



April - May 2018

Active Aging Consortium Asia Pacific



From the President
Kathryn L. Braun
University of Hawai'i



Congratulations to Dr. Takeo Ogawa and his team for a successful conference and study tour in Fukuoka and Kitakyushu, Japan in March 2017, Participants were from Japan, Hawai'i, Indonesia, Thailand, Hong Kong, Korea and Singapore.

The conference participants were happy to arrive in Japan at the start of cherry blossom season. Day 1 involved a trip to Kitakyushu-city to learn about the future role of technology and robotics for aging services.

On Day 2, participants attended seminars to increase intercultural understanding of active aging and on the development of a cross-national perspective of foreign care workers.

On Day 3, participants were invited to the 5th Annual Arakan Festa, a unique senior fair targeting the needs of those in their 6th decade of life.

Participants appreciated exchanging ideas and strengthening friendships. They left the conference feeling recharged and renewed to spread the message of active aging. For highlights:



<https://www.youtube.com/watch?v=20KxPZg04Yw>



The Sex Suitcase: A Health Education Tool

Els Messelis

Gerontologist/Author

Flanders, Belgium

More than 50 years after the ascendancy of the Disengagement Theory, older adults still face the strict opinion of western society that sex and intimacy are not important in old age. It is rare to discuss intimacy and sexual desires of older people, and it is even rarer for health care providers to broach this topic with their older patients.

When will our global society, and more specifically our health care providers, learn that sexuality needs do not belong solely in one's past?

I began public discussion of the impact of sexual taboos on the health and wellbeing of older women in a workshop convened at the UN Commission on the Status of Women meeting in New York in 2005. The recommendations of this workshop were: 1) more quantitative and qualitative research is needed; 2) educational training and tools are needed for the general public and for professionals who work with the elderly; and 3) more medical and non-medical students have to be trained and prepared emotionally to handle the important issues their older clients want to discuss with them.

In 2009, I published a book, titled Men Want Sex, Women Want Intimacy: What 50+ People Really Want. This book gained attention, but I wanted the discussion to have broader reach.

Thus, in 2014, I developed and presented the Sex Suitcase at the Congress of the Belgian Association for Gerontology and Geriatrics. This psycho-educational tool was designed to ease the conversation on sex and intimacy in old age, with older adults as well as with health care workers.

The suitcase includes DVD's, guidelines, information on sexuality and intimacy in later life, sexual toys, a quiz based on scientific research, cases and illustrations on sexual diversity in later life, methods to tackle sexual violence in later life and methods to tackle transgressive sexual behaviour in the care sector. The contents of the suitcase are informative and thought provoking. This is to support people to continue talking about delicate subjects, to learn to know their own boundaries.



The Sex Suitcase has been used in an Educational Course on how to become an Intimacy Coach in Care for Older People. In 2016, it was adopted with new materials and presented in a Congress of Sensoa at The Flemish Parliament. New information will be added again in 2018, including the Geriatric Sexuality Inventory and the Sexuality Assessment Tool. My research continues with Prof. Dr. M. W. Kazer, Dr. Michael Bauer, and others. **For more information: contact me at els.messelis@scarlet.be.**



Finding Hula in Hong Kong
Ian Chu
Hong Kong International Hula
Association



The Aloha Spirit is alive in Hong Kong, thanks to the Hong Kong International Hula Association (HKIHA). This association teaches and promotes the performance of hula, and many older adults have joined.

Some of the services offered by HKIHA include:

- Classes on hula on Hawai'i and its culture
- Classes for instructors of hula
- Training materials on hula and Hawaiian culture
- Cultural and study tours of Hawai'i
- Examination system for certificates at the beginners, intermediate or advanced levels of hula

HKIHA also sponsors an Information Resource Center, Resources available to members include: hula supplies, Hawaiian music, Hawaiian cultural items, and Hawaiian travel information.

The group collaborates with primary and secondary schools, universities, dance schools, non-government organizations, museums, and others.

For more information, contact HKIHA at HKIHA@cnconsultants.com or visit <http://HULA.hk> or <http://夏威夷舞.香港>



Workshop on Aging and Demographic Change in Asia, Feb 2018
Takeo Ogawa
Consultant, Fukuoka-City Government
President, Asian Ageing Business Center

Dr. Takao Ogawa, ACAP's representative in Japan, sends this story from a workshop in Singapore in February 2018 on "Ageing and Demographic Change in Asia: Caring for the Rapidly Growing Number of Elders in our Society."

The 2-day workshop, organized by ISEAS-Yusof Ishak Institute together with the Sasakawa Peace Foundation, brought together more than 80 thought leaders and policymakers from Singapore and around the region to discuss the rapid aging in East and Southeast Asia. Four areas were addressed: institutional-residential care, community-based care, education and training for care-givers, and active ageing.

Senior Minister of State for Health and Environment, Dr Amy Khor, was the Guest of Honor at the ISEAS-SPF workshop. In her keynote address, Dr Khor argued it is not enough to build and provide more care for the elderly. There needs to be a transformation in care and the model of care. She said that Singapore is doing this by bringing care closer to seniors, by focusing on care effectiveness and person-centric care, by promoting healthy lifestyle choices, and offering early interventions to maintain health.

Several ACAP members presented at this workshop, including Dr. Takeo Ogawa and Dr. Tri Budi Rahardjo, representative from Indonesia.



Japan's "Cognicise" Gains Popularity in Singapore

Thelma Kay
Consultant

Thelma Kay, ACAP's representative in Singapore, notes increasing attention to dementia. Here is a summary of an article published in the Singapore Straight Times in March 2018 on new services for Singapore residents with dementia, including "Cognicise" from Japan.

An estimated one in 10 people aged 60 and above has dementia, which is the gradual decline of the brain and its intellectual abilities such as thinking, memory and judgment. Half of those aged 85 and older have it. By 2030, the number of people with dementia in Singapore is expected to more than double to 103,000.

In March 2018, the Singapore Health Ministry said it would increase the number of dementia-friendly communities from six to 15 in the next 3 years. In these communities, many residents and businesses are trained to recognize signs of dementia and help those who might have them.

In Yishun, Khoo Teck Puat Hospital (KTPH) and the Lien Foundation set up the Forget Us Not initiative. Under the initiative, KTPH has provided training for about 20,000 lay people from 90 organizations in Singapore. For instance, if a person with dementia takes items from a supermarket without paying, the staff will not immediately assume he is shoplifting.

KTPH is also working with Apex Harmony Lodge, the first home for people with dementia here, to empower people with mild dementia to continue to lead dignified lives by engaging in work as a form of therapy to provide meaning and purpose, said Associate Professor Philip Yap, senior consultant and director of the geriatric center at KTPH.

Another community effort, which started in August 2017, aims to help frail elderly people delay the onset of dementia through engaging in specific exercises. Being old and frail puts one at a high risk of developing dementia. More than 300 elders have participated in this free exercise program twice a week for at least 6 months at various community centers under the Healthy Ageing Promotion Program For You (Happy).



These are not simple exercises but dual-task activities that are adapted from the "Cognicise" program at the National Centre for Geriatrics and Gerontology (NCGG) in Japan.

"For instance, while I am marching, I am counting 30 backwards or recounting the names of fruit or hawker food that the other people here like to eat," said Prof Merchant, Associate Professor Reshma Merchant from the National University of Singapore. "These activities can be done in groups of five so this increases social interaction."

In Japan, the Cognicise program has run for more than three years, and has shown that those with mild cognitive impairment showed significant improvement in memory after doing these activities for 10 months, said Prof Merchant.

"These dual-task exercises work the body as well as the mind, and encourage the person to focus on coordinating the two activities, which help with cognitive ability, preventing frailty and reducing disability."

A Japanese therapist who was trained at NCGG was brought in for two years to help set up the program in Singapore.



What Is Your *Ikigai*?

Cullen Hayashida, PhD

Hawai'i Representative to the **Pass It On Network**

Recently, Dr. Cullen Hayashida appeared on Hawai'i television talking about *ikigai*, or Life Purpose. : <https://www.dropbox.com/s/8eck2nv03ifn3zy/Ikigai.mov?dl=0>

This follows on his article in the Hawai'i Herald last year. Cullen wrote:

Several years ago, a good friend of mine said that he was now 65 years old, on Social Security and retired. Then he told me that he expected to live at least another 20 years, but did not know what to do with his life. It felt as though he would be riding his boat out to sea without a heading or a rudder.

My friend was without *ikigai*. Roughly translated as that which makes your life worth living, *ikigai* does not have the familiar ring of other Japanese words like *gaman* (patience), *gambari* (perseverance) or *giri* (obligation), which were so often stressed by our ancestors. The *sansei* generation (third generation of Japanese immigrants to Hawai'i), however, might find that this is a word that will have a greater significance as they begin retiring as Baby Boomers over the next 20 years.

In the past, reaching our 6th decade of life—our *kanreki*—was a true milestone. When life expectancy was shorter with not much time left, it certainly was understandable to spend those remaining years in rest and recreation. Our life's purpose was accomplished after decades of work and the shepherding of the lives of our children. However, that retirement roadmap may no longer help boomers in the 21st Century. Unlike our parents and grandparents of years past, those approaching the age of Social Security today can anticipate a longevity dividend nearly equivalent to their working years.

A seemingly paradoxical question that new retirees may wish to ask themselves is “who do I wish to become?” The children are gone or soon to be leaving. The grandkids may have arrived but they too will soon find their independence. Who am I now without my job title? What will I do with all of my spare time? Will I be a burden to my kids? Will I be functional? What have I done so far? Where am I going? Will I have enough money for 30 more years? How do I want to be remembered? Should I volunteer for my cause? How can I maintain good health? In the meantime, do I dye my hair? Botox my skin? What is my passion, my purpose?

These are questions that boomers are pondering as they begin to transition into their retirement years. The word “retired: suggests being set off to the pastures with no responsibility. Where we once identified ourselves with our title as nurse, teacher or skilled craftsman, as new retirees, we now struggle with self-introductions. Am I just a “has been”?

This phase of our lives requires an identity update. Our 1st Age was our early childhood years of learning, socialization, immaturity and dependence. Our 2nd Age was our adult mid-life years of independence, maturity, work and earnings. Now is our 3rd Age, starting in the 6th decade of life, which has potential for self-enrichment, creativity, purpose and legacy.

Many think the 3rd Age is a gift of time for our Second Act or our Encore Career. This is a new period of life for which we have not fully planned or prepared for. But we must if we are to reduce uncertainty and to age successfully. It is time for a 50,000-mile checkup. Before we make this transition into our retirement years, it is time to reexamine our life's journey and to rediscover our strengths, passions and purpose. It is time to explore possibilities, directions and goals.

This 3rd Age is an exciting phase to achieve our life's goals. To do so requires us to understand that to age actively requires us to maintain our fitness—physically, nutritionally, socially, financially, mentally—and by finding our purpose in a civic and not just a self-indulgent sense. Abraham Maslow spoke of the hierarchy of needs with the primacy of physiological needs before self-actualization. But does this mean that physical fitness is always primary and purpose, secondary? Perhaps not.

In traditional Japanese thought, everyone has an *ikigai* but discovering it can take time. Determining what it is, however, provides the impetus for why one should remain fit in all facets of life. Perhaps determining our purpose is the first question that we should all try to address. This is not just for the educated or the wealthy? It applies for everyone.

As shown in the diagram (modified from Carter & Winn), four parameter questions can help triangulate one's *ikigai*:

- What do I deeply and profoundly love? What is my passion?
- What are my gifts? What am I good at?
- What are my responsibilities based on what the world needs?
- What is my Life Work, paid or unpaid?



The challenge in discovering one's *ikigai* is like a puzzle and ultimately requires the balancing of your responses to these four markers. Finding our *ikigai* can help clarify why we are here, what gives us pleasure, what makes us happy, what matters most and who we are as contributors to the greater good. Moreover, finding our *ikigai* and bringing our lives into balance have the power and potential for improving our health and increasing our healthy life expectancy.

What is your ikigai? Now is the time to start your search. For more information, email cullen@hawaii.edu.



A Book for the 3rd Age
Cullen Hayashida, PhD
Hawai'i Representative to the **Pass It On Network**

The Hana Hou Active Aging Resource Directory lists Hawai'i opportunities for leisure, exercise, volunteer, and work opportunities for adults in their 3rd Age. The handbook targets the pre-retirees and boomers in search for their Second Act or their Encore Careers. Access it at <http://www.stfrancishawaii.org/wp-content/uploads/2018/02/Hana-Hou-Handbook-2.21.18.pdf>



Report of the 5th Association of Pacific Rim Research Universities Conference on Aging and Resilience

Normala Binte Manap
Center for Aging Research and Education
Duke-NUS Medical School

ACAP member Mala Manap sent this report from the 8th Association of Pacific Rim Research Universities (APRU) Population Ageing Conference Ageing and Resilience in the 21st Century, sponsored in October 2017 by the National University of Singapore (NUS) Centre of Aging Research and Education.

While longevity is a definite cause for celebration, societies worldwide are still grappling with the “how to” of harnessing its potentials and possibilities, a critical endeavor as family sizes shrink and increased life expectancies challenge existing infrastructures. Successful adaptations turn to the resilience of the individual, family, and society, yet, what exactly is resilience for the ageing person and the ageing society?

This question was addressed in the 8th APRU Conference, with the theme Aging and Resilience in the 21st Century. Held over two days, the conference was followed by educational field visits to innovative programs on ageing around Singapore as well as a post conference workshop on “Longitudinal Data Analysis in Ageing Research.”

The Guest of Honor for the conference’s opening ceremony was Rd. Amy Khor, Singapore’s Senior Minister of State for Health and the Environment & Water Resources. Guests included Prof Barry Halliwell, Senior Advisor to the President of NUS, Prof Chong Yap Seng, Dean Designate, Yong Loo Lin School of Medicine at NUS, Thomas Coffman, Dean of the Duke-NUS Medical School, Dr. Mary Ann Tsao, President and Founding Director, Tsao Foundation and Chairman of CARE’s Advisory Board, Dr. Barbara Resnick, Professor of Health and Gerontology at the University of Maryland School of Nursing, Dr. Harvey J. Cohen, Professor of Medicine, Duke University, and Dr. Hiroko Akiyama, Professor with the Institute of Gerontology at the University of Tokyo



The conference was attended by 231 participants from Singapore and around the globe which included Japan, India, Indonesia, Malaysia, Australia, France, China, Netherlands, Hong Kong, Canada, Taiwan and New Zealand. A total of 34 paper and poster presentations were made over the two days.



CARE 2018 Research Methods Workshop Series

9th March - 8th November

The Centre for Ageing Research and Education (CARE) is an academic research centre based in Duke-NUS Medical School. Drawing on its interdisciplinary expertise and collaborations across medical, social, psychological, economic and environmental perspectives, CARE conducts leading-edge research on the social and medical determinants of successful ageing. CARE recognises the need for a consolidated, long-term approach towards longevity and thus invests in educational programmes to build competencies in ageing research amongst research, policy and practice professionals.



Longitudinal Data Analyses

Saito Yasuhiko, PhD, Professor, University Research Center, Nihon University

This workshop is designed for those who have not used longitudinal data for their own research or those who have only limited experience with such data. The workshop covers how to run various logistic regression analyses and discrete hazard analysis, and how to interpret results. The session will also cover how to translate estimated results into tangible numbers, i.e. probabilities. Longitudinal survey data from Singapore and Japan will be used for the workshop.

9th March 2018 | 9 am - 5:30 pm
Duke-NUS Medical School



Understanding & Using Decision Analysis

David B. Matchar, MBBS, PhD, Inaugural Director, Health Services and Systems Research, Duke-NUS Medical School

Decision analysis is a quantitative field that deals with modelling, optimizing and analyzing complex decisions for better decision making. The quality of the decisions being measured by their expected consequences and stated preferences of the decision maker. The workshop will delve into the mechanics of doing decision analysis which include the use of modelling and relevant statistical approaches to arrive at the relevant courses of actions. Case studies will be used to enable participants to gain practical exposures to the methodologies and tools of decision analysis.

22nd June 2018 | 9 am - 5:30 pm
Duke-NUS Medical School



Introduction to Using Multilevel Models for Contextual Cross-Sectional Research

Zachary Zimmer, PhD, Professor, Canada Research Chair in Global Aging and Community, Mount Saint Vincent University

As much of social science data contains information spanning levels of observations, multilevel models, mixed effects and random-effects models have become commonplace over the last several decades. A basic understanding of such modeling is needed for understanding a variety of analyses. This workshop is ideal for those with experience in standard multivariate techniques, like OLS, but without experience expanding such techniques to multilevel analysis. The workshop will review several examples of these models, focus on interpretation of results, and provide participants with opportunities for hands-on analysis.

2nd August 2018 | 9 am - 5:30 pm
Duke-NUS Medical School



Knowing Who, What, When and How to Ask Why: Designing and Conducting Qualitative Interviews for Health Research

Ad Maulud, PhD, Research Fellow, Centre for Ageing Research and Education, Duke-NUS Medical School

The workshop will delve into the fundamentals of conducting in-depth qualitative interviews. These include designing a topic guide, choosing the appropriate interview format and building rapport to recruit participants. With the use of case studies, participants will learn about the different techniques of conducting interviews based on types of research objectives and figuring out what works best for you. The workshop will also provide practical experiences of different qualitative interviewing skills.

24th April 2018 | 9 am - 5:30 pm
Duke-NUS Medical School



Introduction to Longitudinal Data Analysis: SEM and MLM Approaches

Grand Cheng, PhD, Visiting Assistant Professor, Centre for Ageing Research and Education, Duke-NUS Medical School

Using longitudinal data (as opposed to cross-sectional data), we can better demonstrate causal relationships. Longitudinal data also allows us to study individual changes and distinguish between-person and within-person effects. In this workshop, the speaker will introduce three types of longitudinal data analysis based on structural equation modeling (SEM) and multilevel modeling (MLM).

11th July 2018 | 2pm - 5:30 pm
Duke-NUS Medical School



Cost Effectiveness Analysis

David B. Matchar, MBBS, PhD, Inaugural Director, Health Services and Systems Research, Duke-NUS Medical School

Cost-effectiveness analysis (CEA) within decision making processes in health is becoming increasingly critical given competing demands. Applicable to both researchers and practitioners, CEA is commonly used as a tool to address efficiency in the allocation of the resource which involves weighing the costs and health effects of policies and programmes. The workshop will introduce participants to key methods in cost effectiveness analysis of health/age care interventions. Participants will have the opportunity of a 'hands on' experience of conducting the analysis using case studies and real data.

19th September 2018 | 9 am - 5:30 pm
Duke-NUS Medical School



Causal Inference in Social Research

Abhijit Visaria, PhD, Research Fellow, Centre for Ageing Research and Education, Duke-NUS Medical School

Correlation or association, while useful measures of the relationship between two variables in social research, do not imply causation. Estimating causal effects can be challenging in non-experimental situations because of the possibility of selection or endogeneity biases. It is however possible to make causal inferences from observational data including surveys using other statistical methods such as propensity score matching that can control for selection bias. The workshop will introduce participants to both theoretical and practical aspects of this type of analysis, and in particular cover the method of instrumental variable analysis to estimate causal effects in cross-sectional data, including exercises using Stata.

24th May 2018 | 9 am - 5:30 pm
Duke-NUS Medical School



Introduction to Health Expectancy

Saito Yasuhiko, PhD, Professor, University Research Center, Nihon University

People are living longer and longer not only in developed countries but in developing countries as well. It is often thought that an increase in life expectancy signifies the improvement in the health of a nation. However, previous studies show that this is not necessarily true. Longer life expectancy may be achieved by prolonging the lives of those suffering fatal diseases. Quality of life, rather than just the length of life, has become an important issue for all countries today. How long can a person live in good health? Without disability? How long can they remain independent and active? Understanding healthy life expectancy is becoming critically important for rational policy and planning. The workshop will introduce the concept and method of computing health expectancy. Participants will have the opportunity to compare health expectancy using excel to have better understanding of health expectancy.

1st August 2018 | 9 am - 5:30 pm
Duke-NUS Medical School



Using Mixed-Methods Research to Understand Psychosocial Aspects of Health

Peter Toy, PhD, Research Fellow, Centre for Ageing Research and Education, Duke-NUS Medical School

This workshop clarifies the structure of psychosocial well-being, and explains how mixed-methods approach can be used to understand the influence of psychosocial factors on physical and mental health. Attendees will learn essential principles related to mixed-methods research, and how to integrate qualitative and quantitative methodologies within a framework to examine psychosocial aspects of health.

8th November 2018 | 2pm - 5:30 pm
Duke-NUS Medical School



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Please send your photos and stories to:

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You can also visit ACAP on the Web and Facebook

Web: www.wellageing.com/ACAP

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