TILDA
A Critical Resource for Science and Policy in Ireland

Evidence Based Research on Ageing in Ireland
International Comparative Analysis
Implications for public policy

The Irish Longitudinal Study on Ageing

10 June 2008
Sources: WHO Regional Office for Europe (2004d) and United Nations (2002).
Huge Challenges for our Society and for Public Policy

• How to maintain the **living standards** and **quality of life** of our population?
  – *Pensions, Housing*

• How to provide appropriate **services and facilities**?
  – *Healthcare, Social Care, Social Contact*

• How to ensure **effectiveness** and **financial sustainability**?
  – *Level and mix of Public Expenditure, Role of the Public and Private sectors*
TILDA will provide a Research Base to meet these Challenges

- **Inter-institutional, inter-disciplinary research team** comprising some of the most eminent researchers in Ireland in the health, social and economic fields.
- **Large, representative sample** of up to 10,000 persons aged 50 and over to allow accurate analysis and substantial disaggregation of results.
- High quality **sampling, fieldwork and data processing**
- **Longitudinal** design focussed on **processes** as well as point-in-time estimates – follow-up at 2 yearly intervals.
- Commitment to both **leading edge science** and in-depth **policy-relevant analysis**
- Focus on building genuine **international comparability** of methods and results.
Factors Influencing the Experience of Ageing

Happiness

Health

Wealth

Quality of Life

income, care, housing, families, morale, pensions, social networks, participation work force

Environment

social and historical

Genes - their influence on disease processes or successful ageing?

physical status

mental status

Expectations

Experience

Implications for the economy and the labour market

scale and scope of contributions made by older people to life in Ireland
Nematode (3 weeks)

Mouse (3 years)

Bat (40 years)

Cat (28 years)

Freshwater hydra (no ageing process known)

122 years

Turtle (over 150 years)
TILDA

An Inter-institutional Partnership

- TCD (lead)
- Dundalk Institute of Technology
- ESRI
- NUI Cork
- NUI Galway
- RCSI
- UCD
- UL
International Comparability and Co-operation

• Longitudinal studies of ageing are extensively used in many developed countries
  - HRS (USA)
  - ELSA (UK)
  - SHARE (Europe)

• These studies increasingly based on a marriage of physical, biological, health and social sciences

• TILDA team is already participating in conferences and co-operative work with the major international studies. We have been invited by NIA to submit a grant application.

• In particular, TILDA is co-ordinating closely with SHARE, the Irish element of which is led by the Geary Institute in UCD

• The TILDA Scientific Advisory Committee includes 8 of the world leaders in this field
TILDA is working with other cutting edge research in Ireland

- Technological Research for Independent Living (TRIL) – major industry/academic research programme sponsored by INTEL and the Irish Government
- Trinity College Institute for Neuroscience (TCIN)
- ESRI EU-funded research on the measurement of living standards and poverty
- TILDA is a key element of the proposed FIGH (Focussing Ireland on Global Health) strategy under discussion with IDA, Forfas
Main Health Variables

- Self assessed health
- Major illnesses and complaints
- Assessment of cognition and mood
- Medications
- Sensory functioning
- Comprehensive clinical assessment, incl. bloods, lung function, bone density, gait and balance, blood pressure etc.
The Magic Carpet

PK - Parkinson’s Disease

Autonomic Function

EMG EEG HRV

On Medication Dual Task - Distracted Off Medication

Normal bone Bone with osteoporosis

Fracture Close-up view Close-up view
Main Economic Variables

• Labour force participation, retirement – current and retrospective
• Factors influencing the retirement decision
• Detailed measures of Income from all sources – work, State pensions, private pensions, other Social Welfare, investments etc.
• Assets/Wealth, especially housing
• Human capital, training (past, present, future) – lifelong learning
Main Social Variables

• Family situation
• Nature and extent of contact
• ADLs, IADLs and levels of care/support, both formal and informal
• Intra family transfers – assets, income, time
• Social participation/engagement
Key Inputs to Policy

• Pensions and living standards – current situation and patterns of change over time
• Usage of health and social services to assist planning for future needs
• Retirement decisions and implications for the labour market
• Interactions of health, economic and social factors to allow detailed tracking of change and innovation in older people’s lifestyles (transport, housing, communications etc.)
Scale and Funding

- TILDA presents major logistic and organisational challenges
- Now at Pilot/Design Phase, to be completed by February 2008
- Pilot phase funded mainly by Atlantic Philanthropies – €1m.
- Generous funding of €4m. by Irish Life for 10 years of the main study – 4 waves at two yearly intervals
- Total cost will be in the region of €30m. AP have indicated they will co-fund, provided Government support is forthcoming to ensure long-term sustainability and coherence with policy.
## TILDA Milestones

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<thead>
<tr>
<th>Month</th>
<th>Year</th>
<th>Milestone</th>
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<tbody>
<tr>
<td>Sep</td>
<td>2006</td>
<td>Start project</td>
</tr>
<tr>
<td>Aug</td>
<td>2008</td>
<td>Complete pilot(s)</td>
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<tr>
<td>Nov</td>
<td>2008</td>
<td>Brief Wave 1</td>
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<td>July</td>
<td>2009</td>
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<td></td>
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<td>2009/10 Analysis Wave 1</td>
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<tr>
<td>Nov</td>
<td>2010</td>
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<td>2011/12 Analysis Waves 2/1</td>
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<td>Nov</td>
<td>2012</td>
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<td>2013/14 Analysis Waves 3/2/1</td>
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<tr>
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<td>2015/16 Analysis Waves 4/3/2/1</td>
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<tr>
<td>Aug</td>
<td>2016</td>
<td>Completion of 10 year period</td>
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Outcomes of The Irish Longitudinal Study on Ageing