

Post SNAP Event 2016 Report

Executive Summary

This report provides an overview of the Ageing Well National Science Challenge (AWNSC) Stakeholders Networking for Action-Research Partnerships (SNAP) Event in September 2016. It brings together the information provided by the attendees in an overview of where future areas of research could be focused and how the Challenge could facilitate stakeholder-led research.

The main findings of the report was a primary emphasis on research along the life course that exams the diversity of ageing, the socio-economics and geographies of ageing, and the need for transformations in transport and the built environment to meet the needs of older people.

It was also signalled that AWNSC needed to continue to increase its efforts in facilitating communication between stakeholders and researchers and to provide ongoing infrastructure and support for potential research proposals coming into the second tranche of the National Science Challenge funding.

Introduction

The Ageing Well *Stakeholders' Networking for Action-Research Partnership* (SNAP) Event took place on the 14th Sept 2016 at Te Papa Wellington. Its main purpose was to provide a forum for stakeholder and researchers to meet, discuss and create opportunities for developing partnerships in stakeholder-led research. With the approach of the second tranche of National Science Challenge funding in 2019 it is important that researchers and stakeholders begin to reflect on the form that future research could take, and to provide an ongoing dialogue with our knowledge exchange partners.

The SNAP Event gave the opportunity for the stakeholder community, researchers and the Ageing Well National Science Challenge (AWNSC) to come together to discuss and identify: some of the gaps within current ageing research in New Zealand, and where any new research areas identified might fit into and expand on the existing funded research programme. Key stakeholders within these potential areas of research were then recognised through discussions amongst the attendees. Being aware of any potential stakeholders is an important consideration when approaching how a collaborative research project might be designed. Barriers and enablers to researchers and stakeholders in co-creating research were then identified and a discussion undertaken on what form, from a stakeholder perspective, a successful research question and project might take.

This report will first present areas of research identified by the researcher/stakeholder discussions and organised by how these might fit into the five existing AWNSC research strands. Each table also shows who the key stakeholders might be for each group of projects and how each new area might intersect with the currently funded research. The report will then move on to highlighting the processes that might help or hinder the formation of research questions and what form these potential research questions might take. This includes how the Kaupapa Māori approach to research could impact on research design and implementation within the AWNSC. The report will conclude with a short summary and discussion of some of the main themes that emerged during the analysis of the data that was collected at the 2016 SNAP Event, with some comment on potential ways forward.

This report will start by looking at the proposed new research areas identified by the attendees, some of the stakeholders that might potentially be involved in any new research projects and where such research might fit into the AWNSC research strands. Please note that many of these proposed areas of inquiry are not mutually exclusive and could fit into several of the research strands comfortably.

Maintain Wellness, Independence and Autonomy		
Current Projects	Proposed Areas of Research	Identified Key Stakeholders
Drug Burden Index	Analysis of ageing statistics – looking ahead and what is government doing about it?	ACC Age Concern Automobile Association Banking Sector Budget Advisory Groups Central Govt Greypower Individuals Insurance Companies IRD Local Govt Māori Ministry of Transport MSD Stats NZ Tax Payer Union Te Puni Kōkiri Te Whānau O Waipareira Trust Whānau Ora WINZ Commission for Financial Capability
Life When Renting	Driving and ageing	
Reducing Frailty	Economic empowerment of older people	
Retirement Villages	Financial resources and effects on social and physical health	
Risk Factors	Health system funding	
Social Isolation	Pension funding and increased longevity	
Stroke Prevention	Spending patterns of older people	
Stroke Recovery	Transport and mobility problems	
	Work/leisure - transforming dichotomies	

Table 1.0 Research Strand One

Within Research Strand, One research ideas identified examined the socio-economics of ageing:

- How will people manage finances whilst living longer
- How are longer retirements going to be funded by individuals and government
- What effect does financial health have on social and physical health
- How is society going to fund a health system increasingly focused on the needs of older people

There were also themes around the importance of mobility for enabling independence of older people

- What will be the nature of increased numbers of older drivers
- What do we need to do to provide for public transport with a larger older population

Promote Social Integration and Engagement		
Current Projects	Proposed Areas of Research	Identified Key Stakeholders
	Bridging the digital divide - creating easy to use and helpful applications and technology	Age Concern Banking Sector Central Chinese Association Central Govt Individuals Internet users association Local Govt Māori MSD New Zealand Central Indian Association Shanti Niwas Trust The Federation of Islamic Associations of New Zealand WINZ
Life When Renting	Cultural shock older immigrants	
Risk Factors	Immigrants - language and communication barriers	
Social Isolation	Immigrants - lack of knowledge of health and welfare systems	
	Immigrants - isolation from wider community	
	Intergenerational engagement	

Table 1.1 Research Strand Two

The research ideas proposed under Research Strand Two were focused around making it easier for older people to communicate and problems faced by older people within immigrant communities:

- New technologies and how these are designed from the ground up as user friendly for older people.
- How do we improve communication and social contact between older immigrants and wider society
- How do we increase access to and educate older immigrants about access to health and welfare systems

Value Older People in all Settings		
Current Projects	Proposed Areas of Research	Identified Key Stakeholders
Neurodegeneration	Diversity of older people and ageing - ethnicity, disability and the engagement of diverse voices	Banks DHB Employers association Homecare providers Local Govt Māori Marae MOT
	Rural vs urban in aged care	Regional Councils Retirement homes Rural organisations Te Puni Kōkiri Te Whānau O Waipareira Trust Unions Whānau Ora Commission for Financial Capability
	Māori rural aged care health needs	
	Ageing and place – role of people and place/local variation	
	Demographics and location - impact of ageing on smaller communities	
	The ageing workforce	
	Mixed aged workforces and workplaces	
	Human rights of older people	

Table 1.2 Research Strand Three

The research ideas suggested under this Research Strand mainly focused around the diversity and geographies of ageing:

- The diversity of ageing – ethnicity, disability, location and work
- How do rural health care needs differ from urban needs for Māori
- Ethnicity and ageing
- What are going to be the future needs of disabled older people
- The spaces of ageing – different needs in rural and urban communities and how will small isolated communities cope with ageing populations
- What challenges will an ageing workforce bring and how do you integrate older workers into the workforce in a way that recognises their contribution

Reduce Disability and the Impact of Disability		
Current Projects	Proposed Areas of Research	Identified Key Stakeholders
	Ageing and changing sleep patterns	Banks
	Creating person-centric measures to inform funding models	Building Industry
		DHB
		Employers association
		Homecare providers
Life during renting	Falls prevention - built environment pavement design and lighting	IHC
		Local Govt
		Māori
Neurodegeneration	Housing and disability support structures - how do needs change over time?	Marae
		MOT
		Regional Councils
		Retirement homes
Reducing Frailty	Measuring 'wellbeing' in an ageing population	Rural organisations
		Unions
	Oral health and ageing	
	Indigenous/traditional medicines and knowledge	
	Using exercise – age appropriate exercise and activity	

1.3 Research Strand Four

Within Research Strand Four, attendees focused on problems associated with the built environment and what needed to be done to improve living places for older with mobility issues and the disabled:

- How do we build new environments for older people that help prevent falls
- Compact communities for older people who are not mobile
- How does housing for the disabled change as they age

Also identified were several aspects of physical health as potential areas of interest

- Older people and oral health
- How can exercise be encouraged into older age
- Older people and sleep

Enhance Age-Friendly Environments		
Current Projects	Proposed Areas of Research	Identified Key Stakeholders
	Planning for driverless cars	
	Living well with dementia – inclusive communities	Age concern Building Industry DHB Homecare providers Local Govt Māori Marae MOT
	Connection and engagement with community.	
Reducing Frailty	Built environments and well being	
Risk Factors	Age Friendly Communities - architecture, design of housing, alternative housing options, transport urban planning	Palliative care providers Regional Councils Retirement homes Rural organisations Commission for Financial Capability
Social Isolation	National support/care giver worker organisation and support	
	Residential care and attitudes towards dying	
	Planning for retirement in terms of health and housing	
	Creating age friendly Marae	

Table 1.4 Research Strand Five

Research Strand Five was focused around how older people can be included within the wider community. There were also themes identified around the built environment of housing and research into support structures:

- Research into town planning for driverless cars and how they could help older people with mobility
- How are built environments going to have to change to cater for the needs of an increased older population
- Overall planning structures – how can these be developed to facilitate the building of age friendly communities
- Transformations in end of life care
- How can Maraes be transformed to care for increasing numbers of older people

Part Two of the SNAP Event focused on processes to promote the successful formulation of research questions and projects. Participants were asked to discuss what enablers and barriers there were to the successful co-creation of research. The table below shows the main themes that were identified as having a potential impact on how research could be co-created by stakeholders and researchers (See Table 2.0 below).

The Challenge is too academically focused

There is a need to take the challenge out into the community for direct discussions with stakeholders to help create research questions. The researcher-stakeholder divide needs to be broken down.

Lack of collaborative frameworks

Provide guidance on how researchers can get involved with stakeholders to meet funding requirements for collaborative research.

Bring stakeholders together early

Who will the research directly benefit? Get them onboard in the very early stages to help guide the research.

Collaboration between

Stakeholders and researchers.

Kaumatua of steering groups.

Intergenerational leaders.

Needs to be open discussion between researchers and stakeholders about any problems with the research

A need to mobilise and encourage involvement from more agencies that are interested

Large numbers of stakeholder to organise within research projects – often problem with receiving feedback from stakeholders that are not used to being part of research projects.

Different contextual frameworks

Māori Kaupapa vs Eurocentric – often quite different research priorities.

An overlying model of competitive funding

Increasingly competitive to get funding – very easy to waste a lot of time on applications and just not bother to apply next time round.

Need to develop alternative research funding models that mean that research is more affordable to do

No more 113% overheads and expensive PI funding and perhaps a wider focus on smaller projects undertaken by early career researchers.

Lack of money for constructing relationships

There is currently no funding for pilot studies to look at what research could be undertaken with whom ie different stakeholders involved.

The need for a return on investment for funders

PBRF needs to include outreach into stakeholder community not just single focus on research outputs**Research funding time frames to short**

Encourages 'lazy research' not looking at the bigger picture over a longer time frame.

Hard to access funding if not part of an academic institution

Non institutional stakeholder groups who undertake research can find it very difficult to get funding – be good to get a bit of a hand up/training from the AWNSC to help reach the required level

Projects are 'not on radar'- topics not seen as relevant not funded**Endemic ageism**

Research about the aged not seen as important as on more 'productive members' of society.

Keep project small and manageable**Opportunities for dialogues**

Create genuine communication channels between researcher, researched and stakeholders.

Need to communicate directly with policy makers

Important to have communication with the 'end user' to help guide the research towards the correct type of output and this needs to be a clear and open process.

Research topics that have a real need in the community

If research has a real 'end goal' it is easier to design and gain momentum with stakeholders.

Best practice – research must follow established ethical and professional guidelines**Communications are stakeholder appropriate - no talking in jargon**

Need non-academic outputs that stakeholders can relate to when helping in the research design process.

English is the main method of communication

Need information in different languages (Mandarin, Māori and Hindi).

Research outputs

Outputs need to be stakeholder orientated as well as academic publications – for all audiences not just the 'ivory tower' and for PBRF gains.

Informing political change – three year political cycle 'what's hot now' may not be so in the future

Table 2.0 Impacts on Research

Table 2.1 (below) shows what the participants thought successful co-created research between researchers and stakeholders might look like from the perspective of stakeholders.

<p>Stakeholder and citizen driven research</p> <p>Inversion of power relationships – stakeholders create and define the RQs then researchers do the work</p> <p>Research should be based around what the community wants to find out and/or needs with researchers coming in to ‘contract’ the research needed to be done.</p> <p>50/50 relationships</p> <p>Each participant in the process of designing the research is recognised</p> <p>It is important that the researchers don’t just focus on ‘Elite’ stakeholders if undertaking social research</p> <p>Power relationships within co-created research projects would be equal – not ‘top-down’ with academic institutions positioned at the top.</p> <p>Integrate research models</p> <p>Academic, commercial and NGO research are all undertaken in different forms using different skill sets such as commercial market research. By using all these types of research perhaps a wider ranging and robust research methodology could be constructed.</p> <p>Greater connectivity between research problems</p> <p>Age - Ageing - Aged as a process not given enough emphasis. It is very important to construct research design that follows this life course along rather than just taking a snap shot. A series of interlinked research projects looking at both social and physical research problems and taking ‘a long view’ would be very helpful.</p> <p>Empowerment – broader than just research/stakeholder</p> <p>Ageing well is an accessible societal value. Research needs to feed directly back to those that it is supposed to affect, the elderly and family, need to be aware of what is going not just be ‘end users’.</p> <p>Priorities for Tranche 2 – facilitate relationships and create some form of communications portal</p> <p>The AWNSC needs to move to create some form of ongoing system where researchers and stakeholders can meet and perhaps organise research design and proposals coming up into NSC Tranche Two.</p>
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Table 2.1 Successful Research Design from Stakeholder Perspective

Kaupapa Māori and the Ageing Well Challenge

Participants were asked to comment on what AWNSC could learn from other existing research models, in particular Kaupapa Māori, when considering how to facilitate research between stakeholder and researchers.

The main ideas that arose from this discussion were around how Kuapapa Māori is focused from the bottom up and is inclusive but also heterogeneous by its very nature. A primary focus is on community involvement and there is particular emphasis in the comments of the importance of any conversations being intergenerational and collaborative. Another important aspect pointed out was that research being undertaken under a Kuapapa Māori paradigm is firmly rooted in the community of the 'researched'. This means that there is often a strong communal expectation for any outcomes from research, but also an increased degree of ownership of the research by the community and a strong degree of communal responsibility for the research progressing and being successful. The nature of the research structure is not top down, as in more euro-centric research methodologies; rather, it is sideways in nature with more equal status between researcher and researched. What this means is that in the context of Ageing Well, it is crucial for researchers to move out into the field before research design begins in order to talk with the people involved at all levels and ask them what is important to them.

Discussion

The main themes that emerged from the 2016 SNAP Event were based around new areas of potential research, what could be done to help facilitate conversations between stakeholders and researchers to initiate the co-construction of research projects, and what form research might take with a larger degree of stakeholder involvement.

The research gaps and topics of research interests identified by the SNAP participants had a strong underlying theme across the different research strands for undertaking research that looks at the diverse natures of ageing, including different ethnicities, including new immigrants in particular, in different spaces and places. This also included an important theme of Māori rural health needs and the difference in accessing resources in rural and urban spaces. This area of interest included strong emphasis on exclusion in ageing and problems accessing services and support. The built environment was also signalled as an area of interest to researchers with both the design of the physical environment around us and the creation of new forms of community life for the aged. There was also strong support for research designed to occur along the life course of ageing, engaging with it as an underlining process (age-ageing-aged), rather than just an examination of a particular problem at a certain point. This would encourage research that cuts across the three Health Challenges and would be a desirable long-term outcome.

When processes that could impact on the co-creation of research by stakeholders and research were discussed, communication, funding and support were the main factors identified. Good communications between researchers, stakeholders and the AWNSC was seen as vital in moving collaborative research forward. This was in the form of the AWNSC creating more opportunities for communication between stakeholders and researchers, such as the SNAP Event, as well as in how researchers communicate directly with

stakeholder and research participants. Funding was also seen as a major issue, in particular the highly competitive nature of contestable funding meaning that non-institutional aligned researchers found it difficult to access funding. There is also a perceived lack of funds to put into pilot studies to gauge feasibility of more long term work. More funding for short term smaller projects was indicated as useful in the case of early/mid-career path researchers wanting to engage with ageing space stakeholders. It was also signalled that it would be helpful if the Awnsc could provide some more support structures for the ageing research community. In particular, providing guidance for constructing collaborative research from a stakeholder perspective and how to maximize success in creating research funding proposals.

Final Words

Going forward into the second tranche of funding in 2019 it is clear that there are areas of interest to researchers that would provide important impetus to the Awnsc vision of adding life to years for all New Zealanders. Fields of inquiry proposed by the attendees at the 2016 SNAP Event provide the opportunity for engagement between researchers, stakeholders and consumers within the ageing space of New Zealand and for integrated and collaborative research projects that cover brain and body health, social wellbeing and transformations in the physical environments that older New Zealanders live in. This also gives the opportunity for the Awnsc to cement and enhance its position as a nexus for aged research in New Zealand, provide support to the stakeholder community and deliver research with the principles of *Vision Mātauranga* in mind.