



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

tilda
Staidéar Fadaimseartha na
hÉireann um Dhul in Aois

The Irish Longitudinal
Study on Ageing

Newsletter 2024



Dear Participant,

This year has been another remarkable year for TILDA, marked by progress and new beginnings. We're delighted to share some highlights with you.

We have just launched our pilots for Wave 7 of TILDA, which will focus on home interviews and questionnaires. We will be contacting you throughout 2025 to ask you to participate in Wave 7. The data that you give us is invaluable in helping us to understand the key factors that influence and impact health and well-being as we age.

We're also excited to report that in recognition of our ongoing work with the World Health Organization (WHO), we have been designated as the WHO Collaborating Centre for Longitudinal Studies on Ageing and the Life Course. In this role, TILDA is providing expert advice and support to the WHO to support collection of high-quality data internationally, contributing to efforts to measure and promote healthy ageing around the world.

Our research findings have continued to shape health and social policy in Ireland and beyond. We have hosted several international conferences, welcomed esteemed colleagues from across the globe,

and shared our findings widely, including through media appearances, public lectures, and podcasts this year.

For those of you who are newer to TILDA, we look forward to our second visit with you in 2025. Enhancing the study with new participants ensures that we can continue to monitor the changing health and social needs of our population.

For our longstanding participants, your continued contributions ensure we can monitor the evolving health and social needs of Ireland's population.

We are deeply grateful to you all. Your support enables us to be a global leader in ageing research, shaping a healthier, brighter future for everyone.



Warm regards,

Rose Anne Kenny

Regius Rose Anne Kenny,
Principal Investigator

News



Wave 7 is Here!

Wave 7 has officially begun! In 2025, an interviewer will invite you to do an interview in your home and leave a questionnaire for you to return to us by post or online. There won't be a health assessment at this wave.

We have included new questions based on your feedback, covering topics like healthcare waiting times, transport, menopause, energy use, climate, and housing. Your input plays a crucial role in shaping the study and guiding the development of research questions that truly matter for the health and well-being for adults in Ireland.



We are now a WHO Collaborating Centre

This year we were proud to announce our designation as the *World Health Organization (WHO) Collaborating Centre for Longitudinal Studies on Ageing and the Life Course*. This reflects our collaboration with the WHO to promote healthy ageing and develop global surveys, ensuring up to 60% of countries collect data on ageing.

Our new Co-Principal Investigator

This year, Professor Cathal McCrory, a psychologist and experienced researcher, became Co-Principal Investigator of TILDA.



Cathal originally joined us in 2013 and has extensive experience in other large-scale studies. His experience strengthens our mission to advance research on ageing.

Outreach

Celebrating Women's Health

Dr Ann Monaghan presented at Tipperary Local Enterprise Week's International Women's Day event, sharing TILDA's research on women's health, including mental well-being and ageing. Her talk highlighted how TILDA supports women through life's transitions and improves health outcomes.



Combatting Ageism

In April, Professor Rose Anne Kenny spoke at an International Conference on Ageism in Florence. She presented on perceptions of ageing and their impact on physical and brain health, drawing on TILDA's research. The event concluded with the "Carta of Florence Against Ageism," reinforcing TILDA's leadership in promoting positive ageing.

European Researchers' Night

In September, TILDA researchers took part in European Researchers' Night, a Europe-wide celebration of research. Visitors to our stall explored TILDA's work on ageing and public health and tested their grip strength, a key health measure. Even Trinity College Dublin Provost, Dr Linda Doyle joined the fun!



Your data, real impact

National Frailty Education Programme

We continue to support healthcare professionals through our National Frailty Education days, focusing on early detection and management of frailty in older adults. This training has built a national network of over 4,000 healthcare providers equipped to address the needs of an ageing population.

Award Winning Patient Service

Using your data on falls and hospital visits, TILDA's Dr Robert Briggs and his team created the Emergency Department Falls and Syncope Service, reducing hospital admissions by 30% and stays by 3 days. This innovative service improves patient care. Congratulations to Dr Briggs and the team for winning the Patient Flow Academy Excellence Award!



Key Findings from 2024



Helping People think Positively About Ageing

Our research inspires a more positive outlook on ageing, showing that with the right support, growing older can be fulfilling and healthy. Key findings highlight the importance of social connections, physical health, and mental well-being.



Frailty Isn't the Whole Story

Frail individuals often feel healthy and socially active, proving frailty doesn't always mean a decline in quality of life. Strong community ties play a vital role in their well-being.



Sleep and Brain Health

Poor sleep, stress, and depression can lead to memory issues. Promoting mental health and good sleep hygiene helps protect brain function as we age.



Diet and Vitality

Eating plenty of fruits and vegetables supports sharp brain function, while adequate Vitamin D is crucial for maintaining gum health and preventing tooth loss. A nutritious diet is a cornerstone of healthy ageing.



Heart Health

Managing blood pressure protects vision and helps prevent complications in kidney disease, highlighting the need for better awareness and treatment.

Stay Safe From Scams this Winter

Scammers may pose as trusted individuals like bank representatives or tradespeople. Protect yourself:

Phone Calls:
Hang up if asked for personal details; banks won't request PINs.



Door-to-Door: Verify IDs of unknown visitors.



Online: Avoid clicking on suspicious links or sharing banking information.



Stay alert, log out of accounts, and contact your bank directly if unsure.



Suspect Fraud?

Report to your bank or Gardaí (999/112). For advice, contact Age Action at 01 475 6989.

Other Highlights



TILDA Data workshops

In 2024, we launched workshops to help researchers access and use TILDA data. These hands-on sessions teach skills for analysing ageing and public health data, enhancing longitudinal research.

Well done team!



USC Summer School Visit

In July, students from USC's Leonard Davis School of Gerontology visited TILDA. They toured our Health Centre, attended lectures, and strengthening our international collaboration.

Outreach Events in 2025

Come to see us at the **50 Plus Show** in the RDS in March 2025 and at the **National Ploughing Championship** in September to learn more about TILDA and ageing research.

Tackling Loneliness in Older Adults

TILDA Senior Researcher, Dr Mark Ward examines loneliness and its profound effect on mental health. Here, Mark talks about his research and call for action.



Our study found that 4% of older adults in Ireland—more than 30,000 people—reported having a 'wish to die,' which is a serious warning sign for mental and physical health issues. We also found that 10% often feel lonely, and loneliness can be a big risk factor too. Encouragingly, activities like going to church, volunteering, or helping a neighbour can make a big difference in protecting against these feelings. Staying connected with others is really important for overall health and well-being.



This is a societal issue. Expanding mental health services and fostering opportunities for social connection are vital steps. Expanding mental health services and fostering social connections are critical steps. Loneliness harms mental health, accelerates ageing, and increases disease risk strategies to combat social disconnection across all age groups.

“Social connections are vital for health and well-being”

If you are on social media, join us:

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www.facebook.com/tildatcd

@The Irish Longitudinal Study on Ageing

@tilda_tcd

@The Irish Longitudinal Study on Ageing

Update your contact details (address, phone, or email) to stay engaged:

- 01 896 2509
- tilda@tcd.ie
- www.tilda.ie

Understanding Loneliness

Loneliness isn't inevitable as you grow older, but certain things can increase the risk, including:

- Losing a partner
- Financial difficulties
- Limited social networks or activities
- Experiencing unfair treatment (e.g., age or race)
- Poor health or disability
- Depression or low mood
- Living in areas with limited transport or public spaces

Support for Loneliness

There are various services that can help:

- **Social Prescribing Services:**
Connect with local activities via allirelandsocialprescribing.ie.
- **ALONE:**
National support for over-60s.
Call 0818 222 024 (8am-8pm daily) or visit alone.ie.
- **Seniorline:**
Confidential listening.
Call 1800 804 591 (10am-10pm daily).

Other helpful organisations: Age Friendly Ireland, Men's Sheds, ICA, Active Retirement Ireland, Volunteer Ireland, and the Free Travel Scheme.

Stay connected and supported!

HSE Social Prescribing Framework
Mainstreaming social prescribing in partnership with community & voluntary organisations



ALONE
YOU'RE NOT ALONE

seniorline

National Confidential Listening Service for Older People

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