 0.004 and p = 0.006 respectively). Conclusions: In slow walkers, accumulation of risk factors increases disparity in physical activity in older people. Older people, who report unmet physical activity need, are also self-reported. Analyses were performed with logistic regression analyses. Results: In older community-dwelling people, the risk of unmet physical activity in people who had mobility limitations but no other risk factors was almost four-fold (odds ratio [OR] 3.86; 95% confidence interval [CI] 1.86-8.03), compared to those with no mobility difficulties. Physical performance measured by gait speed is being recognized as a major instrument for clinical evaluation in older adults, because it predicts physical frailty, loss of autonomy, hospitalization, and decreased survival. Low-grade chronic inflammation and oxidative stress, mediated partly by the superoxide anion produced by NADPH oxidase, are closely linked and could be involved in age-related physical decline.

**Objective:** To determine whether slow gait speed is associated with anion superoxide overproduction by NADPH oxidase and low-grade chronic inflammation.

**Design and setting:** Observational study among 280 elderly of an ambulatory geriatric care unit (191 women, 89 men, 79.9 ± 6.1 year-old). Methods: Gait speed was evaluated by walking at self-chosen usual pace. Usual gait speed < 0.8 meter per second was defined as slow gait speed. Superoxide anion production was evaluated using a lucigenin-based chemiluminescence method. Inflammatory cytokines were measured by ELISA. Results: Among the 280 participants, 179 (63.9%) walked with a gait speed < 0.8 m/s (slow walkers) and 101 (36.1%) with a gait speed > 0.8 m/s (normal walkers). Superoxide anion production and inflammation markers such as fibrinogen were more important in slow walkers (p = 0.004 and p = 0.006 respectively). Conclusions: In slow walkers, accumulation of risk factors increases disparity in physical activity in older people. Older people, who report unmet physical activity need, are also self-reported. Analyses were performed with logistic regression analyses. Results: In older community-dwelling people, the risk of unmet physical activity in people who had mobility limitations but no other risk factors was almost four-fold (odds ratio [OR] 3.86; 95% confidence interval [CI] 1.86-8.03), compared to those with no mobility difficulties. Physical performance measured by gait speed is being recognized as a major instrument for clinical evaluation in older adults, because it predicts physical frailty, loss of autonomy, hospitalization, and decreased survival. Low-grade chronic inflammation and oxidative stress, mediated partly by the superoxide anion produced by NADPH oxidase, are closely linked and could be involved in age-related physical decline.

**Results:** Logistic regression analysis indicated that centenarians with anemia had lower average grip strength (0.96; 95% CI 0.9 to 1.0, p=0.04) and lower average leg strength (0.93; 95% CI 0.9 to 1.0, p=0.05) in partially adjusted models, than in those without anemia. Anemia by hemoglobin concentration increment indicated that grip strength was significantly greater in those with hemoglobin >14 g/dl as compared to those with hemoglobin <13 g/dl, in fully adjusted models, including gender. Lower scores on other physical function measures were not associated with having lower “normal” hemoglobin concentrations or anemia.

**Conclusions:** Anemia in centenarians is associated with significant decreases in grip strength and leg strength. However, no associations were found between anemia and other measures of physical function. Perhaps as people age, physical function is influenced to a greater extent by other factors than simply anemia, making it difficult to detect functional associations in the very old.

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**Low-Grade Chronic Inflammation and Superoxide Anion Production by NADPH Oxidase are the Main Determinants of Physical Frailty in Older Adults**

**Author:** Dr. Gregory Baptista
*Gerontology Center, University Hospital of Montpellier, France*

**Co-authors:** Dr. Anne-Marie Dupuy, Dr. Richard Durant, Pr Jean-Paul Cristol, Pr Claude Jeandel

**Background:** Physical performance measured by gait speed is being recognized as a major instrument for clinical evaluation in older adults, because it predicts physical frailty, loss of autonomy, hospitalization, and decreased survival. Low-grade chronic inflammation and oxidative stress, mediated partly by the superoxide anion produced by NADPH oxidase, are closely linked and could be involved in age-related physical decline.

**Objective:** To determine whether slow gait speed is associated with anion superoxide overproduction by NADPH oxidase and low-grade chronic inflammation.

**Design and setting:** Observational study among 280 elderly of an ambulatory geriatric care unit (191 women, 89 men, 79.9 ± 6.1 year-old). Methods: Gait speed was evaluated by walking at self-chosen usual pace. Usual gait speed under 0.8 meter per second was defined as slow gait speed. Superoxide anion production was evaluated using a lucigenin-based chemiluminescence method. Inflammatory cytokines were measured by ELISA. Results: Among the 280 participants, 179 (63.9%) walked with a gait speed < 0.8 m/s (slow walkers) and 101 (36.1%) with a gait speed > 0.8 m/s (normal walkers). Superoxide anion production and inflammation markers such as fibrinogen were more important in slow walkers (p = 0.004 and p = 0.006 respectively). Conclusions: In slow walkers, accumulation of risk factors increases disparity in physical activity in older people. Older people, who report unmet physical activity need, are also self-reported. Analyses were performed with logistic regression analyses. Results: In older community-dwelling people, the risk of unmet physical activity in people who had mobility limitations but no other risk factors was almost four-fold (odds ratio [OR] 3.86; 95% confidence interval [CI] 1.86-8.03), compared to those with no mobility difficulties. Physical performance measured by gait speed is being recognized as a major instrument for clinical evaluation in older adults, because it predicts physical frailty, loss of autonomy, hospitalization, and decreased survival. Low-grade chronic inflammation and oxidative stress, mediated partly by the superoxide anion produced by NADPH oxidase, are closely linked and could be involved in age-related physical decline.

**Results:** Logistic regression analysis indicated that centenarians with anemia had lower average grip strength (0.96; 95% CI 0.9 to 1.0, p=0.04) and lower average leg strength (0.93; 95% CI 0.9 to 1.0, p=0.05) in partially adjusted models, than in those without anemia. Anemia by hemoglobin concentration increment indicated that grip strength was significantly greater in those with hemoglobin >14 g/dl as compared to those with hemoglobin <13 g/dl, in fully adjusted models, including gender. Lower scores on other physical function measures were not associated with having lower “normal” hemoglobin concentrations or anemia.

**Conclusions:** Anemia in centenarians is associated with significant decreases in grip strength and leg strength. However, no associations were found between anemia and other measures of physical function. Perhaps as people age, physical function is influenced to a greater extent by other factors than simply anemia, making it difficult to detect functional associations in the very old.

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**Accumulation of disparity in physical activity in old age**

**Author:** Ms. Johanna Eronen
*University of Jyväskylä*

**Co-authors:** PhD Minkele von Bonsdorff, PhD Merja Rantakokko, Profesor Taina Rantanen

**Background and objectives:** The level of physical activity often declines in old age, although many older people would like to be more active than what they are capable of. This leads to unmet physical activity need, the feeling that one's level of physical activity is inadequate, which is a manifestation of disparity in physical activity in old age. The accumulation of risk factors, including mobility limitations, low socioeconomic status (SES) and lack of social support may increase disparity in physical activity. The aim of this study was to investigate how the accumulation of risk factors is associated with unmet physical activity need in older community-living people.

**Methods:** The study was based on cross-sectional analyses of an observational study with 622 participants. Socioeconomic status, mobility limitations and availability of social support were self-reported by standardization questionnaires. The outcome of the study, unmet physical activity need, was also self-reported. Analyses were performed with logistic regression analyses. Results: In older community-dwelling people, the risk of unmet physical activity in people who had mobility limitations but no other risk factors was almost four-fold (odds ratio [OR] 3.86; 95% confidence interval [CI] 1.86-8.03), compared to those with no mobility difficulties. Conclusions: The results of this cross-sectional study indicate that accumulation of risk factors increases disparity in physical activity in older people. Older people, who report unmet physical activity need, represent a potential target group for physical activity interventions as long as the interventions are tailored to meet their resources for participation.
Does social capital enhance political participation of older adults? Evidence from Finland and Sweden

Author: PhD, university lecturer Mikael Nygård, Åbo Akademi University
Co-authors: PhD, researcher Fredrica Nyqvist

High levels of civic engagement have been seen as prerequisites for an active or successful ageing. Allegedly, politically active seniors stand a better chance of safeguarding their interests in society as well as enjoying wellbeing. Whether or not older adults engage politically is not merely a question of individual characteristics, such as the level of education, but also on the level of social capital, both individually and contextually. According to Putnam (1995: p. 67) social capital, such as networks and social trust, can be expected to “facilitate coordination and cooperation for mutual benefit”. We can therefore expect communities with higher levels of social capital not only to provide a higher incitement for collective action in general but also to encourage citizens to engage in political action. This relationship, however, is far from straightforward. Social capital may provide the glue that holds communities together, but does it also provide driving forces for engaging in politics? Political engagement of older adults may also represent a variety of sentiments and be determined by different factors. Therefore, a closer assessment of the relationship between social capital and political participation is warranted. In this paper we test the association between individual- and contextual-level social capital and political participation of older adults (65+ years) by using unique survey data from Western Finland and Northern Sweden (the GERDA 2010 survey, N =10,427). We argue that although active engagement in voluntary associations as well as high levels of social trust are positively associated with both voting and none-voting activities of older adults, the explanatory logic differs between the two. When it comes to voting, social capital provides both glue and driving forces for action, whereas only the latter is true in the case of non-voting activities.

The impact of new intimate relationships in later life on social and filial relationships

Author: Dr. Torbjörn Bildtgård, Stockholm University
Co-author: Dr. Peter Öberg

Lots of prior social gerontological research has focused on filial relations in informal care as well as the impact of widows and husbands on social relationships in later life. In this paper we instead ask how a new intimate relationship in later life effect relationships with children, relatives and friends. In particular we focus on the effects that a new intimate partner in later life has on filial, social and care obligations. To answer these questions, qualitative interviews were conducted with a stratified sample of 28 Swedes, 63–91 years, who had established a new intimate relationship after the age of 60 (or who are dating). We found that the respondents describe changes over their life-time in what we conceptualize as the ‘relationship chain’ – a hierarchy in social and care responsibilities – where the new partner in established relations steps in at the very front of the chain. This is positively perceived by the informants, who recurrently describe their partners as a resource for their own autonomy as well as that of their children, relatives and friends.

Time as a structuring condition behind new intimate relationships in later life

Author: Dr. Torbjörn Bildtgård, Stockholm University
Co-author: Dr. Peter Öberg

Mobility in and out of intimate relationships has become more common in late modern societies also in later life. However, it has been a neglected issue in social gerontology and sociological studies on ageing. In this paper the research questions are: What characterizes the formation of new intimate relationships in later life? Are there any specific, more or less universal, conditions that separate them from relationships in earlier life phases? Qualitative interviews was used with a stratified sample, consisting of 28 Swedes, 63–91 years, who have established a new intimate heterosexual relationship after the age of 60 or who are dating. The results showed Time constitut...
satisfactory marital-like relationships moderate ill-being in case of unemployment, retirement and absence of other socially productive activities in older individuals. By analyzing wave 4 of SHARE’s 2011 preliminary data on 50-plus Europeans we will establish the deflection capacity of satisfactory marital-like relationships in vulnerable strata. For that purpose, we will make use of state-of-the-art multivariate statistical analyses. As recently collected raw data is going through the final refining process, results will be available mid-March.

O7.1-4 16:45-17:00

How do different dimensions of social relations fulfill social needs in older people?

Author: Katja Pynnönen
Gerontology Research Center and Department of Health Sciences, University of Jyväskylä

Co-authors: Timo Törmäkangas, Taina Rantanen, Tiina-Mari Lyyra

Objectives: Earlier studies have shown that various dimensions of social relations may be beneficial in different ways in old age. The aim of the study is to investigate how different dimensions of social relations fulfill social needs as essential for well-being in older people.

Methods: 394 persons aged 80 were interviewed face-to-face. Exploratory factor analysis was used in forming sum variables of social relations. Perceived social support was measured by Social Provision Scale based on theory of Weiss. Associations between social relationships and dimensions of social provision were analyzed by regression analyses.

Results: Existence of spouse, frequent contacts with children and friends/acquaintances were related to intimacy including feelings of emotional closeness, assurance that others can be counted on in times of stress, and guidance. Contacts with friends/acquaintances and participation in social activities provided a sense of belonging to a group of friends (social integration). Existence of spouse was most important in providing an experience of opportunity for nurturance and reassurance of worth. These needs were related also to contacts with friends/acquaintances and giving help to children/grandchildren.

Conclusion: Close relationships e.g. with spouse and children may be important in providing both emotional closeness and anticipated social support. On the other hand, giving help may be significant in fulfilling needs of reassurance of worth and opportunity for nurturance. Interaction with friends/acquaintances may be relevant in old age since they are related to various social needs. Thus, promoting social activity which helps to fulfill social needs can maintain and enhance health and well-being in old age.

O7.1-5 17:00-17:15

Life as theatre: older transgender persons’ experiences of ageing and gender identity

Author: Anna Siverskog
Nationella Institutet för forskning om ältere och åldrande

Older LGBTQ (Lesbian, gay, bisexual, transgender and queer) identifying persons have during their lifetime witnessed and experienced many juridical and social changes in attitudes towards sexual and gender identities. There is however a lack of research on this subject in a Nordic context, especially in the case of older trans identities.

This presentation explores age and ageing in relation to transgender identities. It is based on life story interviews with persons identifying as transgender aged 65 to 77 years old, made within a dissertation project about older LGBTQ identifying persons. The theoretical frame used consists of social gerontological perspectives and queer theory. Three themes are focused: the relation to gender throughout the life course; the ageing body; and the lack of knowledge on trans issues.

The results illustrate how trans identities and practices have been seen as inaccessible during big parts of life, but that a different context in combination with being in third age can offer new possibilities to be open. There are also experiences of attempts to undergo sex reassignment surgery, but facing the fact that health and the ageing body are making this wish impossible. Some persons express worries for ageing and future need of care where they fear they might be discriminated. There are also experiences of a big lack of knowledge about trans issues. One conclusion is that while it is possible to talk about a “homonormativity”, where the homosexual subject under certain circumstances is seen as more respectable in general discourses, transgender identities have not reached this point if they are not made invisible; something that can be hard to achieve with an ageing body that has not undergone sex reassignment surgery.
P1-2
Assessing Long-term Care Service Needs of Indigenous Older Adults: A Framework for Practice with Native Elders

Author: Dr. Colette Brownie
University of Hawaii
Co-Author: Dr. Noreen Mokau, Dr. Kathryn Braun, Dr. Lana Kaspu

The social and health profile of indigenous older adults in the US are alarming alike shorter life expectancies, greater rates of disability, and higher rates of poverty. Native American, Alaska Native, and Native Hawaiian elders also share similar histories of forced colonization, leading many to hypothesize of the link between historical trauma and poor health. This poster session will describe approaches to native older long-term care assessment needs in Hawaii and the continent that are informed by a life course perspective. Research identifies the importance of accurately assessing needs in culturally competent methods. With a focus on kupuna (native elders) in Hawaii, we will provide an overview of their social and health profile, describe a multi-method approach to elder assessment and community engagement, and discuss finding implications for this and other indigenous communities.

P1-3
The effects of marital status on episodic and semantic memory in healthy middle-aged and old individuals

Author: S-M-Hossein Mousavi-Nasab
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Previous studies have shown inconsistent findings about the relation between marital status and cognition (especially with a general cognitive test, i.e., MMSE). In the present study, we examined the effects of marital status and age on specific memory tests: episodic and semantic. A total of 1882 adult men and women participated in a longitudinal project (Beta) on memory, health, and aging. The participants were grouped into two age cohorts: 35-60 and 61-85 and studied across a period of 5 years. Episodic memory tasks comprised recognition and recall, and semantic memory tasks comprised knowledge and fluency. After controlling for education, some diseases and leisure activity as covariates, married people showed significantly better memory performance than single individuals in episodic memory, but not in semantic memory. Also the amount of decline was significantly larger for singles and widowed than other groups in episodic memory during 5 years period time. These results were similarly observed in both age groups. Our specific episodic memory task showed that the effect of marriage can be observed only in comparison with singles and not with divorced and widowed individuals. This effect can be explained by the role played by cognitive stimulation in memory and cognition. The cognitive stimulation of a partner may protect the brain from deterioration. Marriage can be seen as a positive factor in cognitive aging.

P1-4
Inventory of Life Satisfaction (ILS) An ecological approach to life satisfaction

Author: Professor Antonio Fonseca
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The construct of life satisfaction assumes increased relevance with the awareness that “live longer” is not the only desirable result of the increase of longevity. The main goal of this paper is to provide descriptive information about prevalence of three ecological factors with respect to life satisfaction - Health and Safety, Services and Resources, Residence and Sociability. The construction and validation for the Portuguese mid-life and older population (n=1321) of a life satisfaction instrument was carried through. The proposed three-factor solution provides standard and adequate psychometric requirements for reliable and valid measurement. Therefore Services and Resources, Health and Safety, and Residence and Sociability may be used as determinants of life satisfaction of mid-life and older people not only considering the heterogeneity of the ageing process itself but also because different groups of older people even within a similar cohort might differ in their experience of life satisfaction. For instance, women present higher means regarding Services and Recourses and lower means regarding Health and Safety when compared to men (p<0.00). Findings indicate that there is a significant difference between the dimension Health and Safety and age, where we verify a lower mean of the sub dimension for the older. For the marital status, we found significant differences for the total scale and Residence and Sociability (p<0.05) and the widow present higher scores. Finally, findings indicate that there is a significant difference between education and all dimensions and total scale (p<0.05), where lower scores is associated a low education. It can be concluded that the proposed three factor solution provides an adequate description of psychometric properties of the Inventory of Life Satisfaction, supported by high alpha values and differentiated results in the majority of the variables considered.
P1-6
Do older adults really “age-out” of self harm behavior? An DBT adaptation for the older adult.
Author: Dr. Valerie Alexander
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Co-Authors: Dr. Amanda Gutierrez, Dr. Kriste Earnheart
Few studies have explored self-injury in the older adult population. It has long been assumed that amongst these behaviors, such as self-mutilation, that the course seems to decline over time. Self-harm behaviors are thought to “burn-out” or significantly attenuate. This transience is thought to happen somewhere between adulthood and old adulthood. The purpose of this study is to explore geriatric variants of self-harming behaviors that may include self-prescribed polypharmacy, refusal of needed medical attention, neglect of chronic conditions, or sabotage of medical care. Changes instead of extinction of these behaviors may be largely related to an inability to formulate plans for the future and pursue goal directed behaviors. Dialectical Behavioral Therapy is a well known empirically supported treatment for the decrease of self-harming behaviors. However, little to no research has been done on the efficacy of DBT with older adults and its impact on overall quality of life. The results of this study hope to provide evidence of the efficacy of and need for the a DBT adaptation for the older adult.

P1-7
Supporting the Need for an Individualized Approach for Grief Work with the Geriatric Population
Author: Dr. Valerie Alexander
National University
While grief affects all persons, the increasingly older adult population often has accumulative and multiple losses. Such a compounding sequence of losses can lead to an overload in bereavement, particularly if past losses have not been processed. Cultural and societal expectations can often pathologize a normal response to loss. Current literature and studies reveal a movement away from the outdated model of stages of grief to a more individualistic approach. As late adulthood grief can be the reference for the elderly care in institution. Falls are a major problem among elderly adults that negatively impact on their functional independency and social interaction. The presence of chronic disease and impaired balance are well known risk factors for falling. Chronic Obstructive Pulmonary Disease (COPD) is one of the highest prevalent chronic diseases in elderly adults, which severely affects patients’ mobility and balance. However, limited information is available on risk of falling in this population. Therefore, the aim of this study was to determine the risk of falling in elderly patients with COPD. A cross-sectional study was carried out with 31 elderly outpatients with COPD in the central region of Portugal. The results indicated significant improvement on the cognition function and symptoms improvement after intervention. The results of this study hope to provide evidence of the efficacy of and need for the a DBT adaptation for the older adult.

P1-8
Active Lifestyle All Your Life
A Multiprofessional Occupation based Lifestyle intervention Preventing Accidental Falls
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Co-Authors: Med Dr Reg OT Ann-Helen Patomela, Med Dr Reg OT Raymond Dahlberg, Professor Med Dr Reg OT Lena Borell, Ass. Professor Med Dr Reg OT Hans Jonsson
Introduction: Available research shows that accidental falls among the elderly are a major community health problem all over the world. Preventive interventions that are able to address several factors and involve several professional groups have been proven effective in reducing the number of falls among the elderly as well as improving the physical capacity, the individuals participation and their self-rated health. But according to clinical practice today falls preventing interventions are not carried out in this way. This is a new unique occupation based multiprofessional lifestyle intervention targeting older individuals at risk for accidental falls. The project is a RCT ongoing in 9 primary care areas in Stockholm based on the Well elderly study lifestyle redesign in the USA. The question examined by the study is whether the intervention program can: Significantly reduce accidents and incidents involving falling among the participants, influence variables such as satisfaction with life, confidence in one’s own ability and a feeling of involvement. If the intervention can be shown to be cost effective in terms of the use of resources. The intervention – Active lifestyle all your life – is being developed in and for primary care for the cost effective prevention of falls injuries among elderly people using a method that results in continued active life. Aim. The current project is aimed at contributing new knowledge of how a multifactorial occupation based lifestyle intervention based on maintaining an active lifestyle can prevent accidental falls.
Methods: RCT. Random allocation of 150 individuals, highly at risk for accidental falls.www into 2 groups (Intervention and control). Repeated measures of participation, occupational performance, fear of falling and self-rated health combined with measures of consumption of care and frequencies of accidental falls are collected for a period of 24 months.
Results: Preliminary results will be presented.

P1-9
How do the patients and their close relatives experienced The Coordinated Investigation Model of Dementia in the North Denmark Region?
Author: General Practitioner Hanne Hulgaard Lægehuset i Vodskov
Co-Author: PhD-student, nurse Aase Marie Ottesen
The aim of the project was to investigate how the patients and their close relatives experienced the investigation and the subsequent social medicine intervention, and to give recommendations based on the results. The project is based on qualitative interviews with 11 families. Background: The Coordinated Investigation Model of Dementia implies that the primary investigation is carried out in the primary sector by a general practitioner in cooperation with a local dementia nurse in accordance to a specified procedure. Further investigation may hereafter be carried out by specialists in the secondary sector. Especially after The Coordinated Investigation Model was evaluated in 2005 and found useful from a professional point of view, we found it relevant to investigate the experiences by the patients and their close relatives.
Results: The project shows that the patients and their close relatives don’t relate to the model – but rather to the results of the investigation, responsiveness and comfort. The investigation in the secondary sector seems very important to the patients and their relatives, who generally expressed that important decisions and information were handled by the secondary sector. A follow-up interview in the primary sector after investigation, which is mandatory according to the model, was practiced to a very limited extent. The role of the local dementia nurse as a coordinator was widely recommended by the patients and their close relatives, since many have experienced an accessible support and a relevant help.
Recommendations: The primary sector’s role in investigation and follow-up should be strengthened with the aim of executing the model with lowest effective cost. A formal agreement regarding follow-up should be implemented. The relatives should be more involved during both investigation period and in the socio-medical follow-up.

P1-10
The Effect of Learning Therapy on Improving The Cognition Function and Psychological , Behavior Symptoms among the Elderly with Dementia in Institution
Author: Professor Shu-Yuan Chao
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Co-Authors: Hsiao-Mei Chen, Li-Jane Tai
The study used a quasi-experimental design research method to investigate the effect of learning therapy on the improvement of cognitive and psychological behavior symptoms among the elderly with dementia in institution. There were two institutions, in total 44 participants were recruited in this study, including 23 and 21 participants were assigned to experimental group and control group, respectively. The elderly in experimental group were invited to read aloud and conduct digital computation, 15 minutes per time, five days a week, and continuously for 3 months. The MMSE and NPI&ESB2B,Neuropsychiatric Inventory&ESB2B were used for measuring the improvement of the elderly’s cognition function, and psychological, behavior symptoms, before and after intervention. We applied multiple linear regression with the generalized estimating equation (GEE) statistic method to evaluate the effect of learning therapy on the cognition function and symptoms improvement after intervention. The results indicated significant improvement on experimental group elders, both cognition function and neuropsychiatric symptoms, achieving statistic level. The program could be the reference for the elderly care in institution. Key words: Dementia, Learning therapy, Cognitive function, Elderly.
Effects of Age Images on Implicit Age Attitude in Taiwan

Author: Professor YUJING GAO
Fu Jen Catholig University

The increase in the older adult population is a global phenomenon. In review of the research on age attitudes in Taiwan, there are many researches using explicit measurements such as self-report scales or age semantic differential scales. The purpose of this study was to explore age differences in the implicit age attitude. The results indicated that no matter which age groups they belonged to, people all preferred young or old more. And the difference of preference decreased with age. In addition, an experiment was conducted to evaluate age image effects on age attitudes under different conditions by manipulating age stereotypes as positive or negative. The results showed that there were various patterns of age attitude across time. The intervention of negative image had impact on age attitude continuously.

Evaluation of NSW BPSD units in Australia: Adherence to a new model and clinical cost-effectiveness

Author: Dr. Michael Bird
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Co-Authors: Dr. Katrina ANDERSON, Annalise BLAIR, Dr. Sarah MACPHERSON

Background and Objectives: The NSW Government built eleven 16-bed units for people with dementia and disturbed behaviour to get them out of the back wards of psychiatric hospitals. Over 20 years the units lost direction and became long-stay homes for easy to care for people. A pilot trial from 2005 onwards suggested that they could best operate as medium term assessment/treatment discharge facilities for moderate to severe BPSD. If supported by a specialist outreach team and with increased staff and specialist medical cover. A change process was instituted with significantly increased funding. Our two years evaluation was to determine whether the change had taken place and to assess the clinical and cost-effectiveness of the five remaining units.

Methods: We used a repeated measures design to assess multiple staff and patient variables using validated instruments, interviews with multiple stakeholders, observations, perusal of medical records. Results: All units had changed though some still had no outreach team and in one, no funds had been spent on it. The evaluation showed some change. The units were admitting people with more severe behaviour and from a larger geographic spread, but the original pilot-trial site remained superior on these variables. The median length of stay had reduced to 10-12 weeks, with readmission rates between 5 and 20%, and occupancy was a problem for some. These variables were worse for units with no outreach team. One unit had increased admissions five-fold. Psychosocial dementia nursing skills were high across the units, though multi-disciplinary case reviews were dominated by medical priorities in discussing psychotropic medication. On admission all patients were on anti-psychotics but tended to be on it slightly less at discharge. Treating patients in the units was more cost-effective than in patient psychogeriatric facilities and appeared to involve less human costs.

Conclusions: We recommended continuation of the program subject to all units coming up to speed within two years, structural changes to rat sys profile of psychosocial interventions in case-discussions, some changes to admission criteria, and more support from NSW Health. The issue of instituting change in entrenched services will be discussed briefly.

The self-effects of management program and ram mai plong exercise on hba1c and quality of life in older persons with type 2 diabetes mellitus

Author: Suchada Konghan
Chulalongkorn university

This quasi - experimental research aimed to test the effects of self-management program and ram mai plong exercise on hba1c and quality of life in older persons with type 2 diabetes mellitus. The study sample were 48 patients, Diabetes Clinic out-patient department Ranong hospital, Ranong province. The experimental group and the compare groups were matched in term of sex, type of medications and duration of illness. The compare group received the group about self-management program and ram mai plong exercise, while the control group received a conventional nursing care. The experimental group instruments were the self-management program and ram mai plong exercise and Quality of Life Questionnaire. The instruments were tested to the content validity by experts. The data were analyzed by using percentage, mean, standard deviation and t-test. The research finding was as follows: 1. The mean hba1c in older persons with type 2 diabetes mellitus after received the self-management program and ram mai plong exercise was significant lower than before received program at level of .05. 2. The mean quality of life in older persons with type 2 diabetes mellitus after received the self-management program and ram mai plong exercise was significant higher than before received program at level of .05. 3. The mean hba1c in older persons with type 2 diabetes mellitus in experimental group and control group was not significant different at level of .05. 4. The mean quality of life in older persons with type 2 diabetes mellitus in experimental group and control group was significant at level of .05.

The Role of Gender in Predicting Mortality among Older Adults in Singapore

Predicting Mortality in Older Population

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Co-Authors: Dr. Angelique CHAN

The purpose of this study is to identify the role of gender in predicting mortality among older adults in Singapore. We use panel data from 2009 and 2011 to conduct our analysis. The original survey was based on a nationally representative sample of older adults aged 60 years and above (N=5,000) who were first surveyed between 1 July to 31 December 2009. The follow-up began 1 July 2011 and data collection is still ongoing. Our analysis is based on preliminary data between 1 July and 23 November 2011 for survival status of 207 deaths (4.1%) and 4,793 survivors (95.9%). Conceptual framework by Lezozni (1997) guided our model for predicting mortality. We used descriptive statistics, univariate and logistic regressions to analyze the data. In multivariate analysis, as found universally that mortality risk in gender was higher in men than in women (p=.007). Separate analyses by gender showed that older women who had poor or good self rated health and physical dependency with assistance required vs being independent were about 2.5 times more likely to die (p=.035). Men had increased risk of dying when they had poor hearing ability vs good (OR=2.9, 95%CI=1.368-21.5, 16, P=.007). Furthermore, weekly walking exercise and living in condominum/uniformed flat/hotel/hospital/accommodation had a significant reduced risk of mortality in women by 26% and 7% following the adjustment, compared to walking exercise of less than once a month (OR=0.26, 95%CI=0.09-0.65, 7.9, P=.017) and living in 1-2 room flat (OR=0.7, 95%CI=0.01-8.0231, 076, P=.028). While in more educated men compared to the less, benefited them in reducing 44% risk of mortality (P=0.02). Elderly men and women had different attributes of mortality risk suggesting different needs of supports and approach to intervene the predictors of health-related outcomes.

Swedish and Iranian 75-year-olds – do they differ regarding physical function and physical activity?

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Introduction: The pattern of population ageing is highly complex and contextually based. Cross-national comparisons are helpful to explore differences in health.

Purpose: To compare physical activity level, physical functioning and certain health related factors in 75-year-old women and men in Sweden and Iran.

Methods: Population-based cohorts of 637 Swedish and 851 Iranian 75-year-olds were examined with the same methods regarding physical activity level, physical functioning and health related factors.

Results: There were differences in physical activity level (p<0.001), self-reported physical functioning (p<0.001) objective physical functioning (p<0.001), health status (p<0.001) and most socio-demographic aspects between the two countries. Here the Swedish cohort had the advantage. There was no difference between the countries regarding prevalence of vertigo or falls. The only variables where the Iranian cohort had advantage over the Swedes were grip strength and smoking habits. There were larger gender differences in Iran regarding walking habits, self-selected walking speed, timed chair stand, and one-leg stance, and in Sweden in grip strength and physical activity, all to the disadvantage of women.

Conclusion: Iranian 75-year-olds had a lower physical activity level, a worse objective and self-assessed lower extremity physical function but a better grip strength than their Swedish counterparts. Despite this, there were no differences regarding vertigo or falls. Women generally had worse results compared to men in both countries, but it was slightly more common in Iran.

Keywords: Old people, age, cross-cultural, physical activity, physical function, health
A cross-sectional study of fall epidemiology among community-dwelling elderly attending the Elderly Health Centres, Department of Health

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Co-Authors: Dr. Sammy PS NG, Dr. YM CHAN

Background: Accidental falls pose a significant burden on elders’ health and the health care system. However, the problem is often neglected by elders. As most falls are the result of a complex interaction of risk factors, elders should be advised to have multifactorial fall-risk assessment and intervention.

Objectives: To collect updated epidemiological data on fall incidents of Elderly Health Centres (EHC) members so as to better plan our fall prevention education programme.

Setting: 18 EHCs of Department of Health, Hong Kong.

Participants: All elderly aged 65 or above who first attended the EHCs in a week in January 2011 for baseline health assessment.

Method: The prevalence and the risk factors of falls among the elders were identified from the study. Baseline data of the community-dwelling elderly in EHCs; a cohort study is being planned. A multifaceted health education programme was planned according to the modifiable risk factors identified.

Results: A total of 781 EHC elders were recruited into the study. 11.4% out of the 781 surveyee reported to have fallen in the last six months. Logistic regression of these risk factors showed that being a female (adjusted OR: 1.957; 95% CI: 1.147-3.340), aged 80 or above (1.392: 1.199-3.114), obese or overweight (1.668: 1.000-2.785), having cataract (1.668; 0.976-2.849) were independent risk factors of falls. Those who practice tai-chi were found to have sustained less falls. (0.208; 0.074-0.583).

Our study also found the deficiencies in knowledge and the misconceptions of our elders on falls. Fallers seldom seek help from allied health or medical professionals.

Conclusions: To better identify the characteristics of fallers and baseline risk factors for falls among the community-dwelling elderly in EHCs; a cohort study is being planned. A multifaceted health education programme was planned according to the modifiable risk factors identified.

Aging and work among healthcare professionals

Results from a research study conducted in the rural area of Carinthia, Austria

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This research study deals with the effects of demographic developments on healthcare professionals working in hospitals and old people’s homes in Austria. Considering that not only the age structure of patients but also of the workforce is changing drastically, it can be assumed that their already critical working conditions will aggravate further. The aim of the study was to create a comprehensive database and to encourage an intra-institutional dialogue on the research topic. A mixed-methodology design was chosen to adapt a quantitative questionnaire on age management, originally developed in Finland, with the help of focus groups to the rural context of Carinthia, Austria. In 2009, a quantitative questionnaire was delivered to eight hospitals and 24 old people’s homes. The return rate was 42.7%. The analysis showed that the subscales ‘attitude of supervisors towards ageing’ and ‘human resource practice’ were most negatively assessed. A critical view increased with longer work experience, lower work status and lower subjective appraisal of personal health. The six focus groups conducted in 2010 revealed that the existing norms about age management policies and practices are generally inadequate and persistent. The study has shown that aging and work among healthcare professionals is a highly pressing, and at the same time, sensible topic in Austria. Apart from the needed further adaptation of the age management, it is urgently advised to offer trainings in age management for supervisors, to encourage an open debate about aging and work among employees and to adapt the training of future healthcare professionals to the needs of an age-diverse working population. Clearly, policy support will be needed to introduce sustainable change.

Active Ageing: Exploring social participation in Belgium

Participation rates, individual profiles of participants and thresholds to participate

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The World Health Organization and the International Network of the Prevention of Elder Abuse have recognised the abuse of older people as a significant global problem. The rapid ageing of society means that there will be a growing population of elders living at home and the most vulnerable of them are dependent on care or assistance. Research about where, when and how often elder abuse occurs is generally inadequate and inconsistent, or even non-existent. This presentation aims to explore the prevalence rate of abuse among older women living in the community. The main research questions are:

What is the prevalence rate of domestic violence and abuse against older women in Austria, Belgium, Finland, Lithuania and Portugal? b) Can we detect patterns of violence and abuse against older women in those countries? This contribution provides results from the prevalence study of participation of older people in West-Flanders (Belgium). Several dimensions of social participation were examined: informal care, voluntary work, participation in associations, and cultural participation. The specific questions this research addressed included:

What is the activity rate of older women? What is the individual profile of (non) participants? What are the main reasons and thresholds to participate?

Methods: This article analysed data from the Belgian Ageing Studies, collected in West-Flanders. 11285 older people were questioned using a standardised questionnaire.

Results: The findings indicate that older people realise several active roles in society. 30.9% older people deliver informal care and 38.4% provides childcare. Almost 17% volunteers and 69.4% older people are member of an association. One out of two older adults participate in cultural activities. Moreover, the results demonstrate that several people not yet participate in voluntary activities, but express the desire or willingness to do so in the future. Next, the individual profile of the participants in terms of age, gender marital status, income level, and physical health is discussed. Finally the main reasons (e.g. meeting other people, contacts, personally asked) and thresholds (e.g. timing, price, interest) to participate are highlighted.

Conclusion: The discussion provides an overview of potential vulnerable groups in terms of social participation. Moreover, it focuses on the implications of these findings for local policymakers and social organisations and provides impetus to organise and increase active ageing at the local level.
Abuse and Violence against Older Women in Europe (AVOW-study). The study included women aged between 60 and 97 years who were living in private households. 2880 women were surveyed across five countries during 2010. Overall, 28.1% of older women reported forms. When studying co-incidence of types and intensity of violence several patterns of violence were detected. Furthermore, the results demonstrate that more than half of the abuse victims did not talk about the abuse, due to a number of reasons. In the final part of the presentation, the practical implications of these findings for early detection of elder abuse will be highlighted.

P1-24
Consumption of marine-origin n-3 polyunsaturated fatty acids is associated with functional mobility in the community-dwelling oldest old in Japan.

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Background: As population of the aged has been expanding rapidly, one of the major concerns is how to maintain the health and functions in later life.

Objective: The objective of this study was to examine the association of habitual dietary intake of the marine-origin n-3 polyunsaturated fatty acids (EPA + DHA) on the functional mobility in the community-dwelling oldest old who are at a high risk for physical disability.

Design and Methods: This study is a part of the Tokyo Oldest Old Survey on Total Health, which is a community-based ongoing longitudinal study among the oldest old, 85 years or older, living in Japan. Four hundred ninety-three out of 542 participants at the baseline examination were enrolled in this study. Habitual dietary intake of n-3 PUFAs was estimated using the brief-type self-administered diet history questionnaire (BDHQ), and functional mobility was assessed by the Timed Up and Go test. We evaluated the cross-sectional association between the habitual intake of n-3 PUFAs and functional mobility by multivariate logistic regression analyses. Prior to the analyses, validation of the EPA and DHA concentrations in the erythrocyte membrane phospholipids was confirmed based on the EPA and DHA concentration in the erythrocyte membrane phospholipids as the gold standard for nutritional assessment.

Results: A moderate correlation was observed between the estimated dietary intake of EPA/DHA and the concentration of EPA/DHA in the erythrocyte membrane phospholipids (Spearmann’s r=0.41-0.51, p<0.05). Multivariate logistic regression analyses revealed that a lower habitual intake of EPA/DHA was significantly associated with poor functional mobility, especially in the men (OR 95% CI) per 1 SD increase of EPA/DHA intake: 0.95 (0.34-0.91) and 0.79 (0.54-1.15), men and women, respectively.

Conclusions: Habitual intake of marine-origin n-3 PUFAs is associated positively with functional mobility in the community-dwelling oldest old, especially men.

P1-25
Older adults that receive home-based services, on the verge of passivity; The perspective of service providers

Author: Dr. Kjesiti Vik
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Co-Authors: Professor Arne Henning Eide

The increasing number of older adults will put pressure on health care services in the community. Policy related to care of older adults, have focused both on active ageing and the need for more help and care. In order to reach the aim of active ageing it is necessary to explore how service providers perceive the conditions for participation among older adults.

The objective of the study was to explore service providers’ perception and understanding of the conditions for participation among older adults who receive home-based care.

Methods: The study design was grounded theory study, with six focus group representing different parts of home-based care in two different municipalities. The data was analysed by a constant comparative method following the guidelines from Grounded Theory.

Results: The core category “being on the verge” captured how the older adults constantly were on the verge to stop participation and be pushed into passivity. Four conditions influenced; first, many applied for services too late, secondly, the older adults and their family’s expectations about participation. Thirdly, external factors such as adequate housing and assistive devices. Finally, the service delivery per se could constitute a barrier for participation, since the services often focused on passive help and “standard packages”.

Conclusion. The findings show how factors at the system level, the execution of services, and characteristics among older adults and their family may contribute to the individual service recipient being on the verge of being passive.

P1-26
Application of heart rate variability technology to design an emotional management system for the elderly

Author: Professor Hsin-Chang Lo
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Co-Authors: Prof. Ching-Chang Chuang, Prof. Shih-Tsang Tang

Due to advancements in medical care technology, human beings are able to improve their health conditions and extend their lifespan. Some elderly people were found to have difficulties in controlling their emotion, which may later develop into psychological diseases such as panic disorder. Therefore, emotional management is a novel and important issue for the elderly.

In the present study, we incorporated biomedical engineering and industrial design specialists to execute advanced design. First, we applied heart rate variability (HRV) technology to reflect the activities of the autonomic nervous system, which can also be used to develop the panic disorder identification system. The signal detection position was designed to be placed on both hands, with the circuit being re-designed and the signal gain being re-defined. In addition, we integrated a visual display and an auditory broadcasting into this system.

Then, we investigate the life style of elderly people to design the new system. The elderly people require some accommodation conditions and compensations in later life to deal with physical degradation, reduced ability, and increased needs. We focused especially on some aspects such as health care, living spaces (such as living room, bedroom, bathroom), and social activities. Through the regular design process, including idea development, computer-aided design, mechanical design, mock-up, the prototype of emotional management system was thus fabricated.

This newly developed emotional management system can detect the emotion signal when user emotion is unstable, then the system will issue the warning message to remind user, which would further effectively improve the personal health and life quality. In the future, a clinical evaluation with larger testing subjects should be conducted to collect more relative data concerning the effect of this system on the elderly population.

P1-27
Nurses’ Perceptions of Patient-Centred Care in Gerontological Nursing in Finland and in Estonia

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Aim: To explore and compare Finnish and Estonian nurses’ perceptions of the implementation of patient-centred care (PCC) in the case of older patients and to identify possible similarities and differences in these perceptions.

Background: Gerontological nursing has seen a shift from a provider-driven toward a more patient-centred approach to care. While this approach respects older people preferences, the evidence suggests that challenges exist in implementing the approach in nursing practice.

Methods: The study consisted of 220 nurses in Finland and 403 nurses in Estonia. We apply PCC from the standpoint of the nursing process, and the questionnaire consisted of questions about shared decision making, assessment of patients’ need for care and functional ability, goal-setting of patients’ care, and evaluation of outcomes of patients’ care. The data were analysed using statistical methods.

Findings: The nurses in Estonia, more often than the nurses in
Older volunteers and potential older volunteers

Differences in terms of individual characteristics

Author: Professor Liesbeth De Donder

The study examines whether potential volunteers, volunteers and non-volunteers in later life are different from each other in terms of demographic, socioeconomic, physical and mental health, and familial status. Data are derived from the Belgian Ageing Studies. The dataset contains 27,128 people aged 60 and over living in 127 municipalities and cities in Flanders, Belgium. Multinomial logistic regressions are applied to analyse the key variables characterizing older volunteers, potential older volunteers, and older non-volunteers. Analyses indicate that non-volunteers, compared to volunteers, have a lower level of education, have more physical health issues, experience more psychological distress, and are less likely to be unmarried. Potential older volunteers are more likely to have a lower level of education, to be divorced, and are in better physical health than volunteers. Our findings stress the need for recognizing the various multidimensional factors that affect volunteer work in later life. Thresholds like lower level of education and financial vulnerability explain most of the individual determinants for being a non-volunteer and are crucial for voluntary organizations and social policy. Future research should include and make a distinction between potential older volunteers and older non-volunteers.

P1-28

Group-work based gerontological rehabilitation in Finland – meaningful group roles of elderly clients

Author: Aila Pikkarainen

Objective: The study focuses on an R&D project, funded and coordinated by the Social Insurance Institution of Finland (KOKU 2009-13) and involves 60 rehabilitation courses (each including 8 clients, aged 64–66) in rehabilitation centers and 21 municipalities. The aim of the multidisciplinary gerontological rehabilitation is to maintain and enhance the functioning, independence and meaningful living of older inhabitants in home settings and to enhance their participation in society. The focus of the project is to promote a client-centred approach to rehabilitation with which older clients are supported by a peer client group.

Methods: Study Part 3. The section describes the main group roles the clients adopted in various situations during their rehabilitation process in rehabilitation centres and in municipalities.

Results: Different group processes and roles were observed and formulated. Depending on the clients' life situation, health condition, previous life course and view of self, the groups would adopt one of the three different group roles: (1) an outsider: not engaging in group activities or interaction, requiring individual attention from group leaders; (2) a peer member: allying with one group member being in a similar situation, sharing experiences, or experiences, working in pairs or creating a smaller group inside of or parallel to the main group, even orienting out of the main group and (3) an original group member: looking and longing for the group process as a whole.

Conclusion: In group-oriented gerontological rehabilitation, professionals are required to have a special knowledge base to support older clients in different situations in adopting a meaningful group role, to enhance their participation in social activities and to prevent isolation.

P1-30

Geriatric challenges in a middle-aged person

A case report of novel genetic variants causing prematurity ageing

Author: Dr. Karen Roklund Hov

Objective: To investigate the clinical outcome of an ambulant treatment intervention in the patient's nursing home unit compared to hospital admittance.

Methods and theories: Optimal treatment of neuropsychiatric symptoms, or behavioural and psychological symptoms in dementia (BPSD), is debated. Due to the increasing number of elderly, geriatric psychiatry hospital services will need to interact more closely with the municipalities and their nursing homes in order to meet the health challenges of BPSD. A further aspect of BPSD is that the condition may worsen when the patient is brought from the daily routine and surroundings and admitted to a hospital. Nursing home patients with BPSD referred for admission to hospital were randomized to either hospital admittance or ambulant treatment intervention in their nursing home unit.

Results: The intervention group consisted of seven females and one male and the control group of five females and two males. Median age (range) was 87 years (70/95) and 82 years (62/92) respectively. The mean NPI score ranged from 23 to 98 at T1, indicating severe neuropsychiatric symptoms present in both groups.

Conclusion: Both treatment groups showed a statistically significant reduction in BPSD, and there was no significant difference between the groups.

P1-31

Treatment intervention in nursing home versus hospital admission for patients with neuropsychiatric symptoms of dementia.

Author: Stein-Arne Hval

Objective: Gerotranscendence is a developmental process accompanying normal ageing. Torndahl (1984) defined it as a shift in meta-perspective, from a materialistic and rational vision to a more cognitive and transcendent one, normally followed by an increase in life satisfaction. Previous qualitative studies suggested that the oldest old Japanese could show cultural-specific gerotranscendence signs. Thus, a Japanese version of the gerotranscendence scale was developed to measure gerotranscendence among the older Japanese (Masui et al., 2010). The present study evaluates the factor structure, reliability, and validity of this scale.

Methods: Participants were 1000 septuagenarians aged 69–72 (479 males, 521 females) and 512 octogenarians aged 78–82 (248 males, 264 females). They responded to a questionnaire that
White matter hyperintensities are not associated with orthostatic hypotension in mild dementia – a cross-sectional study

Author: Dr. Hogne Soennesyn
Stavanger University Hospital
Co Authors: Professor Dennis W. Nisen, Professor Dag Aandland

Objectives: White matter hyperintensities (WMH) are commonly found in magnetic resonance imaging (MRI) scans of the brains of older people, particularly those with depression or dementia. The severity of white matter hyperintensities was not associated with orthostatic hypotension, but with age only.

Results: The confirmatory factor analysis showed that the gerotranscendence scale can capture the adaptive development among the older Japanese. Future studies should cover the oldest old and examine the predictors of gerotranscendence, including physical, psychosocial, and cultural factors.

Discussion: The current study indicates that six out of eight subscales of the scale can capture the adaptive development among the older Japanese. Future studies should cover the oldest old and examine the predictors of gerotranscendence, including physical, psychosocial, and cultural factors.

We'll add further octogenarians to the analysis and report the results in the congress.

P1-33

White matter hyperintensities are not associated with orthostatic hypotension in mild dementia – a cross-sectional study

Author: Dr. Hogne Soennesyn
Stavanger University Hospital
Co Authors: Professor Dennis W. Nisen, Professor Dag Aandland

Objectives: White matter hyperintensities (WMH) are commonly found in magnetic resonance imaging (MRI) scans of the brains of older people, particularly those with depression or dementia. WMH are mostly associated with cardiovascular risk factors. Some studies suggest that orthostatic hypotension (OH) might be important for the development of WMH. We aimed to explore the relationship between OH and WMH in a sample of older patients with mild dementia.

Methods: Older patients with mild dementia diagnosed according to standardised criteria, and recruited from secondary care outpatient clinics from 2005 to 2007, underwent a measurement, blood tests and MRI scanning. OH was defined as having a history of stroke (R29 vs R33, p=0.015).

We found no significant correlations between Scheltens scores and systolic or diastolic BP drops (Spearman’s rho 0.07, p=0.70 and 0.122, p=0.202, respectively). Potential predictor variables with p<0.25 in bivariate logistic regression analyses (age, hypertension, APOEε4 status, previous stroke) were entered into stepwise multiple logistic regression analyses. Only age remained a significant predictor of being in the highest WMH group (B=0.113, SE=0.048, p=0.019, OR 1.119 (95% CI 1.018-1.230)).

Conclusion: In a sample of older people with mild dementia, the severity of white matter hyperintensities was not associated with orthostatic hypotension, but with age only.

P1-34

Sharing knowledge to advance healthcare policies in Europe for People Living with Dementia and their Carers

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The last 50 years in Europe have seen a dramatic increase in healthy life expectancy; however, this period has also seen a corresponding elevation in diseases linked to aging, particularly dementia. Given the high prevalence, cost, and profound impact on society of Alzheimer’s disease and other dementias, they are a public health priority at the EU level.

The Alzheimer’s Cooperative Valuation in Europe (ALCOVE) is a Joint Action co-financed by the European Commission and comprised of 30 partners in EU Member States. ALCOVE aims to improve knowledge and information exchange on dementia and its consequences to preserve health, quality of life, autonomy, and dignity of people living with dementia and their carers in EU Member States.

ALCOVE’s main objectives are the following: 1) To establish a European network of healthcare institutions; 2) To inform and advise policymakers, healthcare professionals, caregivers, and citizens through convergent recommendations; 3) To reduce the risks associated with psychotropic drug use, particularly antipsychotics; 4) ALCOVE aims to improve data on dementia prevalence; access to early dementia diagnosis; care for those living with dementia, especially those with behavioural and psychological symptoms; and the rights of people with dementia, particularly with respect to advance declarations of will. In conducting this work, ALCOVE draws on previous European studies, including EuroCode, and existing networks, including the Joint Programming on Neurodegenerative Diseases (NIPO), European Alzheimer Disease Consortium (EADC), European Dementia Consensus Network (Edcon), Early detection and timely Intervention in Dementia (INTERDEM), and Alzheimer Europe. The 7 work package leaders - France (cooperation), Spain (dissemination), Slovakia (evaluation), Italy (epidemiology), United Kingdom (early diagnosis), Finland (care and services) and Belgium (rights and dignity) constitute the Executive Board of this Joint Action running 2011-2013.

P1-35

Adopting the Senior Friendly Hospital Framework: caring for frail older patients in the Orbis Medical Centre

Author: Mr. Herbert Habets
Orbis Medical Centre, University Zuyd
Co-Authors: Walther Spers, Erik van Rossum

Objectives: Hospitals face an increase in frail older patients vulnerable to loss of function and often experiencing adverse events during hospitalization. The Orbis Medical Centre aims to work towards better health outcomes for these patients. Evidence indicates that a systematic integrated approach is fundamental to success (Wong, 2013). Therefore the hospital has adopted the Senior Friendly Hospital Framework (Parkes, 2000) as a main strategy.

Methods: Maintaining and improving optimal function, improvement of patient and family satisfaction, facilitating discharge, targeted interventions to prevent complications are main objectives.

Results: Every patient (+70 years) is screen for frailty by the Groningen Frintality score. In the model is realized in a stepwise approach.

Conclusions: The model is inspiring, in engaging the stakeholders of discharge, targeted interventions to prevent complications are main objectives.

P1-36

The importance of environmental factors in dementia care units and its influence on marital relationships

Author: Linn Hege Forsund
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Co-Authors: Professor Sri Ytrehus

Background: Housing and care for people with dementia is continuously changing. Different types of housing and living arrangements have been developed, and there are major differences in their physical design, size, and location. Even though the housing and the organization of homes and institutional care for people with dementia can vary, the importance of good environments and private space is emphasized. This study focuses on marital relationships in dementia care units. As the illness progresses, transfer to a dementia care unit is often needed. Relocation of a partner to such units will strongly influence the unit’s design. This can, however, provide positive effects for the spouses’ opportunities to continue their relationship. Still, marital relationships in different caring settings have been scarcely focused on research; this is therefore emphasized in this study.

Objective: Explore the importance of environmental factors and its influence on marital relationships in dementia care units.

Method: Qualitative in-depth interviews with spouses above the age of 65 of persons refined directly from home to dementia care units in the southern parts of Norway.

Results: After relocation of the partner, the spouses came visiting on regular basis. They appreciated the private room, and the room was frequently used during visits. Some of the spouses found the possibility to create a homelike environment in the room important, both by using furniture, personal objects and photographs. Additionally, the private room was expressed as an important area which made it possible to continue caring for their partners, as well as a place for maintaining cherished activities significant for the couple. The private room, or access to private space, was important as a continuing factor in the relationship, in order to capture significant routines and habits incorporated by the couple. Although private room for many was highlighted as important, there were also spouses who did not find this significant. They gave the impression they’re partner’s state of health had an influence on this.

Conclusion: The opportunity to continue the relationship after relocation seems important to the spouses; however, this could vary depending on the health condition of the person with dementia.

P1-37
Not without my pet! Domestic animals and loneliness among older Swedes

Author: Professor Gerdt Sundström
Institute of Gerontology
Co-Authors: Dr Anna Dahl, Dr Ola Sernång

Objectives: Cultural factors, living arrangement – living alone or not – and health are determinants of loneliness in European countries (Sundström et al., 2009), but we know little about potential effects on loneliness by pet ownership. In Sweden there are about 9 dog/pet households, with the highest rate in Jönköping county (19/100), about the same rate as for underage children/100 inhabitants. We analyse potential effects on loneliness among community residing older persons.

Methods and theories: It is a common assumption that domestic animals provide an object for affection and also prevent or alleviate feelings of loneliness. We use a local study in Mullsjö, Jönköping county, of persons 57+ in 2010 (26 % have a pet) and the nationwide SÄLSA study to analyse potential effects of pet ownership on loneliness.

Results: 28 % of co-resident persons have a pet, 17 % of persons who live alone. In total 4 % of pet owners feel lonesome, 7 % of the non-owners. Among persons who live alone, 13 % of pet owners feel lonesome, whereas 18 % of non-owners feel this. In the most vulnerable group, persons who live alone and suffers poor health, the percentages are 19 % and 25 % respectively. To complete the panorama, 72 % have been caring for a pet during their life course, but regression analyses show only weak associations between pet ownership and loneliness. Partnership and health remain prime factors in loneliness.

Conclusion: Rates of loneliness depend systematically on household pattern and health as seen in other studies (Sundström et al., 2009, 2011). Pet ownership has little influence on loneliness but may have an impact during the life course. 4 out of 10 of today’s older persons will lose one or more of their adult children before they die themselves.

Methods: We use demographic sources and survey theories:
- Thorslund (2010). Probing loss of adult children with survey data is problematic. Estimates of this loss for today’s older Swedes vary from 5 % for 50-74 year olds, to 16 % of the 80+. Historical population data since 1749 suggests a decreasing risk of death of adult children, but the risk is still feasible. Possibly as many as 4 out of 10 today’s older persons will lose one or more of their adult children before they die themselves.

PN-38

When Children Go First: How Many Older Swedes Lose an Adult Child?

Author: Professor Gerdt Sundström
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Co-Authors: Dr Canin Lenanstorp, Dr Bo Malmberg, Dr Mats Thorslund

Objectives: We assess how common it is for older persons to lose adult children and how this has shifted over time. Loss of an underage child was common in the general population until recently, with on average 18 % of mothers in 1935 having lost at least one child. (Longer marriages and unions with many children had much higher risk.)

Methods and theories: We use demographic sources and survey data to estimate risks. There is little research on the scope of loss and implications for bereaved elderly parents.

Results: Family networks of older Swedes have become tighter: older people increasingly have partners, siblings, children and other off-spring, and progressively also parents. Maybe this – although many people presume the opposite tendency – has numbed us for the potential loss of close relatives. Population data for Swedish women born in 1940 or later indicate that the risk of losing one or more children under 1 year has decreased to about 1 %; for children under 20 years of age to ca. 2 % altogether. Among women born in 1940 3.4 % have so far lost an adult child(ren) to children born in 1950 1.4 % so far (2010). Probing loss of adult children with survey data is problematic. Estimates of this loss for today’s older Swedes vary from 5 % for 50-74 year olds, to 16 % of the 80+. Historical population data since 1749 suggests a decreasing risk of death of adult children, but the risk is still feasible. Possibly as many as 4 out of 10 today’s older persons will lose one or more of their adult children before they die themselves.

Conclusion: Many older persons eventually risk to lose one or more of their adult children. The emotional and practical implications of these losses are little researched or understood, as are also the lifelong effects of loss of an under child.

PN-40

Addressing social isolation and loneliness through practice

Author: Rob Hankins
ECH Inc.

‘Living Well’ is an innovative program being piloted in South Australia which suggests that time-limited intervention can address loneliness in older people and develop sustainable social support. For one lady it was a laptop and computer lessons, for another it was organizing a volunteer position at a local primary school. Although simple interventions have made a world of difference for a growing number of older people. Social isolation and loneliness amongst older people living in the community have been associated with adverse health outcomes, and increased risk of placement into residential care or death for older people. Despite evidence of these negative impacts, social isolation and loneliness have been low priorities for funding or innovative service responses whilst traditional services have created dependency rather than addressing the problem. As service providers we face the challenge of providing services without creating service dependency, and the uncertainty of knowing whether the often hidden problems of loneliness and social isolation are being addressed effectively through these traditional services.

For the past four years, ECH (based in Adelaide, South Australia) has been piloting an innovative restorative program with socially isolated and lonely older people who are living in their own homes in the community. Evaluation of the ‘Living Well’ program results suggest that time-limited intervention strategies including individualised goal setting, personal coaching and support can be effective in supporting older people to resume previous social relationships or to develop new social connections in their community, thereby reducing isolation and loneliness. Using client case studies, this paper will highlight the diverse barriers to social participation as well as the range of responses which have been successfully implemented and have supported older people to develop sustainable social supports beyond the life of the intervention program.

PN-41

Relationship between leisure activities and cognitive function among the elderly in Japan

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Introduction: Leisure activity in old age is important to maintain physical health, mental health, and cognitive functions. However, the causal relationship and mechanism that influences the functional components of leisure activities and cognitive function is still unknown. This study examined the relationship between leisure activity components and cognitive function, not on each activity itself.

Method: 387 individuals (471 men and 766 women) in the age range of 69-72 years (mean age 70.1 ± 0.88 yrs) were analyzed. We used 11 leisure activities based on the Activity Questionnaire (Jopp & Hertzog, 2010). Participants were asked to choose every item they participated. Cognitive function was measured by 4 tests: MoCA, word recall and recognition, and inductive reasoning test.

Results: Leisure activities were categorized into 3 categories: strongly tap physical dimension, moderately tap physical and intellectual dimension, and moderately tap physical and intellectual dimension. We calculated activity involvement score for individuals by summing the number of activities in each category. For the multiple regression analysis, cognitive function was a dependent variable and activity involvement scores were the independent variable; sex and education were controlled. As a result, age, education, and intellectual dimension influenced all scores of cognitive function. In addition, physical and intellectual activity influenced MoCA-I score. And physical activity and physical and intellectual activity influenced score of recall test.

Discussion: These results indicated that not only intellectual activity but also physical activity influence cognitive function. Additionally, the influence of the leisure activity varied according to the dimension of the cognitive function. Individual activities have different degrees of physical load and cognitive components. Further research should examine the components of each activity and the relationship between activity components and cognitive function.
24-h mobility during acute hospitalization in older medical patients

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Co-Authors: Mie Ann Christine Bodilk, PhD Ianne Petersen, PhD Nina Beyer, PhD Ove Andersen, Professor Henrik Kehlet, PhD Thomas Bandholm

Background: Inactivity during hospitalization in older medical patients may lead to functional decline and new disabilities in Activities of Daily Living. The objective of this study was to quantify 24-h mobility and assess the daily level of basic mobility during hospitalization in acutely admitted older medical patients.

Methods: A prospective cohort study in older medical patients (>65) who were able to walk independently on admission, and a reference of patients unable to walk independently. The 24-hour mobility level during hospitalization was assessed by accelerometers from admission to discharge. Basic mobility, defined as the ability to get in and out of bed, sit-to-stand from a chair, and was quantified within 48 hours of admission, and repeated daily throughout hospitalization. Basic mobility was scored on a scale between 0-6. A score between 0-5 corresponding to being independent in basic mobility. Mobility level during hospitalization was assessed by accelerometers.

Results: Forty-three patients able to walk and six reference patients were included. The mean age was 84 years and the sample included 52% men. The patients able to walk had a tendency of being hospitalized for fewer days than the reference patients (7 days versus 16 days, p=0.10). The patients able to walk were lying median 17.0 hours (IQR: 14.4-19.1), sitting 5.1 hours (IQR: 2.9-7.1), and standing/walking 1.1 hours (IQR: 0.6-1.7) per day. On days with independency in basic mobility, the patients able to walk were lying 4.1 hours less compared to days with dependency in basic mobility (p=0.001), sitting 2.4 hours more (p=0.0004) and standing 0.9 hours more (p=0.0001). The mobility level was independent of comorbidities, and pain.

Conclusions: Older acutely hospitalized patients with walking ability spend 17.0 hour/day of their in-hospital time in bed, and the level of in-hospital mobility seems to depend on the patients’ level of basic mobility.

Vitamin D status in geriatric patients from 2007-2010

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Co-Authors: MD Pia Minnaer Kannegaard

Vitamin D status in geriatric patients from 2007 – 2010. University Hospital of Gentofte, Denmark, Jacobsen, Kim Otto, MD, Kannegaard, Pia Minnaer, MD, et al. Gentofte Hospital, med afd. C, Niels Andersenvej 65, DK-2950 Hellerup, Denmark. E-mail: kijo72@rh.ge.regionh.dk or pkm2004@ge.regionh.dk

Conclusion: Vitamin D status in the elderly population has drawn much attention over a long period of time. In the Geriatric Department of Gentofte Hospital, Copenhagen, Denmark, we have collected information on vitamin D status for a period of four years.

Methods: Many patients admitted to our department were screened for vitamin D deficiency. In the beginning of the period fewer assembles were performed primarily due to less focus and costs. However, over the four year period the number of assembles increased. In the end of the period almost all patients were screened. We found a high percentage of patients with deficiency in varying degrees despite the increase in public focus.

Results: Year Number D<50 D<25 2007 254 154 (61%) 72 (28%) 2008 324 174 (54%) 84 (26%) 2009 411 159 (39%) 62 (15%) 2010 469 157 (33%) 41 (9%)

Conclusion: Final data analysis has not yet been performed. Additional data on age, gender, sex, smoking, parathyroid hormone, and bone mineral scans will be ready in March 2012 and will be presented in oral presentation or a poster.

Intermediate care in nursing home is more successful for older patients with a medical compared to an orthopedic admission diagnosis

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Bergen Kommune
Co-Authors: Research physiotherapist Cathrine Haukland, PhD Roy M Nilsen, MD, professor Anette H Haukland

Introduction and objectives: Storeivet nursing home has organized a 19-bed intermediate care unit staffed with a geriatrician and increased nursing staff and physiotherapists. A heterogeneous group of elderly (70+) community-living patients with acute illness are transferred shortly after hospital admission for further treatment and rehabilitation.

The major indicators for successful treatment are that the patients are able to return to their home after treatment and that the length of stay does not exceed 14 days. In the present study we wanted to compare the two major groups of medical and orthopaedic patients, concerning these indicators.

Methods: A patient registry recording routine medical information on all consecutive patients was started July 2011. The information was analyzed with SPSS 19 software for Windows.

Results: So far, 239 patients (mean age 85 years) have been included. The most common medical diagnoses were infections, heart diseases and COPD. Of the orthopaedic patients 39% had a trauma with no fracture, and 61% had a fracture. Admission characteristics: The orthopaedic patients had a lower Barthel ADL index 60% compared to the medical patients 75%.

There were no difference concerning age, sex, living alone, or diagnosis, home care, multipharmacag, cognitive status depression, nutritional status and orthostatic BP.

Outcome: 71% of the medical versus 43% of the orthopedic patients were discharged to home within 14 days. The mean length of stay was 12.7 versus 14.5 days for the medical and orthopaedic patients, respectively.

Conclusions: More patients with medical diagnosis were able to return to their home within 14 days. These patients may be more suited for treatment in an intermediate ward compared to patients with orthopaedic diagnoses. Further analysis of the heterogeneous group of orthopaedic patients and one year follow up is required to answer which patients are best suited for intermediate care in a nursing home.

The predictive value of fatigue for nonfatal ischemic heart disease

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Chronic disease in middle age may affect the possibility of a good physically functioning old age. One early sign of chronic disease may be fatigue, which has been shown to increase subsequent disability, use of health services and mortality. Hence, the purpose of the present study was to investigate whether fatigue predicts non-fatal ischemic heart disease (IHD) in middle aged men.

The study population was defined as 526 healthy middle-aged men born in the Copenhagen Metropolitan area in 1953. Fatigue at baseline was measured by questions on feeling worn out and energy level during the past four weeks. IHD diagnosis was retrieved from the Danish National Patients Registry. Kaplan Meier and Cox proportional hazard model were used to test the association at 4-year follow-up. Analyses were adjusted for socioeconomic position, lifestyle factors, depression, diabetes, hypertension and antihypertensive medicine.

Fatigue was associated with hospitalization for non-fatal IHD (HR=1.98, 95%CI=1.09-3.61) and fatigue at baseline were associated in non-smokers (HR=1.57, 95%CI=0.82-3.01). When the analyses were stratified by smoking we found fatigue to be a strong independent predictor of first hospitalization for non-fatal IHD among non-smoking men (HR=4.00, 95%CI=2.00-8.04), but not among smokers.

It is suggested that fatigue is an early marker for IHD especially in individuals with a healthy lifestyle.
Themes were built on topics connected to how low vision can be managed, followed by themes prepared in an interview guide. These diaries were individually coded, and adapted through a computer program. Over time, they showed a natural order. The diaries were analyzed by coding them into categories that reflected the participants’ experiences. The categories were identified by a process of open coding and then refined through a series of internal discussions.

Methods: The methods used were based on the VEGA model of social aging as applied to the study of vulnerability in daily life. The VEGA model focuses on the time aspect of situations in everyday life. The study participants were asked to reflect on their experiences of vulnerability in daily life.

Results: The study showed how vulnerable people experience events in a particular way. These experiences were linked to the quality of their daily life. Specific suggestions were made for caregivers about ways to add value to their work and improve QOL. Since these suggestions can be implemented without much cost, caregivers and policymakers may find them immediately useful.

Psychological well-being and metacognitive efficiency in late adulthood: The impact of cross-cultural factors on the Italian elderly population.

Author: Dr. Maria Chiara Fastame
Department of Psychology, University of Cagliari

Co-Author: Professor Maria Pietronik Perona, Mina Elena Sara Rossetti, Mr. Battista Leone

A body of research shows that cross-cultural differences are related to implicit theories on ageing. Specifically, in the Western individualistic cultural context, elderly people are perceived as obsolete, weak, and unable to contribute usefully to society, whereas in collectivistic cultures, older people are an essential resource of knowledge and cultural traditions (e.g., Yoon, Feinberg, Rahhal, & Winocur, 2001). Current research mainly aims at investigating the effect of cross-cultural and age-related factors on self-referent well-being in the Italian population. One hundred-three-nine healthy adults (20-99 years) were recruited in individualistic Northwestern Italian (i.e., province of Cremona) and collectivistic Sardinian contexts (i.e., province of Ogliastra) and were respectively assigned to the following groups: Young (65, 20-30 years old), Old (i.e., 65-74 years old), and Very Old (i.e., > 75 years old). Participants were administered a battery of tests, including self-referential cognitive efficiency scales, subjective psychological well-being, depression, and psychological distress scales. Participants from the collectivist context show greater levels of well-being, lower depressive signs and lower levels of psychological distress than controls from northwest Italy. Moreover, as expected, age-related factors impact psychological wellness suggesting that work experience by means of life management strategies affects subjective well-being in late life. Life management strategy was evaluated using the Japanese abbreviated version of the Frenkel (2002) self-report measure for selective loss, feedback, and compensation. Three variables served as measures of subjective well-being: positive emotion, negative emotion, and life satisfaction (Dienes, Emmens, Laren, & Gollwitzer, 1985; Mroczek & Kolarz, 1998). Work experience was evaluated using work complexity scores (Kohn & Schoenbach, 1981). This construct has three dimensions, namely, data, people, and things. All education was included in the model.

Conclusions: The path analyses showed that work complexity influenced the use of SOC strategies, which, in turn, resulted in positive subjective well-being in late life. Interestingly, a significant difference was observed in the use of SOC strategies and subjective well-being between old men and women. Note: These results indicate that the use of SOC strategies such as work experience. Our findings suggest that other factors such as marital status and family relationship, may be important predictors of subjective well-being among old Japanese women.

P1-49

Last three days of life in the hospital: A comparison of pain management in adult and old cancer patients

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Co-Author: RN, PhD, Professor Liv Wergeland Sandby, RN, PhD, Professor Anne Leral

Objectives of the study Pain is recognized as a substantial burden in cancer patients. There are numerous studies regarding pain in adult cancer patients, while the knowledge concerning pain and pain management in the oldest terminally ill cancer patients is deficient. The objective was to investigate how healthcare workers document the frequency of pain characterization and whether there were differences in documentation of pain characteristics in hospitalized adult cancer patients (57-77 years) and old cancer patients (78-99).

Methods: The study included 110 cancer patients: 54 adult cancer patients and 56 old cancer patients from a general hospital in Oslo, Norway. Data were extracted from the patients’ electronic records using the Resident Assessment Instrument for Palliative Care.

Results: Median age of the adult cancer patients and the old cancer patients was 65.5 years and 84.5. The two groups did not differ with regard to mean length of stay in the hospital, sex, residential status or ward admittance. A higher proportion of the adult patients lived with family members or others. Pain was reported in 80.9% of the total sample. There were no significant differences between the adult and old patients with regard to frequency of pain, intensity of pain, breakthrough pain, new pain and pain control. A proportion of patients from both groups, 11.3% of the adult patients and 9.3% of the old patients, did not receive adequate pain control. Analgesics were administered to 92.3% of the adult patients and 94.1% of the old patients.

Conclusions: Pain was a common symptom in hospitalized dying cancer patients in the last three days of life regardless of age. In contrast to previous studies, this study found no significant differences between adult cancer patients and old cancer patients with regard to pain characteristics. In both age groups there were potential for improvement for better pain control.

Psychological well-being and metacognitive efficiency in late adulthood: The impact of cross-cultural factors on the Italian elderly population.

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Co-Author: Professor Maria Pietronik Perona, Mina Elena Sara Rossetti, Mr. Battista Leone

A body of research shows that cross-cultural differences are related to implicit theories on ageing. Specifically, in the Western individualistic cultural context, elderly people are perceived as obsolete, weak, and unable to contribute usefully to society, whereas in collectivistic cultures, older people are an essential resource of knowledge and cultural traditions (e.g., Yoon, Feinberg, Rahhal, & Winocur, 2001). Current research mainly aims at investigating the effect of cross-cultural and age-related factors on self-referent well-being in the Italian population. One hundred thirty-nine healthy adults (20-99 years) were recruited in individualistic Northwestern Italian (i.e., province of Cremona) and collectivistic Sardinian contexts (i.e., province of Ogliastra) and were respectively assigned to the following groups: Young (i.e., 20-30 years old), Old (i.e., 65-74 years old), and Very Old (i.e., > 75 years old). Participants were administered a battery of tests, including self-referential cognitive efficiency scales, subjective psychological well-being, depression, and psychological distress scales. Participants from the collectivist context show greater levels of well-being, lower depressive signs and lower levels of psychological distress than controls from northwest Italy. Moreover, as expected, age-related factors impact psychological wellness suggesting that work experience by means of life management strategies affects subjective well-being in late life. Life management strategy was evaluated using the Japanese abbreviated version of the Frenkel (2002) self-report measure for selective loss, feedback, and compensation. Three variables served as measures of subjective well-being: positive emotion, negative emotion, and life satisfaction (Dienes, Emmens, Laren, & Gollwitzer, 1985; Mroczek & Kolarz, 1998). Work experience was evaluated using work complexity scores (Kohn & Schoenbach, 1981). This construct has three dimensions, namely, data, people, and things. All education was included in the model.

Conclusions: The path analyses showed that work complexity influenced the use of SOC strategies, which, in turn, resulted in positive subjective well-being in late life. Interestingly, a significant difference was observed in the use of SOC strategies and subjective well-being between old men and women. Note: These results indicate that the use of SOC strategies such as work experience. Our findings suggest that other factors such as marital status and family relationship, may be important predictors of subjective well-being among old Japanese women.

P1-50

Psychological well-being and metacognitive efficiency in late adulthood: The impact of cross-cultural factors on the Italian elderly population.

Author: Dr. Maria Chiara Fastame
Department of Psychology, University of Cagliari

Co-Author: Professor Maria Pietronik Perona, Mina Elena Sara Rossetti, Mr. Battista Leone

A body of research shows that cross-cultural differences are related to implicit theories on ageing. Specifically, in the Western individualistic cultural context, elderly people are perceived as obsolete, weak, and unable to contribute usefully to society, whereas in collectivistic cultures, older people are an essential resource of knowledge and cultural traditions (e.g., Yoon, Feinberg, Rahhal, & Winocur, 2001). Current research mainly aims at investigating the effect of cross-cultural and age-related factors on self-referent well-being in the Italian population. One hundred thirty-nine healthy adults (20-99 years) were recruited in individualistic Northwestern Italian (i.e., province of Cremona) and collectivistic Sardinian contexts (i.e., province of Ogliastra) and were respectively assigned to the following groups: Young (i.e., 20-30 years old), Old (i.e., 65-74 years old), and Very Old (i.e., > 75 years old). Participants were administered a battery of tests, including self-referential cognitive efficiency scales, subjective psychological well-being, depression, and psychological distress scales. Participants from the collectivist context show greater levels of well-being, lower depressive signs and lower levels of psychological distress than controls from northwest Italy. Moreover, as expected, age-related factors impact psychological wellness suggesting that work experience by means of life management strategies affects subjective well-being in late life. Life management strategy was evaluated using the Japanese abbreviated version of the Frenkel (2002) self-report measure for selective loss, feedback, and compensation. Three variables served as measures of subjective well-being: positive emotion, negative emotion, and life satisfaction (Dienes, Emmens, Laren, & Gollwitzer, 1985; Mroczek & Kolarz, 1998). Work experience was evaluated using work complexity scores (Kohn & Schoenbach, 1981). This construct has three dimensions, namely, data, people, and things. All education was included in the model.

Conclusions: The path analyses showed that work complexity influenced the use of SOC strategies, which, in turn, resulted in positive subjective well-being in late life. Interestingly, a significant difference was observed in the use of SOC strategies and subjective well-being between old men and women. Note: These results indicate that the use of SOC strategies such as work experience. Our findings suggest that other factors such as marital status and family relationship, may be important predictors of subjective well-being among old Japanese women.
P1-52
The relationship between self-reported memory compensation behaviors and prospective memory performance in elderly people

Author: Nocomi Renge
Osaka University
Co-Author: Prof. Yusaku Gondo, Yoshiko Ishika, Ikuyo Kurukawa, Madoka Kawasaki, Prof. Peter Kendell

Background: Prospective Memory (PM) measures the memory for future intentions. PM is important in maintaining healthy and safe independent living (Elenine & Daniel, 1996). It is essential for people to prevent from causing PM failures by memory strategies. Dixon, de Frias, & Bäckman (2001) made the Memory Compensation Questionnaire (MCQ). It is unknown whether memory compensation behaviors compensate effectively PM performance. The purpose of the present study is to reveal the relationship between self-reported memory compensation behaviors and prospective memory performance in elderly people.

Method: The experiments were conducted with 151 elderly drivers, ranging in age from 60 to 85 years old (M = 68.06, SD = 5.20). They were required to answer the MCQ and conduct Virtual Week (VW, PC version; Rendell & Crank, 2000) as PM measure. VW is a PC version of a board game on which participants move around with roll of a dice and are required to make choices about daily activities and remember to carry out life-like activities (PM tasks). First, we measured partial correlation coefficients between MCQ Scales and VW Performances. Second, we measured the relationship between the MCQ and VW performances.

Results: The results showed that the elderly people who usually used more internal strategy and effort strategy in daily life performed worse. Then, separate multiple regression analysis was performed. Significant predictors of VW performance were: perceived stress, self-reported memory compensation behaviors, and internal strategy and effort strategy in daily life. The total variance explained was 65%.

Conclusion: Memory compensation behaviors influence daily life activities, especially in elderly people. The main concern is the importance of memory compensation behaviors in daily life activities. Future studies should focus on the relationship between memory compensation behaviors and daily life activities.

P1-53
Geriatric Assessment Unit (GAU)
Prevalent results from a Subacric Geriatric Assessment Unit

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Introduction and Objective: In frail elderly people functional decline, falls and unsppecific symptoms may be signs of acute or sub-acute disease. Awareness of day to day changes in functional ability and symptoms and availability of sub-acute assessments and diagnoses may be a way to prevent unnecessary acute hospital admission. We report preliminary data from a study focusing the above.

Method: Two municipalities, all GP’s in these and the local geriatric department participated. At start front workers in the municipal elderly care went through an education program. A new co-work model for the referral of patients from the elderly care and/or GP to the new sub-acute Geriatric Assessment Unit (GAU) was described. A one-day Geriatric Assessment Program was developed.

Results: During the first 4 months of the study a total of 31 patients were referred for the GAU (71% females, mean age: 79, 2 years). A number of new diseases or undiagnosed health problems were identified: 3 patients suffered acute infection, 1 anemia, 3 cardiac incompensation, 3 cardiac arrhythmia, 3 electrolyte derangement, 10 signs of cognitive dysfunction, 6 malnutrition, 7 inappropriate medication and 20 had impaired muscle strength. Interventions included in 14 of 31 new medical treatment, 15 of 31 change in medication, 13 of 31 referral to physical training and in 11 of 31 referral to more home help services or aids. Two patients were admitted to inpatient treatment, 22 were offered further outpatient treatment and 7 were discharged immedi-ately after the one day assessment in the GAU.

Conclusion: Multidisciplinary geriatric assessment on an outpatient basis in frail elderly patients, referred with newly developed unsppecific symptoms, falls and functional decline revealed a variety of diseases and health problems available for interventions.

P1-54
Tumroil and confusion
A qualitative study of nurses’ experience with delirium in the face of hospitalized elderly with fracture.

Author: Tove Karin Vasbo
Gjøvik University College
Co-Author: PhD FarsteinAurien, HBU Gethe Eilensten

Background: Delirium is a frequently occurring condition of hospitalized elderly, especially among those with fractures. Consequences of delirium are higher mortality, increased hospitalization and subsequent institutionalization. Nursing staff play a key role in prevention and treatment of delirium. Nurses providing care to the suffering of delirium are facing many challenges connected to the state. The objective of the study was to investigate the characteristics of nurses’ practice experience related to the state of delirium in the orthopaedic elderly patients.

Methods: Fifteen nurses from the orthopaedic department of two hospitals in southern Norway participated in three focus group interviews. The data was transcribed and analyzed with themed content analysis.

Results: The results indicate challenges related to unpredictable surgery programs, insufficient knowledge and poor plans for elderly patients at risk of or who has developed delirium. With regards to clinical nursing knowledge to the state of delirium, the study revealed a need for adopting established routines. Focus group interviews stimulated an interest in regard to changing established routines. Furthermore, the results show that it is necessary to improve nursing practice to elderly patients with fractures, to achieve other possible ways of nursing in the specialist healthcare.

Conclusion: It is necessary to improve practice of nursing to the elderly with fractures in health services to achieve better quality services adapted to this patient group’s unique needs. The surgical unit context impacts nurses’ opportunities and motivation to perform academically acceptable nursing. Increased attention to knowledge of delirium in older patients is necessary both in nursing education and nursing practice.

Knowledge that brings nurses into a position to distinguish delirium from conditions with similar symptoms needs increased focus. In general, short hospitalization periods may contribute to basic nursing care being given low priority. This may result in elderly patients, who are at risk or have developed delirium, not receiving adequate help.

P1-55
Residential Aged Care in Japan - Strategies to facilitate ‘Aging in Place’-

Author: Dr. Masaaki Miyagishima
Senior Social Welfare Community

Scandinavian countries have earned good reputations as liberal and progressive welfare states, where people with lifelong learning disabilities, who already reached a higher age, are in a good position to outstay their non disabled age cohort. This is mainly based on improved living standards and medical advancement. Growing older only comes with white hair, it also indicates life experience, new possibilities for development and obtaining wisdom. Then again growing older also means increasing probability of bodily changes up to gaining further disabilities due to physiological deterioration, or other chronic illnesses. Due to lack of old PID in the past, Carinthia’s Disability-Care System is still inadequately equipped to meet the needs of aging adults with intellectual disabilities.

The objective of this part of the study is, to find out more about subjective wellbeing of aging PID. What are these people’s expectations, visions, goals and wishes concerning their convenience when growing older. The overall study objective is focusing on necessities in support and supply in aging PID in Australia’s province of Carinthia. In a multi method study design different qualitative conducted data and methods were triangulated. Five different perspectives of involved parties were identified. With a total of 33 face to face interviews, PID were the largest sampling group. They were asked questions following a partly standardized manual. This inclusive research project not only focuses on PID as research objects, it includes them in a participatory approach, mainly in all relevant project proceedings. The data material was analyzed with the qualitative content analysis, according to Mayring. First results, concerning the individual perspectives of PID, on how to reach and preserve wellbeing in later life will be outlined and discussed in this presentation.
Stroke patients’ experiences with Wii Sports® during inpatient rehabilitation—A qualitative study

Author: Occupational Therapist Dora Celinder, Glostrup Hospital, Fysis- og ergoterapiafdelingen
Co-Author: Occupational Therapist, MSc Hanne People

Introduction: Every year 12,000 people are hospitalized in Denmark due to stroke. Commercial virtual reality games show potential as beneficial leisure intervention for discharged stroke patients. The aim of this study was to explore Danish hospitalized stroke patients’ experiences with Wii Sports® as a supplement to conventional occupational therapy.

Materials and methods: A qualitative triangulation design included semi-structured interviews and field notes. Nine stroke patients hospitalized at a stroke unit participated. Patients diversified in gender (6 male, 3 female), age (51-95 years), stroke type (2 hemorrhagic, 7 ischemic), localization (6 RV/L, 3 LCV/L), and prior knowledge of Wii.

Patients received 9-19 interventions with Wii Sports® during a three-week period. Each session lasted 20-40 minutes. Patients’ physical and emotional reactions were registered. An individual interview was conducted with each patient and responses were analyzed. Field notes confirmed the interview findings and showed an intermittent need for therapeutic support. An overarching category showed that all patients related to appreciated or desired past, present, and future occupations.

Discussion: Stroke patients may experience Wii Sports® as a beneficial and challenging occupation for both rehabilitation and leisure. Incorporation of Wii Sports® into conventional occupational therapy services may benefit patient rehabilitation directly or provide motivation for alternative leisure activities.

Key words: Stroke, rehabilitation, Nintendo Wii, leisure, qualitative content analysis.

Outcome of municipal rehabilitation evaluated by Dynamic Gait Index, Short Falls Efficacy Scale-International, 30’s Chair-Stand Test and Timed Up and Go in fall patients

Author: Morten Villumsen, Department of Occupational Therapy and Physiotherapy and Department of Geriatrics, Aalborg Hospital, Co-Author: Ole Bruno Hauch-Nielsen, Martin Grembech Jørgensen

Introduction: It is well documented that the risk of falling increases with advancing age, especially amongst women. Approximately 1 in 3 individuals aged >65 experience a fall within a year, increasing to about 50% amongst adults aged >80. In addition, a history of falls is a strong predictor of future falls, as the relative risk ratio (RR) in the following year is 3.0 (range 1.7-3.0) compared to non-fallen, unless appropriately interventions are performed.

Objective: To examine the effectiveness of standard municipal rehabilitation on fall patients evaluated by Dynamic Gait Index (DGI), Short Falls Efficacy Scale-International (Short FES-I), 30’s Chair-Stand Test and Timed Up and Go (TUG).

Methods: This study was an observational analysis of 48 fall patients (10 men and 38 women) with a mean age of 76.8 ± 7.4. All patients were allocated to standard municipal rehabilitation by the Fall Prevention Clinic, Aalborg Hospital. The primary outcomes of interest were improvements in DGI, Short FES-I, 30’s Chair-Stand Test and TUG at 3 months follow up. One sample t-test and Wilcoxon Signed Ranks Test where applied appropriately to the scale type and the distribution of data.

Results: During 3 months of municipal rehabilitation DGI increased from 13 (Q1=10, Q3=15) to 15 (Q1=11.5, Q3=20) (p<0.001, n=41), 30’s Chair-Stand Test from 7.44 ± 3.185 to 8.44 ± 3.233 (p=0.044; n=39), whereas Short FES-I decreased from 14 (Q1=10.5, Q3=20) to 11 (Q1=9, Q3=12) (p=0.001; n=21). No statistical difference was observed in TUG (14.515 (Q1=11.15, Q3=20.25) vs 14.750 (Q1=11, Q3=19), p=0.402; n=38).

Conclusions: Statistical significant improvements were observed in DGI, Short FES-I and 30’s Chair-Stand Test following 3 months of municipal rehabilitation in fall patients, however TUG remained unaltered in this patient group. It appears that a standard municipal rehabilitation regime has a clinical impact on fall patients in the Aalborg area.

How to improve everyday life for vulnerable elderly

Author: Training manager Marianne Elbønd, Social & Sundhedsskolen
Co-Author: Senior consultant Knud Raman, Network manager Inger-Ulse Dytholm

Introduction: Because of the increasing number of elderly people, the care services supplied by institutes are now becoming more important. However, the turnover rate of nursing homes’ staff tends to be higher, and lack of manpower is a chronic problem for facilities that care for the elderly. In order to solve this problem, work environment of staff must be improved. This study focused on the discrepancy and consistency of policy between the procedures that provided by staff and the institutional policy with regard to the treatment of users. This is an important factor that influences motivation and retirement decision of care staff. If care staff working at the same institute (age 21–55)years were interviewed. We asked them about the care provided at the institution, especially about the care what the staff gave themselves and what was institutional policy.

After analysis, the content of the interviews were classified into 3 categories, with 4 standards in each category. After the analysis, it was found that the unified treatment is not always the first priority to be going on staff. Daily cares are based on the unified treatment, but they also pay attention to the information about users, that is constantly exchanged among staff and learn good treatment strategies from other staff’s behaviors. Moreover this flexible work frame enables them to challenge new way of treatments. In conclusion, treatment strategies other than unified treatment, are important to build up their skills, which is one of the important factors to encourage them to keep working as care staff.

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P1-57

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NKG 2012

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P1-61
Housing tenure in later life
Differences among older adults in Belgium

Author: Professor Liesbeth De Donder
Vrije Universiteit Brussel

Co-Authors: An-Sofie Smetcoren, Prof. Dr. Tine Kardol, Sarah Dury, Nico De Witte, Tine Buffel, Dominique Verté

The main purpose of this study is to investigate whether housing tenure differs among older people in terms of socio-demographic variables (age and gender), physical health, income and marital status. Housing tenure refers to the legal status under which someone lives. Four different types are examined: homeownership, private rented housing, social rented housing and others (e.g. living with children, beneficial interest). The data for this contribution are derived from the Belgian Ageing Studies among people aged 60 and over (N=48,889) living in 138 municipalities and cities in Flanders, Belgium. In order to answer the research questions, frequencies and bivariate analyses are performed. The results indicate that homeowners have a higher income, a better physical health and are more likely to be married or widowed in comparison with older renters. Differences are also found between older people living in private rented housing and those who live in socially rented housing. Renters on the private market appear to be the most vulnerable category: they are more likely to have a lower income, a poorer physical health and they are more likely to be divorce or cohabitant than older people who live in social housing. The findings revealed the importance of recognizing the various multidimensional inequalities in housing tenure among older adults. Future research could explore additional insights between housing tenure and housing quality in later life.

P1-62
Out-of-home activity intervention carried out by volunteers improves mood among older people with severe mobility limitation: A Randomized Controlled Trial

Author: Dr. Merja Rantakokko
Gerontology Research Center and Department of Health Sciences, University of Jyväskylä

Co-Authors: MSc Inka Pakkala, MSc Erna Äyräväinen, PhD Tama Rantanen

We examined the effects of individualized recreational out-of-home activity intervention on depressive symptoms among community living older people who have difficulty in accessing outdoors independently. The present study is based on the secondary analyses of the “Volunteering, Access to Outdoor Activities and Wellbeing in Older People” (VOW) data (IRC170564/1832). VOW project was a randomized single blinded controlled trial (RCT) conducted in Jyväskylä, Finland, in 2008-2011. The inclusion criteria were: agree to participate in a RCT, age 65 or higher, severe mobility limitation, willing to increase outdoor activity and able to communicate normally. After screening, a total of 125 people aged 67-82 years were interviewed at home and randomized into intervention or waiting list control group. Each intervention group member was assigned a trained volunteer who assisted the participant in attending recreational out-of-home activities once a week for three months. Depressive symptoms were assessed at baseline and after 3-month intervention using Center for the Epidemiological Studies Depression Scale (CES-D). The baseline characteristics of the intervention and control groups were comparable. In the intervention group the CES-D score remained practically at the same level over the intervention (from 14.9, SD 6.8 to 14.7, SD 7.4), while in the control group CES-D score increased from 17.3 (SD 10.0) to 18.8 (SD 11.0) (treatment effect p=.209, group difference p=.033). Among the subgroup with minor depressive symptoms at baseline, a significant treatment effect was observed (p=.026), where CES-D score decreased in the intervention group and increased in the control group. The findings of the study suggest that three-month out-of-home activity intervention may improve mood among those with minor depressive symptoms. The benefits of out-of-home activity among older people with severe mobility limitation warrants further studies.

POSTER SESSION II
12-06-2012, 15:00-16:00
ROOM 14/15

P2-63
SENIORENGAGE Project: Use of Computer and the Internet among Senior and Young Professionals

Author: Dr. Pirjo Tilkikainen
JAMK University of Applied Sciences

Co-Authors: Dr. Tiina Kuukkanen, Jan Bobeth

Background: The SENIORENGAGE project will develop, test and validate an Internet platform that introduces the seniors in the IT world, providing them with a social network to share knowledge and experiences with other, both young and senior professionals.

Objectives: To survey the use of a computer and the Internet among retired and semi-retired senior professionals, as well as among young professionals for to develop platform.

Methods: The survey with online structured, anonymous questionnaires was conducted in Finland by Jyväskylä University of Applied Sciences (JAMK) and in Austria by Center for Usability Research and Engineering (CURE). In total there were 153 replies to the questionnaire from senior professionals and from 82 young professionals. The data from the questionnaires was analysed using descriptive statistics: per cents and frequencies. The skills and behaviour of the professional groups were comparable. Drawing, photo and video editing were more common among high professional groups. The benefits of out-of-home activity among older people with severe mobility limitation warrants further studies.

Conclusion: The final results of this ongoing project response to the need of a large number of ageing population. The platform helps them involving in the Information Society and enabling them to enjoy its many benefits. In this practical networking internet platform the senior citizens (retired professionals) can, on the one hand learn, and on the other hand, be connected to others, offering their expertise and continuing to actively participate in their professional, for a mutually beneficial educational and social exchange.

Results: SENIORENGAGE platform is made up of two main modules with the aim to promote intergenerational education and cooperation. An e-learning tool will deliver a step-by-step course on the basics of use of the Internet and a Professional Self-Worth Network will allow senior professionals to continue their professions by mentoring younger generations through shared knowledge and expertise and they will continue to be involved in their professional field, contributing to their sense of self-worth.

Conclusion: The final results of this ongoing project response to the need of a large number of ageing population. The platform helps them involving in the Information Society and enabling them to enjoy its many benefits. In this practical networking internet platform the senior citizens can continue to contribute to their professions and to different areas of society which could benefit from their knowledge and expertise.
P2-65

Mobility recovery after a hip fracture

Author: Anu Salpakoski

Gerontology Research Center and Department of Health Sciences / University of Jyväskylä

Co-Authors: Timo Törmäkangas, Johanna Edgren, Sanna Silvennen, Miia Pekkonen, Ari Heinonen, Maarit Kalinnen, Taina Rantanen, Saranä Sisälä

Objective: To study mobility recovery after hip fracture and investigate the characteristics that determine the recovery after a hip fracture.

Methods: Longitudinal analyses of pre-trial data of a randomised controlled trial on a multidisciplinary intervention, aiming to improve mobility and function in hip fracture patients (ProMo, IRCTN 53808197). The Population-based sample consisted of 81 community-dwelling, on average 80±7-year-old, hip fracture patients that followed-up for on average 9 weeks after fracture. Self-reported mobility difficulty (moving outdoors and walking 500 meters) was assessed in the hospital reflecting the status prior to the fracture, at discharge (3.2±2.2 weeks after the surgery) and 6.5±2.3 weeks after discharge from the hospital. Demographic, surgery and health status data were received from the hospital and health care centers.

Results: Ten percent of the patients experienced severe difficulties in moving outdoors before the fracture, 39% at discharge and 38% six weeks after discharge (p<0.001). Corre- sponding values for walking 500 meters were 21%, 57% and 44% (p<0.001), respectively. In total, 63-66% of patients perceived that their mobility had declined from pre-fracture level to 9 weeks after the surgery. Based on preliminary analysis, fracture diagnosis, type of surgery and lower body pain were associated with the poorer mobility recovery after the fracture.

Conclusions: Still over a move after the discharge hip fracture patients experienced severe mobility difficulties. Factors affecting mobility recovery need to be studied in more detailed in order to design effective rehabilitation programs after hip fracture.

P2-66

Do Social background and intelligence early in life influence use of coronary heart disease preventive medicine in adulthood?

Author: PhD Margit Kriegbaum

University of Copenhagen

Co-Authors: PhD Helle Viallach Kildemose, MD, PhD Jesper Nørgaard, MD, Dr Niels Carsten Hendriksen, MD, PhD, Dr Niels Mikkel Vass, Professor Erik Jyke Mortensen, Professor Merete Øler

Background: Social position in childhood and intelligence assessed early in life is associated with later health outcomes in middle aged and older adults. However, the pathways that lead to disease in later life are only partly understood. Medical treatments of different chronic conditions are increasing and it may contribute essentially to health in aging individuals. The use of preventive medications may be a pathway between socioeconomic status in childhood and later health. In this study, we explore the relationship between socioeconomic position and intelligence early in life and use of cardiovascular disease (CVD) preventive medication.

Methods: Birth-cohort study of 8736 Danish men born in 1953 without CVD at the start of the follow-up in 1995. Outcome was initiation of any CVD preventive medication (antihypertensive, antithrombotic, cholesterol lowering medications (statins) according to the Danish National Prescription Register 1995-2007.

Results: Low childhood SEP was associated with a higher probability of discontinuation of treatment with statins (HR 2.04 (1.004-4.16)). Those with higher IQ were less likely to initiate statin use between 1996 and 2007 (2nd tertile: OR 0.65 (0.52-0.82); 3rd tertile: OR 0.61 (0.48-0.76)). IQ tended to predict lower uptake and lower discontinuation with antihypertensives, but the associations were not significant in multivariate models using a 95% confidence interval.

Conclusions: Low IQ early in life tended to be associated with a higher initiation of CVD preventive medication and low SEP in childhood was associated with initiation of statins, indicating that use of medications may be a proxy for the development of CVD. Low SEP in childhood is also associated with higher risk of discontinuation of the treatment with statins, while low IQ are associated with a higher probability of discontinuation antihypertensives, indicating that other factors than ‘need’ such as knowledge and economy may be involved in use of a prescribed medication.

P2-67

Lexical decision task for the elderly: Differences between go/no go and yes/no variants

Author: Dr. Esperanza Navarro Pardo

Universidad de Valencia. Departamento de Psicología Evolutiva y de la Educación

Co-Authors: PhD Esperanza Navarro-Pardo, PhD student Teresa Pastor-Vilar, PhD student Romina Díaz-Díaz-Brooks, PhD student Carmen Moret-Tatay, PhD student Andrea Vázquez-Martínez

Support from social environment plays an important role on psychological wellbeing, however there are many questions remaining about its relation with the aging process. The aim of this study is to examine the influence, as the first approach, of different types of support for General Mental Health scale in a sample of elderly. A sample of 335 elderly participants (mean age of 65.22 years and a 50 % female, where 46% were male and 54 % women) was selected for a University training program (Nau Gran) at the University of Valencia. General Health Questionnaire, GHQ-12 (Goldberg & Williams, 1988) and Multidimensional Scale of the instrument Perceived Social Support, MSPSS (Zimet, Dahlem, Zimet & Farley, 1988) were administrated. GHQ-12 measures psychologic and psychological well-being, while the MSPSS measures perceived social support measures in three areas: family, friends and other significant support.

Results: GHQ-12 was slightly correlated with MSPSS global scores (r = - .16, p < .001), and correlated with some of the different subscales from MSPSS such as significant support -18, p <.001 and friends support (r = .15, p<.001). Bear in mind that, lower scores on GHQ-12, better overall of mental health, thus, support from other significant people and friends have a relation with mental health.

Conclusion: This study shows the importance of support for optimal aging and how it may relate to factors such as mental health. It will be interesting for future research, to examine factors that may also be involved in this process, as well as, a comparison not only with optimal aging, but also with normal and pathological aging.

Keywords: mental health, support, optimal aging.

P2-68

Support and Mental Health Evidence from optimal aging

Author: Dr. Esperanza Navarro Pardo

Universidad de Valencia, Departamento de Psicología Evolutiva y de la Educación

Co-Authors: PhD Esperanza Navarro-Pardo, PhD student Teresa Pastor-Vilar, PhD student Romina Díaz-Díaz-Brooks, PhD student Carmen Moret-Tatay, PhD student Andrea Vázquez-Martínez

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Keywords: mental health, support, optimal aging.

P2-69

Staff’s experiences of factors contributing to a quiet atmosphere during meals in two nursing home wards

Author: Dr. Adel Bergland

Lovisenberg Diagonal University College

Co-Authors: Associate professor Gerd Sykk Sellewold, Director of nursing Nina Martinsen, Quality manager Olga Vibe, Head nurse Tund Tholfsen, Head nurse Nina Kjeldstad, Assistant professor Hilde Johansen, RN Johanne Michaelsen.

Objective: 1) to describe staff’s experiences of factors contributing to a quiet atmosphere during meals. 2) to explore if structured organization of meals to reduce agitation as experienced by staff.

Theoretical framework: Progressively Lowered Stress Threshold Model.

Method: Co-operative inquiry design. Observation & interviews. Stage 1: Interview with staff (N=6) that succeeded in creating a quiet atmosphere. Systematic descriptions of residents (N=25) Brief Agitation Rating Scale (BARS) and weight. Observations of lunch during 2 weeks.

Stage 2: Development and implementation of a revised plan for the meals (based on data from stage 1). Reflection groups (staff N=20) with discussions of episodes with agitation and strategies to prevent and handle such episodes.

Stage 3: Systematic descriptions of residents and observation of meals as in stage 1. Interview with staff (N=7) about their experiences of changes and improvements.

Analysis: Qualitative data: Content analysis. Data from the resident registrations: Descriptive statistics.

Results (preliminary): Staff was described to have an important role in securing a quiet atmosphere. Good knowledge of each resident, their diseases and food preferences was essential to plan and organize meals to be quiet. During meals stimuli that could distract residents from eating had to be minimized. Staff had to sit down at the table, establish a social community and help the residents focus on eating. Also, they had to constantly observe each resident and early signs of agitation to be able to prevent agitation episodes. Staff experienced the meals to be quieter in the end of the project. Results from analysis of BARS and weight are not yet available.

Conclusion: Staff experienced that they were more competent and had a greater influence on how the meals developed at the end of the project.
Gender differences in caregivers, in terms of coping and number of people taken care of

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In aged societies, the demand for care and caregivers has been increased. They need a range of cognitive and behavioural resources that may vary in terms of gender. The aim of this study is to examine gender differences in caregivers in relation to number of people taken care of and coping strategies.

A sample of 203 informal caregivers (170 women, mean age of 55.24 years, 13 men, mean age of 58.77 years) was selected. Time as caregiver was 3.48 years for men (SD = 1.72) and 4.26 years for women (SD = 1.50) in average. COPE Coping Questionnaire (Crespo and Lopez, 2003) was employed to assess cognitive and behavioural coping.

Number of people taking care of positively correlated with results from the different COPE sub-scale. In terms of gender, women results correlated with self-distraction (r = .20), Denial (r = .30), and self-blame (r = .30). Men results correlated with self-distraction (r = .45), Denial (r = .30), seeking social support (r = .28), using emotional support (r = .34), all cases, p < .05. Caregivers use more direct coping strategies as detrimental avoidance strategies (alcohol-drug disengagement, etc.). On one hand, men participants showed more self-distraction than women. On the other hand, women showed more self-blame strategies, men religion and seeking social support.

Healthy coping strategies are not only essential to prevent caregiver symptoms, it also to establish best practices in care. However, there are many questions underlying the degree of overload, resources and quality of life of caregivers. Thus, more research on this topic is necessary.

Keywords: coping strategies, care, caregivers

Meaning in Old Age

Knowledge and Tools for Supporting the Mental Well-Being of Older People

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Mental well-being of the aged is a timely topic that needs to be addressed in ageing research and development. Meaning in Old Age Project aims to promote the mental well-being of older people by focusing on resources and strengths of older people themselves. The objectives of the project are to produce and provide information on the resource perspective and meaning in life approach, and to develop ways to support and improve mental well-being in later life. This work is grounded on valuing the voice of older people and their experiences. Older people will participate in the accumulation of understanding the aspects of well-being in old age. The project is funded by the Finland’s Slot Machine Association (RAY 2011-2014). In this project the focus is on older peoples’ experiences of meaning in life as well as on their resources and coping. Meaning in life and experiences of meaningfulness are linked closely to logotherapy, in which resources, valuation of life and possibilities and hope are the main cornerstones. In the first phase of the project older people are interviewed in order to raise their own experiences and definitions on mental well-being. Also, older people have been invited to open seminars with presentations and discussion about mental well-being. In the second phase, there will be peer support groups based on a logotherapeutic approach. Furthermore, we will develop a peer group, and train peer group instructors. In this phase, a logotherapeutic model is distributed and implemented in dementia care by training social and health care personnel. So far, the experiences have proved that there is a keen interest in mental well-being in older age. Both attendance to open seminars and interest towards the training have been very active. Combining a resource focused approach to logotherapeutic model has been successful, and many professionals have found it useful in their practice.

Title: The importance of the patient expression to provide good care for persons with dementia

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Background: Health services frequently receive negative media publicity concerning neglect in elderly patient care. In the three stages: Naive reading, structural analyses and comprehension, a phenomenological – hermeneutical interpretation involving

Objectives: To describe professional caregiver’s experiences of the importance of patient expressions to succeed in providing good care for persons with dementia.

Theoretical framework: (Lövgren) relational philosophy of ethics.

Methods: Qualitative, in-depth individual narrative interviews with 12 professional caregivers from two different nursing homes.

Data analyses: The transcribed interview texts were subjected to a phenomenological – hermeneutical interpretation involving three stages: Naive reading, structural analyses and comprehen

Results: To provide good care to patients with dementia, the professional caregivers emphasized the importance of sensing the patient expressions through sentient attentiveness and recognition of the patient as a person. They highlighted the importance of understanding the patient’s emotional expressions, body expressions, unrest and rest. They also described reciprocity of expressions in the patient–caregiver relationship where the patient recognized the caregiver as persons and professional caregivers.

Conclusion: Our study points to the importance of a good reciprocal patient-professional caregiver relationship to succeed in providing good care for patients suffering from dementia.

Acute hospitalization of the old medical patient: changes in muscle strength and functional performance during hospitalization and 30 days after discharge

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Introduction: Acute hospitalization of older medical patients is associated with loss of muscle strength and functional perfor

None
Risk factors for community-based home help services among patients with Alzheimer’s disease

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Objective: To identify factors that predict the use of community-based home help services in long-term cholinesterase inhibitor (ChEI)-treated patients with Alzheimer’s disease (AD).

Methods: The Swedish Alzheimer Treatment Study (SATS) is an open, prospective, non-randomized, multicentre study in a routine clinical setting. Patients with AD living at home at the time of inclusion received treatment with donepezil, rivastigmine or galantamine. They were assessed with MMSE, IADL and PSMS scales at baseline and every 6 months over 3 years. The first 880 patients who had the opportunity to complete the full study were assessed regarding the use of home help services and adult day care. The following factors were investigated: gender, APOE e4 carrier status, living alone or with spouse, education level, age, illness duration and cognitive and functional level at baseline.

Results: One hundred and thirty-nine patients (16%) received home help services at the start of ChEI treatment (average, 5.7 hours/week). After 3 years, 31% of the remaining 286 patients living at home used a mean of 8.7 h of home help/week. Among the patients with an MMSE score of 10-14, 8% of those living with a spouse used home help services compared with 62% of those living alone. Use of adult day care increased from 3% to 19% during the 3-year study among the patients without home help services; 89% of those using day care were not living alone. Solitary living (p<0.001), older age (p=0.004) and lower ADL abilities at baseline (p=0.001) were risk factors for use of home help services. These 4 variables correctly classified 90% of the patients regarding whether they used these services.

Conclusions: Functional, but not cognitive, ability influenced the need for home help in AD patients. Solitary living, age and functional status predicted the use of community-based home help services with high accuracy. Patients not living alone seemed to be at lower risk for need for home help in AD patients.

Foot care knowledge – important in older people care

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Background: The growing number of older people increases the need for social and health care services. One aspect that needs to pay attention is foot health care. Every third of older people aged 65 and over living at home have at least one foot problem and the prevalence of foot problems in long-term care (LTC) is even higher. The ability to sell-care foot health decreases during ageing e.g. due to inability to bend to feet, decreased manual dexterity or poor vision. Therefore, the role of the health care personnel is essential in supporting older people’s foot health. The support requires adequate knowledge about foot health and care. In this study, our aim is to analyse the knowledge of nurses working in the sheltered housing. The goal is to find the lacks in the knowledge to develop interventions to promote foot health in older people.

Methods: The data were collected with a structured self-administered knowledge test consisting of 55 items divided in five subscales (11 items each): skin care, nail care, care of structural deformities, care of specific foot diseases and properties of footwear. The data were analysed with descriptive and inferential statistics.

Results: Foot care knowledge among nurses varied. On the level of sumvariables, the highest scores were obtained in skin (mean 8.2/25 2.1) and nail (8.8/1.3), followed by footwear knowledge (7.8/1.3). The lowest scores were achieved in care of disease specific foot problems (6.9/2.0) and care of foot structural problems (5.5/2.8).

Conclusions: There is a need for continuing education among nurses to ensure their sufficient knowledge to provide evidence based foot care and prevent foot problems in older people. In future, the evaluation of the implementation of foot care knowledge in clinical practice is important to recognize supporting and inhibiting factors to foot care.

Discussion and Conclusion: The next step is to perform Cox Regression Models in order to examine which factors that relate to increased burden of care, hospitalization and mortality. The results will provide important knowledge that can be used to improve an individualized care for elderly living in institutions and the old age care in general.
the possibility to influence national and regional politics. From an egalitarian perspective it is desirable that all persons independent of age, sex, and socioeconomic position have equal possibility to vote.

The association between socioeconomic position and health and between socioeconomic position and life situation among elderly is well studied, less is known about the association between socioeconomic position and political participation. We study the relation between three measures of socioeconomic position (class based on occupation, years of education, and income) and voting.

**Methods:** Two nationally representative samples of Swedes aged 53-75 who responded in 1981 and 1981 and 1981 respectively. Survivors from 1968 where again interviewed in 1992 (n = 461), survivors from 1981 in 2002 (n = 614). Both 1992 and 2002 were election years in Sweden. A single item question regarding voting was posed – did you vote in the election? Socioeconomic position is measured as education, income, and social class. Logistic regressions controlling for sex, age, age-square, walking ability (walking 100 meters and walking stairs) and walking aids (no aid/cart), (no aid/cart), (no aid/cart), (no aid/cart).

**Results:** Significant differences in voting was found for both men and women for all three measures of socioeconomic position – persons with a high socioeconomic position was more likely to have voted. The associations were stronger for education and income and less strong for social class. The relation to social class have voted. The associations were stronger for education and income, and persons with a high socioeconomic position was more likely to have voted. The associations were stronger for education and income and less strong for social class. The relation to social class have voted.

**Conclusion:** Half of the residents prescribed with antidepressants were not medically diagnosed or presented indicators of depression with the scale. The lack of association between Cornell Scale results and antidepressants intake alert for the possibility of inappropriate medication usage or inability of the instrument to screen depression in mild to moderate dementia. More research is needed to improve recognition of depression in dementia and explore the use of medication.
of primary interest because loss of competence in I-ADL activities is a defining diagnostic feature of Alzheimer disease (AD) and related dementing disorders.

The aim of this study is to examine the association between MCI (Mild cognitive impairment) and AD in dependency in I-ADL, as well as identifying items of I-ADL which are the most affected.

Method: The cross-sectional data for this study is carried out using the database “The Patient Registry for Dementia Assessment in Norway”. Patients examined for cognitive impairment, age 48-98:55, 65 years and diagnosed with either MCI (n=313) or AD (n=342) are included. I-ADL is the main outcome, assessed by The I-ADL Scale by Lawton and Brody (1969). Dependent patients were assessed by the doctors at the memory clinics, often in consensus by Lawton and Brody (1969). Diagnoses of the patients were assessed by the doctors at the memory clinics, often in consensus by Lawton and Brody (1969). Diagnoses of the patients were assessed by the doctors at the memory clinics, often in consensus by Lawton and Brody (1969).

Results: Results show an association between I-ADL and MCI and AD, still statistical significant after controlling for age, gender, partner status, depression and education. The design of the study and the baseline findings will be presented. This is the first study to explore the efficacy of group support for self-management skills that has been shown to be effective in other contexts.

P2-87

Returning to own home after intermediate care can be predicted by TUG and P-ADL.

P2-88

Lack of guided exercise for older adults with mobility limitations

P2-89

Early psychosocial group intervention to enhance self-management skills of older people with dementia and their caregivers - design of a randomized controlled trial.

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Early psychosocial group intervention to enhance self-management skills of older people with dementia and their caregivers - design of a randomized controlled trial.

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Early psychosocial group intervention to enhance self-management skills of older people with dementia and their caregivers - design of a randomized controlled trial.
P2-90
Life Course and Generations
Research and practice development project 2011–13
Author: Dr. Minna Pietila
Central Union for the Welfare of the Aged
Co-Authors: Dr: Marja Saaresranta, MSc Sari Ratakan
Objectives: The Central Union for the Welfare of the Aged (Finland) is carrying out a research and practice development project called Life Course and Generations (2011–13). The general aim of the project is to increase knowledge about different generations, to encourage intergenerational dialogue and to bring together people of different ages. This is done in order to support particularly older people’s psychosocial wellbeing and inclusion, and to reduce their loneliness and exclusion.
More specifically, the project aims to:
- Study how people of different ages understand life course and their own place in the generational chain, as well as what they think about people older and younger than themselves
- Campaign to promote active public discussion about positive intergenerational activities and communities (under the title Four Generations Meet)
- Create an access-to-all database about intergenerational activities to share good practices

Methods: As research data and methods, the study uses (1) qualitative group discussions, age diaries and newspaper contents which are analysed by discourse analytic methods (2011–13), and a quantitative Webropol questionnaire which is analysed by statistical methods (2012–13).

The Four Generations Meet Campaign challenges relevant actors to present and create intergenerational activities. The Campaign is a part of the European Year for Active Ageing and Solidarity between Generations 2012.

Theories: Social construction and historical perspectives of generational understandings; socio-cultural inspiration.

Results and conclusions are reported at the end of the project in 2013.

P2-91
Patients’ perspective on telephone follow-up after ED discharge
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Co-Author: Rn, MSic Elizabeth Rosted
Background: It is known from studies that follow-up to older people after Emergency Department (ED) discharge prevents readmission. In a study we showed that older people recently discharged from the ED had unanswered questions about their illness, general wellbeing, medicine and follow-up.
Objective: The overall purpose of this study is to describe the transition from the ED to home from the older peoples and the primary health care nurses’ perspective. The object is: a) To describe older peoples’ questions related to their stay in the ED and whether they felt confident with the discharge, b) To examine if the follow-up phone call affected the older peoples’ confidence; ability to carry out prescribed treatment after discharge; and experience with follow-up phone calls, c) To examine how a geriatric nurse can facilitate collaboration between the ED and primary care.
Method: The study is a prospective descriptive study with questionnaires and focus group interviews. Included were older people > 70 years discharged from ED. Intervention: A geriatric nurse phoned the participants within 2-5 days after discharge. They asked for their wellbeing and offered to answer questions in relation to the ED visit. If they were very confused they were offered further geriatric intervention.
Results: From December 2010 to June 2011, we included 455 older people >70 years discharged from ED after a short stay, 197 men and 258 women. Results showed that 37% had questions concerning their illness, medication or social situation; 23% had questions related to the recent ED stay; 12% felt uneasy with the discharge; and 11% received further geriatric intervention.
Conclusion: Follow-up phone calls help to identify older people with unresolved issues in relation to discharge from ED; it gives confidence after discharge, and should be considered a firm offer in the future.

P2-92
With or without ESAS?
Older persons concerns regarding extended security alarm systems (ESAS)
Author: Martina Boström
Institute of gerontology
Background: Important goals for society is to create settings to promote safety and independent aging in place and to meet individual’s needs. Since older persons prefer to age in their own homes, extended security alarm systems (ESAS) through monitoring might increase safety and security on one hand and invasion of privacy on the other, which raises moral concerns.
The arguments for increased safety and security on one hand and invasion of privacy on the other are well debated among researchers, but little still seems to be known about the older persons own perceptions, attitudes or feelings towards ESAS.
Purpose: To identify and describe old persons feelings for freedom and surveillance in relation to ESAS
Methods: A qualitative, descriptive and inductive study was based on five focus group interviews with older persons living in senior housing, selected by snowball sampling, based on three inclusion criteria; (1) age of 65 years or older; (2) living in senior housing; and (3) experience of use of personal emergency response system.
Results: Older person’s perceived moral ambivalence between: “independence vs. safety” where the participants’ enthusiasm for feeling free and independent, but at the same time their request for safety even if being monitored was recognized. In the category “privacy vs. monitoring” older persons seem to distinguish between monitoring their actions from monitoring their internal organs and in the category “in the best interest of me vs. in the best interest of others” there seemed to be an ambivalence between using a ESAS for one’s own needs and using a monitoring system to satisfy others. The main theme was named “maintaining” showing that as long as they could maintain their feelings of safety or maintain control, like for instance maintain their identity or what the technique should or not should do or, they were willing to except surveillance on the expense of privacy and integrity.
Conclusion: This study indicate there are ambivalent feelings regarding freedom and surveillance and which ESAS that stimulate maintenance of control, identity and personality. They seem to have motivation to give in their integrity if it with certainly leads to safety.

P2-93
2-year mortality in community-living, cognitively intact hip fracture patients according to indoor or outdoor falls
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2-year mortality in community-living, cognitively intact hip fracture patients according to indoor or outdoor falls
Steihaug OM, Bogen R, Ranhoff AH
Background: The notion that persons who fall outdoors are different from those who fall indoors has gained interest in recent years. Persons who fall indoors tend to be older and to have poorer physical function than those who fall outdoors. Hip fracture patients who fell indoors have poorer physical function, have more chronic diseases, more in-hospital complications and a greater 1-year mortality. In this study we investigate 2-year mortality in hip fracture patients, according to indoor or outdoor falls.
Method: Data from a cohort of cognitively intact, community-living hip fracture patients participating in an intervention was used. Patients were consequently recruited at hospitalisation for hip fracture at a local hospital in Bergen, Norway, 2006-07. Mortality data was obtained through hospital records.
Results: Data from 100 hip fracture patients was available. 2 patients reported that the hip fracture was not caused by a fall, and data was missing for 1 person. Thus, the analysis is based on 97 patients. The average age of the participants was 79.7 (SD 8.1), and 71% were female. 64 patients had fallen indoors and were older than those who had fallen outdoors (81.4 vs 76.5, p=0.005). 20% of those who fell indoors had died after 2 years, compared to 12% of those who had fallen outdoors, giving an odds ratio of 1.85 (95%CI 0.55-6.20). The average age of those who died was similar (79.0 vs 80.5, p=0.513). Logistic regression with age as covariate failed to give a significant difference between indoor and outdoor fallers with regards to mortality (B=-1.81, p=0.749).
Discussion: 2-year mortality was 1.9 times higher in persons who fell indoors. The issue of fall location and mortality merits further investigation.

P2-94
Reciprocal struggle in person transfer tasks - Caregivers’ experiences in dementia care
Author: PhD student, RPT Petra von Heidenklang Vågen, Professor and RPT Anne Søderlund, Associated professor and RN Eivin Gjetell
Objective: Dementia is one of the main conditions to be associated with a severe activity limitation among older people and one of the main reasons older people access special care units. This presentation will be presenting caregivers experiences’ of person transfer situations involving people with dementia.
Methods: Qualitative focus group interviews were conducted. Ten caregivers, five in each group participated. Data were extracted in phrases and sentences using content analysis.
Results: One theme was condensed: ‘Reciprocal struggle in the person transfer task’. ‘The three sub-themes emerged: ‘Communication strategies’, ‘Environmental factors’, and ‘The goal may be inaccessible’.
Conclusion: Person transfer situations involving people with dementia can fluctuate, therefore the ongoing challenge will be to ensure a dynamic approach based on the person with dementia’s different needs at different times. Behavioral markers hold for identification of antecedents and consequences and measures need to be developed in domains including social interaction, psychomotor aspects of function and environmental factors. These measures would allow us to link better the antecedents to the consequences of the behavior and by that tailoring interventions to facilitate person transfer situations involving people with dementia.
Clinical applicability of EEG in evaluating treatment effects and progression of Alzheimer’s Disease using an EEG index based on cholinergic activity

Author: Prof. Jon Snaedal
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Co-Authors: PhD Gísl Jóhannesson, PhD Kristín Johnson, Dr. Thorleif Gudmundsson, Nicolas Blin

Background: The only medications indicated for treatment of mild AD are the cholinesterase inhibitors. The effects of the medicines are measured by cognitive tests and by caregiver reports but there are no direct biological means of evaluating treatment effects. A theoretically possible method is to measure the cholinergic response of these drugs in the brain. It has been proposed that the EEG changes seen in AD are primarily a reflection of cholinergic dysfunction. We postulate that by establishing a “cholinergic index” in EEG registration, the treatment effects of cholinergic drugs could be measured and thereby the treatment response

Methods: In a clinical trial where 110 participants participated, an EEG registration was obtained from each participant before and after a 0.15 mg mg administration of scopolamine. Since scopolamine affects the cholinergic neurotransmitter system, a cholinergic EEG index was created by applying Statistical Pattern Recognition (SPR) to a large set of EEG features, by considering the group before and after scopolamine administration as two distinct groups. The resulting classifier results in an index that correlates with the cholinergic activity in the subject. A longitudinal study with 40 AD patients over 1–3 years (4–11 visits) was then performed, before and after installation of a theoretically possible method is to measure the cholinergic response of these drugs in the brain. It has been proposed that the EEG changes seen in AD are primarily a reflection of cholinergic dysfunction. We postulate that by establishing a “cholinergic index” in EEG registration, the treatment effects of cholinergic drugs could be measured and thereby the treatment response

Results: A database has been formed with EEG registrations from 226 healthy individuals (NRM, 239 mild AD subjects, 22 individuals with LBD, and 26 individuals with PD). In each comparison of two distinct groups, a classifier has been constructed by applying statistical pattern recognition (SPR) to a large set of EEG features.

Classification: The classification system consists of the following six classifiers: NRM–AD (86%, 86%, 85%), NRM–PDD (95%, 100%, 91%), NRM–LBD (95%, 95%, 96%), AD–PDD (88%, 91%, 86%), AD–LBD (88%, 91%, 85%), and PDD–LBD (86%, 90%, 82%). The numbers in parentheses are accuracy, sensitivity, and specificity, respectively, of the corresponding classifier.

Conclusion: EEG registrations, analyzed by a contemporary statistical method, statistical pattern recognition, seems to be a promising method for differential diagnosis of the various neurodegenerative disorders causing dementia. This seems specifically to be true for Lewy body dementia and Parkinson’s disease dementia as these groups seem to be distinct from both healthy individuals and Alzheimer’s dementia.

Diagnostic accuracy of EEG in differential diagnosis between controls, AD, Lewy body dementia, and Parkinson’s disease dementia

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Background: Alzheimer’s disease (AD) is the most common neurodegenerative disease in the elderly population. Lewy body dementia (LBD) and Parkinson’s disease dementia (PDD) combined are the second most prevalent cause of neurodegenerative dementia. The only current available biomarker for LBD/PDD is a dopamine scan but the method cannot differentiate between the different extrapyramidal syndromes. Medications are especially challenging in LBD as these patients are extremely sensitive for neuroleptics, a medication that is used for symptoms prevalent in this disease. It is therefore of importance for treatment of these patients that they are correctly diagnosed.

Methods: A database has been formed with EEG registrations from 226 healthy individuals (NRM, 239 mild AD subjects, 22 individuals with LBD, and 26 individuals with PD). In each comparison of two distinct groups, a classifier has been constructed by applying statistical pattern recognition (SPR) to a large set of EEG features.

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Music as a means in everyday care

Author: Jette Lynnerup Betanahjämmet

This question originated from earlier experiences with music therapy at Betanahjämmet but also a lecture given by Birgitta Anderson, a Swedish music therapist. Anderson pointed out that music can be a means in everyday care especially when dealing with demented elders. From theorists such as Synnøve Fris, we know that music can counteract loneliness and inactivity, create trust, security and self-respect, develop intellectual functions, and support a higher functional level, mentally as well as physically. With this in mind, the objective was to strengthen the individual’s sense of identity through music, taking a point of departure in the individual’s experience with music, resources and disabilities. Thus the musical activities in this project were chosen and adapted to each participant. The target group consisted of 16 residents with medium or severe cognitive disabilities but they were also targeted due to other issues such as aphasia and isolation, and all of them being fond of music. The project employed two music teachers, one who taught a specific instrument for each of the participants who used to play an instrument and the other had individual singing sessions or small groups with the participants who were used to singing. Based on RAI assessments and the teachers’ and participants’ oral statements and evaluation, the project has resulted in participants being more present, but there also seems to be an improvement in their general well-being, as they are happier. One participant even said “that she didn’t have the time to die now”, being so busy rehearsing her instrument. Short-term memory is improved as they can remember the teacher and that
they have an appointment to see one another. The conclusion is that inclusion, sense of community and attention as well as singing or playing music that they know from when, they were younger, makes a huge difference in the everyday life of these participants.

P2-100
Impact on Participation and Autonomy for older persons and its Validity and Reliability

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Objectives: Recent studies of older persons indicate that self-determination is not fully respected within the health care sector. Restrictions in older persons self-determination, has been suggested to affect mental ill-health. The questionnaire Impact on Participation and Autonomy (IPA) was constructed to measure a person’s perceived impact of chronic disability on participation and self-determination/decisional autonomy. Since the IPA based its psychometric properties on persons under the age of 75, further studies were needed.

Aim: To examine the psychometric properties of the IPA for people 65 years and older.

Methods: The study was performed in two steps; a validity test on the Swedish version and a test-retest reliability study on a revised version. Inclusion criteria were people aged 65 and older who were dependent on others in at least one activity.

Results: Validity of the IPA-S. The participants emphasized the relevance of the questionnaire, but some items were perceived as test-retest reliability. Only one item had low test-retest reliability. In total, 15 of the 22 items showed high reliability of the IPA-O.  In total, 15 of the 22 items showed high reliability of the IPA-O. The questionnaire Impact on Participation and Autonomy (IPA) was constructed in order to measure the participants’ self-determination. The revision of the IPA-S resulted in the questionnaire called IPA-O (for older persons), which is designed to more clearly measure the participants’ self-determination. The questionnaire Impact on Participation and Autonomy (IPA) was constructed in order to measure the participants’ self-determination.

Conclusions: IPA-O can be used for older persons both in client work to ensure older persons right to self-determination and participation in the planning of their care and in rehabilitation and as an evaluation tool.

Keywords: IPA, occupational therapy, questionnaire, rehabilita-

dion, self-determination, test-retest

P2-101
Can two become one? Experiences of implementing an integrated health and social care organisation

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Co-Authors: Dr. Lena Larsson Johansson, Sven Erik Wärn

Coordination problems are common between local authorities and providers of health and social care services for older people with complex health problems and severe care needs. The problems result from a breakdown in communication and a lack of coordinated care planning between care providers. There are also boundary disputes between the service providers regarding responsibility for care provision and funding. As a result many elderly people fall between the cracks in today’s highly specialised care system.

The study describes experiences from a developmental project for integrating health and social care services for elderly people in Norrtälje. The project is unique in establishing an integrated structure for funding, organising and delivering care services to older people with severe care needs. Both qualitative and quantitative data were collected and analysed.

Experiences include: The introduction of a system of customer choice increased the number of service providers which complicated the integration process. Multiple service providers also led to an increase in communication problems. However, Norrtälje has had the opportunity to develop their customer choice model in a way that will improve cooperation and integrate care services in a unique way. Focusing on coordinating the patient’s discharge from hospital and following-up care planning in the home was successful.

The benefits of the project: To be able to prioritise from the elderly person’s perspective rather than that of the service providers. An advantage for the service providers was that they were financed by the new joint organisation with the municipality being able to coordinate care services without complicated financial negotiations with the county council.

P2-102
Health Services to Elderly

Author: MSc Jorunn M. Ranvik
Diakonhjemmet Hospital and Diakonhjemmet University College about clinical practice, research and education.

Co-Authors: MSc Kari Midtbø Kristiansen, RN Anne Lene Erb, MSc Vegard Ytterstad, RN Bent Erikson Laakstad, MD PhD Aria Bucher, MD Bernhard Lorentzen, MD PhD Ludvig Fjeld Sæheim, Grette Framgården, Prof. Ingunn Mose, RN Bent Erikson Laakstad, MD PhD Aria Bucher, MSc Lu Thorild Undheim, RN Iren Marie Luthe, Prof. Anette Hylén Ranhoff

Objective: Increase the quality of health services to older people at Diakonhjemmet Hospital.

Methods and theories: It is expected that the number of people over 80 years will nearly triple from 2010 to 2050. As a result of normal ageing, individuals may experience psychosocial losses, comorbidity, functional decline and polypharmacy and may therefore be in need of comprehensive health services. To reach our objective three main areas were identified: Collaborating on clinical practice, promoting research across departments and developing a multidisciplinary master degree study. The collaboration is organized across departments in hospital and university college all working with older patients. As a result of the collaboration we have differing skills in this field and we all meet a complexity of health-related problems. We are in the collaboration to share our expertise and thereby increase the quality of health services to elderly.

Results: Clinical practice has yearly organized seminars about “elderly people and medication” and about “dementia”, has initialized a geriatric outpatient service for assessment of medication and has last year distributed 11 scholarships for skills development and seminars connected to our field. Research has developed a quality registry with a common dataset across departments in the hospital, has yearly arranged internal research seminars by presenting the newest research and has last year distributed scholarships to prepare 2 candidates for PhD. Master degree study started in 2010. 39 students are now attending a part-time master degree study, a study which enhances clinical competence in our field.

Conclusions: The collaboration between departments in the hospital and the University College in our field has enhanced. We have achieved results, but we still see a need for further development of the collaboration through co-operation in research and in clinical practice.

P2-103
Self-reported mental health in still active older athletes and an age-matched group of people from the general population

Author: Ida Kristine Sangnes
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Co-Authors: Anne Kristine Gulsvik, Marius Mjøstad, Professor Annette Hylén Ranhoff

Objective: Maintenance of physical and mental health is a key factor to successful ageing. The causal mechanisms leading to successful ageing are not fully understood. The aim of this study was to explore information about general health in old athletes and to compare them to a general population.

Methods: A cross-sectional study of health and lifestyle factors in 656 Norwegian, aged 65 years and above, participating in the Birkebeiner cross-country ski race was conducted in 2009 and 2010. Most of the participants had participated in this race several times (median 14). The variables of interest were collected from postal self-reports on medical and sociodemographic information. We used the validated SF-120 Health Survey screening tool to calculate a mental and a physical component summary (MCS and
than the general population in this study. Significantly better self-rated physical and mental health score were provided from the 2343 individuals aged 65+ who responded to the questionnaire. In 2010, with the help of Statistics Denmark, a new “Future Study” was initiated, with new cohorts in age groups 50-54, 60-64, 70-74, and 80-84, approximately 1,000 interviewees to each age group. The method is a mix of on-line questionnaire and telephone interviews. The results are currently being published on line at www.senedeforskning.dk, spring 2011–spring 2012. DaneAge expects to publish an abbreviated print-version in the spring of 2012, followed by an English-language version. Areas analyzed include, among others: Housing situation, family relations, health (physical and mental), new technology, the welfare state, volunteer work, civic society, identity, happiness, subjective age, financial donations. Some of the questions can be found in the previous DaneAge Future Study, others are new.

One notable finding in DaneAge’s Future Study 2010 is that a majority of interviewees answer that they are happy and content, having an optimistic outlook on life and the extent to which they can control and decide in their own life. On the other hand, especially the younger age groups are worried about the future of the Danish welfare model, financial deficits and lack of labor within health care and nursing in the future.

Author: Michael Teit Nielsen
DaneAge Association (Åldre Sagen)
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Author: Michael Teit Nielsen
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Vitamin D in patients referred to an out-patient geriatric service for memory problems or falls

Author: Elin Engsh
Diakonhjemmet Hospital
Co-Author: Thomas Svendsen, Lill Mensen, Anette Hylen Ranhoff, Thomas Svendsen, Lill K Vensens, Anette Hylen Ranhoff
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Background and aim: Vitamin D deficiency is associated with muscle weakness and can possibly increase fall risk, as well as associated with cognitive impairment. Analysis of vitamin D (25-OH-cholecalciferol) has not been a routine in our fall-assessment and memory problems. The aim of this quality study is to find the prevalence of vitamin D deficiency in patients referred for assessment of falls and/or memory problems to our out-patient geriatric service.

Methods: A prospective observation study, with the aim to improve practice. All patients referred for fall assessment and/or memory problems are consecutively included. Analysis of vitamin D (25-OH-cholecalciferol) is done together with routine blood analyses. Area of reference from the laboratory is 37-131. Clinical information about age, gender, cause of referral, diagnosis of fall and mobility problems are obtained from patient records. Costs of analyses are calculated.

Results: From 1. August to 31. December 67 patients (44 women) were referred. Vitamin D analyses were done from 67 patients and 6 (9%) had levels below the recommended (range 20-36). All the patients with vitamin D deficiency had memory problems (4 diagnosed with dementia), and 3 did also have mobility problems. One patient was age 70-80, 80-90 and two 90+ years old. BMP was ranging from 23-21, and low BMP did not correlate with low vitamin D.

Conclusion: 9% of the patients had vitamin D deficiency. Half of them had both mobility problems and cognitive impairment. The patients were included during late summer and autumn when the vitamin D levels are expected to be higher than in winter and spring. The datacollection will therefore continue.

Author: Physiotherapist Ingebjørg Kjerstan Moen, Norland University College, Nærbø, Norway

The effect on functional balance and fear of falling using The Otago Exercise for the frail elderly. Group-based versus home-based intervention.

Author: Elin Engsh
Diakonhjemmet Hospital
Co-Author: Thomas Svendsen, Lill Mensen, Anette Hylen Ranhoff, Thomas Svendsen, Lill K Vensens, Anette Hylen Ranhoff
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The present study is actualized in socio political and economical contexts related to active ageing, comprehending and the necessity of providing participation opportunities of elderly people in integration process in the social care home as a new social environment. The investigation objectives are: 1) to explore the elderly people subjective well-being in social care home; 2) to describe the intervention of social pedagogue for facilitation of opportunities of elderly people participation in design of life and work activities in social care home; 3) to explore the interaction structures between the elderly people wellbeing and quality of institutional integration by providing of participation opportunities. To rich the research objectives qualitative research used mix-methods (video observation, semi-structured interview and narrative interview has been conducted to find the evidences to elderly people wellbeing in integration process related to participation opportunities provided by social pedagogue. The theoretical background of research is based on inter-disciplinary understanding of wellbeing as quality indicator if institution integration process (Skiba 2006-Burkutt 2005;Raz 1986-Anderon 2011 etc.).62 respondents of the age 65-91 were involved into the research, 10 of them (active participants) were selected for interviewing and video observation. The data processing applying AQUAD 6 programme, the code linkages explore implicit interaction structures between wellbeing and participation meta-codes and explore the implicate interaction structures between participation codes and wellbeing codes. Implicants as evidences for making conclusions will be presented for disscus- sion: participation in institutional integration establishes and enhances the well-being of elderly people. It gives people an opportunity of confidence rebirth.
P2-110
Mental health and quality of life in older family caregivers

Author: Dr. Director, Adj. Prof. Anneli Särvinäki
Co-Authors: PhD, Senior Lecturer Bettina Stenbock-Hult

The role of family caregiving is becoming more important as more and more older people are living at home. Since the family caregivers themselves tend to be old, their health and well-being is at stake. The purpose of this study was to investigate mental health and well-being of older family caregivers. The study was part of a larger project the purpose of which was to create a model for family caregiving in Finland and Estonia. A questionnaire was sent to 3000 persons aged 65 or more in southern Finland. 604 persons replied and 144 of them were family caregivers. Over 60 % of the family caregivers rated their mental health as good or very good. The difference between them and the other older persons was not big (p<0.02). They did not experience more problems (lack of initiative, zest for life and decision making capacity, fear) than the others. Measured by GHQ-12 the family caregivers were at risk of being mentally stressed (mean 3.1) while the others were not (mean 1.8). The family caregivers reported more frequently having diagnosed musculoskeletal problems than the others. While it came to diagnosed depression there was no difference between the groups. The global quality of life of the family caregivers measured by VAS (0 – 100) was somewhat lower among the family caregivers (63) than among the others (71), although it was clearly positive. The family caregivers generally experienced their life as meaningful or very meaningful (87 %) and only 13 % felt lonely rather or very often. The percentage of family caregivers feeling rather or very secure was high (73 %) although significantly lower than among the others of the same age (89 %). The mental health and quality of life in the family caregivers in this study was quite good, but it was even better among those who were not family caregivers. Because of the large dropout the results cannot be generalised, but they indicate that family caregivers do have mental resources that should be recognised and supported.

P2-111
Recent trends in complex health problems in the oldest old in Sweden 1992-2010/11

Author: Dr. Bettina Meinow
Aging Research Center, Karolinska Institute & Stockholm University
Co-Authors: PhD Ingemar Kåreholt, PhD Mats Thorslund

Studies addressing multiple morbid conditions in elderly populations usually focus on disease and physiological indicators relevant for the medical care system. Few studies include both medical and functional indicators, which together can indicate the need for integrated care from different service providers of medical and long-term care (home-care, institutional care) as well as informal caregivers. When assessing eldercare needs and the wellbeing of the oldest old, trends in complex health problems seem more useful than single health items that may follow diverse trends over time. This study identified severe problems in three health domains (mental health, disability, cognition/symptoms) in three nationally representative samples of the Swedish population aged 74+ (1992: n=537; 2002: n=561; 2010: n=841), including institutionalized people and proxy interviews for those who were too frail to be interviewed themselves. People with severe problems in two/three domains were considered having complex health problems. Changes in the prevalence of people with complex health problems between 1992, 2002 and 2010 were analysed with logistic regressions as well as differences according to age, gender, and education. Results showed a significant increase of elderly people with complex health problems from 19% in 1992 to 26% in 2002. Between 2002 and 2010/11 there has been no significant change. Gender, age and education had significant independent effects on the odds of having complex health problems. Patterns were similar for men and women.

A preliminary conclusion is that the deterioration in health among the oldest old between 1992 and 2002 has levelled out. Results will be discussed with a special emphasis on methodological issues, from a social policy perspective, rather stable prevalence rates of complex health problems among the oldest old since 2002 emphasize the need for extensive collaboration between medical and social services.

P2-112
Assessment of the physical environment – a way to high quality care

Author: Susanna Nordin
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Co-Authors: Ass.prof. Hele Wijk, Prof. Kevin Mcrte, PhD Marie Elf

It is important to focus on the design quality in nursing home facilities since the residents are frail and vulnerable, often suffering from both functional and cognitive impairment. With increasing levels of frailty they spend most of their time within the home and are depending on the building design quality to a great extent. This paper, describes a part of a project using the Sheffield Care Environment Assessment Matrix (SCEAM) Parker et al., 2004 for evaluating design quality in nursing home facility. The tool was developed to measure design features of the nursing home environment as built and used and covers different aspects in the environment. The invitation for the study was the Swedish evidence-based guidelines concerning dementia care from 2010. The guidelines emphasize the physical environment as an essential factor for achieving good-quality healthcare and supporting a person-centred care. The recommendation is that dementia residential facilities should have a domestic layout and provide the residents with private rooms or apartments with opportunities for personal belongings. Furthermore, the physical environment should offer a calm sound level and enhance the ability of orientation for residents with different factors such as colour coding. Opportunities for outdoor activities are also important for the well-being of residents. Thus, the society faces many challenges in developing high-quality environments since the buildings in many cases do not meet modern standards. In this process, there is a need for tools that evaluate the quality of the environment. SCEAM is an interesting tool covering many of the important aspects of a person-centred care and can therefore be used for planning new environments and evaluating existing ones. Parker C, Barnes S, Mcrte K J, et al. 2004. Quality of life and building design in residential and nursing homes for older people. Ageing and Society, 24, 941-962.

P2-113
Trajectories of social activities and mobility problems from middle age to old age: a 34-year follow-up of a nationally representative sample of Swedes

Author: Dr. Neda Agahi
Aging Research Center
Co-Authors: Dr. Benjamin A. Shaw, Dr Ingemar Kåreholt, Dr Canin Lernström

Methods: A total of 311 patients were admitted to two acute care hospitals during 2004-2006 for hip fracture. Inclusion criteria were age 65 years or older. All patients lived in their own home at admission. We used the Resident Assessment Instrument for Acute Care (interRAI-AC).

Results: At 72 h after surgery, 35 patients (11%) had not had the indwelling catheter removed. Continued use of IC was significantly impacted by patient mental and cognitive status, including delirium, discouraged mood, and cognitive impairment (p<0.000, p=0.018, and p=0.002, respectively). In addition, continued use of the IC was associated with more urinary tract infections and more severe pain. After 12 months patients with urinary incontinence (UI) during the hospital stay, had lower functioning levels than those with no previous UI. They had moved four times more frequently to a nursing home, and had over twice the mortality.

Conclusion: There is a need for health professionals to remove UI, within 24 h postoperatively should be followed. Patient with UI are at risk for adverse outcome after hip fracture and should be followed up with a multidisciplinary team after discharged from hospital.

Keywords: Hip fracture, urinary incontinence, indwelling catheter, 65 years or older, 12-month follow-up study, interRAI-AC.
New trends in forming intimate relationships
Is it a lifestyle choice?

Author: Tiina Koskimäki
University of Helsinki

As life-expectancy has increased and attitudes towards both non-marital and post-marital relationships have become more flexible, it has opened new possibilities to form intimate relationships at older ages. The destandardization of intimate relationships has e.g. made cohabitation and LAT relationships more popular, especially after divorce or after becoming a widower. This study looks at the phenomena from a perspective of longitudinal survey data from a Finnish research project, GOAL, Good Ageing in Lahdi Region (n=2815 at baseline). The information is gathered from men and women in three birth cohorts (born 1926-30, 1936-40, 1946-50). The data from 2002-2008 is used to track recent changes in intimate relationships. The current relationship status is seen in the light of possible previous relationships, for which the used data offers retrospective information.

According to the study, co-habitation as well as living in a LAT relationship is mostly the choice of those who have been previously married, or lived in a cohabitation in earlier phase of life. For the majority, cohabitation seems to be a long-term choice. As previous demographic research, this data also shows a clear trend of popularization of cohabitation in 1980’s in all three age cohorts. Still, new marriages are formed as often as previously married, or lived in a cohabitation in earlier phase of life.

Purpose:

Escola Superior de Saúde Dr. lopes Dias

Physiotherapy intervention
Institutionalized elderly – a movement

Institutionalized elderly – a movement

Author: PhD student Vitor Pinheira
Escola Superior de Saúde Dr. lopes Dias
Co-Authors: Phystherapist - Master Antonio Coutinho

Purpose: Evaluate the effects of a movement class in the flexibility, muscle strength, balance, fear of fall, quality of life and functional performance, in institutionalized elderly.

Subjects: 30 subjects were randomly assigned in one convenience sample.

Methods: A comparative study was accomplished between 10 and 11, before and after the movement class. The results of the study were measured by the Medical Outcomes Studies 12-item Short-Form (MOS SF-12), Physical Performance Test (PPT/90), Berg Balance Scale, Dynamometer, Modified Back scratch Test, Chair sit and reach Test. Time Up Go test and Falls Efficacy Scale International - FES-I.

Results: There were obtained significant data (p &lt;0.05) for the variables in study, with the experimental protocol (between 10 and 11), with an increase of the variables.

Conclusion: The implementation of a experimental protocol during 4-weeks, showed significant improvements at the level of the state of life, physical acting, muscle strength, flexibility of the superior and inferior members, balance mobility and fear of fall.

Influencing health behaviors of the older person: when grandchildren prevent grandparents’ health risks.

Author: Rita Borges Neves
Centre for Research in Social Sciences, University of Minho
Co-Author: Alice Delrie Mato

Recent research has stressed the mutuality of the influence process within grandchild-grandparent dyads by highlighting grandchildren as catalysts of some of the elders’ behavioral patterns change. Through an affectual relationship established with their grandchildren some elders’ access information that they would not grasp unsnistered. The elders show some permeability to grandchildren’s influence, despite some resistance to change core values and beliefs.

Considering this background we set out to explore possible influence on the elders’ health related attitudes and behaviours exerted by their grandchildren. For this purpose a qualitative study involving 15 interviews was conducted in the northern region of Portugal. Several spheres of health related/oriented beliefs and habits such as nutrition, medication, physical activity and social interaction were examined.

Results show that besides functional and emotional support, the adolescents, inform and persuade grandparents to operate changes in areas felt to be vital for wellbeing. They made the seniors aware of the benefits of healthy diets, and the avoidance of hazardous habits such as smoking or heavy drinking. Grandchildren were particularly zealous when the elder had to comply with strict routines (dietary, pharmacological or others) due to health problems. Grandchildren also encouraged grandparents to participate in social events and leisure activities, as they were conscious of the importance of social interaction for wellbeing. Different types and degrees of influence of grandchildren were identified: the most influential grandchildren have a strong affectual relationship, with whom they interact and support intensely.

We conclude that the potential of grandchildren as agents of socialization must be considered while designing policies and programs not only for the social integration of the elderly people but also for their adoption of healthier life-styles.

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Cognitive trajectories in later life in relation to distal covariates and survival
Findings from the Swedish the population-based H70 and Lund 80+ Studies

Author: Professor Boo Johansson
Univ of Gothenburg
Co-Author: PhD Valger Thorvaldsen, PhD Björn Slauk
Torbjorn Svensson

Background: A better understanding of late life cognition requires longitudinal cohort studies following individuals until death, in addition to information about previous health and overall life conditions.

Objectives: To compare cognitive trajectories in two population-based samples in relation to subsequent survival, health and distal conditions.

Methods: Data were drawn from the H70 and the Lund 80+ Study. H70 is based on prospective longitudinal population-based panels of 70 year olds in the city of Gothenburg. The first cohort was first measured at age 70 with subsequent measurements until death. The Lund 80+ is based on population-based panels of 80 years and older in the university city of Lund. In both studies subjects were re-examined for intra-individual stability and change in biological, physical, psychological, and social functioning.

Study Design: The cognitive battery included three tests: a) Synonyms measuring verbal ability, b) Block Design measuring spatial ability an indicator of fluid ability, and c) Figure Identification which is a measure of perceptual speed. To allow comparisons across tests and samples we standardized scores to a distribution with a mean of 50 and SD of 10, using the baseline distribution for each test at the first occasion.

Results: A similar performance decline was observed in both studies and within the same age range (80+). Trajectories were however more pronounced for fluid and speeded tests. The decline was largely related to distance from death, rather than indicative of age. Overall health was significantly associated with rate of decline. Demographics, especially education, were significantly associated with less of decline.

Conclusions: Cognitive decline is associated with subsequent survival; a terminal decline pattern was confirmed in both studies despite the fact that the samples vary considerably in overall health, demographics and many other background variables.

Skill development for nurses in home care - an intervention study

Author: Gro Gade Haanes
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This study focuses on increasing knowledge and practice skills among nurses in home care related to evaluation of vision and hearing as well as lighting conditions in the homes of the elderly.

Background: Studies suggest that there seems to be limited attention to vision and hearing impairments and lighting conditions in the homes of the elderly. Multimorbidity and age-related changes in the vision and hearing function lead to reduced eyesight and hearing. The impairment increases with age. It is well documented that impairment of vision and hearing can affect people's quality of life. Elderly with combined visual and hearing impairment are a particularly vulnerable group who need special attention.

Objective: A training programme for nurses in home care was developed in order to increase knowledge within the three areas - the eyesight and the hearing of the elderly, and the indoor lighting at home. The overall objective was to develop nurses’ competence and place nurses in the position to perform simple screening tests for vision and hearing. A form for assessing and surveying the indoor lighting was used. It was a goal for the nurses to develop sufficient competence to suggest changes, recommendations and references for further report.

Method: The study is an intervention study where a training programme was developed. Nurses in the home care from five different locations in Norway participated in the programme. The intervention was planned with an intervention group and a control group, with 10 nurses in each group. The intervention group participated in the training programme of four days, each day 6 hours. The programme consisted of lectures related to vision, hearing and lighting factors and practical exercises. A mapping tool was used and the intervention group will survey and follow up five patients each (over 80 years) for about 8 weeks. Both intervention and control groups performed a multiple choice knowledge test before the training programme started and will repeat this again in March 2012. The test consists of 30 questions, with 10 questions in each of the three areas.

Results: Experiences from the training programme and results from the multiple choice-tests will be presented and discussed at the conference.

Model of learning for practitioners in dementia care with music therapy as the joint focal point

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The project is a PhD research in progress, which aims to develop a model of learning for practitioners in dementia care, which has music therapy as the joint focal point and focus on the relational meeting. Through development of a cross-disciplinary cooperation between the music therapist and the care providers in connection with a course of music therapy, will following areas be elucidated: How can the musical and interpersonal competencies of the individual care provider be developed with the purpose to effect the relational meeting with persons suffering from dementia, in a way that the care provider is able to develop and transfer new knowledge and acquired skills to the daily nursing and care through the application of tangible tools from the musical activities? And further: What impact does the emphasis on development of the care provider’s musical and interpersonal competencies have on quality of life and well-being among persons suffering from dementia?

The model of learning includes using the Dementia Care Mapping Method and the theoretical frame of reference for the project, for example Daniel Stern’s theory of senses of self, forms of vitality, the present moment, Barry Reisbergs research on retrogenesis and the recent research on mirror neurons. Methodically the project is organized as a case study of a music therapy course in which includes process data, outcome data and follow-up data that assess the effect of the course in connection with the effect of the learning process of the practitioners. Four persons suffering from dementia living in a care facility and four care providers are included. Preliminary results indicate that the care providers are able to develop and transfer new knowledge and acquired skills to the daily nursing and care through the application of tangible tools from the musical activities, which has an effect on quality of life and well-being for persons suffering from dementia.

**Notes:**

*STG = Berg Balance Scale; TUG = Timed Up and Go; STS = 30-second sit-to-stand test; FES-I = 7-item Falls Efficacy Scale International
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H.R.H. Crown Princess Mary of Denmark is the patroness of the 21st Nordic Congress of Gerontology

Photo: Steen Evald