

*Dr Mere Kēpa, Faculty of Medicine and Health Sciences, the University of Auckland*

I am a member of the Research team working on the *Living life in Advanced Age Cohort (LiLAC)* Longitudinal study funded by the Health Research Council and Ngā Pae o te Māramatanga, New Zealand's Māori Centre of Research Excellence (CoRE) hosted by the University of Auckland.

### **Research Team**

Professor Ngaire Kerse, Dr Lorna Dyall, Dr Mere Kēpa, Karen Hayman

**RōpūKaitiaki o Ngā Tikanga Māori** (the Protectors of the Principles of Conduct in Māori Research)

Hone Kameta, Paea Smith, Betty McPherson, Florence Kameta and Leiana Reipae Reynolds

### **Region**

Bay of Plenty, Aotearoa, New Zealand

### **The LiLAC study**

From this study we hope to understand the journeys of advanced ageing, the things that assist in maintaining health and wellbeing in late life and some of the things that don't. The Health Research Council has provided funding for this study because they recognise the gap in understanding ageing and the need to know more as our society is ageing and we all need to plan for health and well being in advanced age. We are all more likely to get there than those in our forebears' generation.

### **Why do we need this study?**

- To promote action in areas where it will make a difference
  - Government funding
  - Training of health professionals
  - Community development
  - Transformation of society
- To help the next generation maintain health and wellbeing
  - Through information to help make personal choices
  - Through information about connections with whānau and iwi
  - Through cultural practices
- To gain new knowledge about ageing
  - Physical, psychological, nutritional aspects of continuing to be well
  - Biological aspects i.e. body constituents and physiologic al pathways that differ between people may be important for ageing
  - The environment and its impact on ageing

For this reason the research team has a broad range of expertise; cardiologists, GPs, occupational therapists, nurses, social scientists, educationalists, and Māori health experts.

In this study, we will interview and conduct health assessments with 550 people aged 85 years and 600 older Māori 80–90 years of age. We would like to gather information now and then follow the older person's journey through late life. By gathering information about a range of things we will be able to understand the relative importance between health and psychological aspects, environmental and cultural practices and social and economic aspects in leading to ongoing health and wellbeing in advanced age. This information will be useful now to the participants. Health providers will be informed of relevant physical conditions. By gathering information about a range of things we will be able to understand the relative To get this right we really need to talk with everybody in the age groups of interest.