



MANAGING COLLABORATIVE WORKING ON AGEING STUDIES : Indonesia, The UK, Asia Pacific

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RESEARCH TEAM

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Eef Hogervorst ****, and Takeo Ogawa *****

***Centre for Ageing Studies Universitas Indonesia**

****Newcastle University, UK**

*****University of Respati Indonesia and Yogyakarta**

******Loughborough University, UK**

******* Asian Ageing Business Center (AABC), Japan**



Background



Background

- Exchange program on education has been conducting between Indonesia and UK institutions, supported by the British Council such as through ODA
- This program has been expanding involving some universities in Indonesia and UK, on ageing issues, such as University of Oxford, Loughborough University and New Castle University.
- Recently this program is being continued and invite other universities to involve, in which Centre for Ageing Studies University of Indonesia is acting as collaborative centre
- The Institutions involve : AABC (Asian Ageing Business Center) Fukuoka Japan, and would be expanded to Kyushu University, Nagasaki University, ANU and New South Wales, Australia
- The collaboration should be managed well



Centre for Ageing Studies University of Indonesia (CAS UI)



Vision of CASUI

To be acknowledged as an interdisciplinary and internationally recognized and esteemed Centre for Ageing Studies at Universitas Indonesia

Using a comprehensive and holistic approach in research, education and consultation services with significant contributions to health, medical, psychological, social services and technology.



Organization

<u>Steering Person</u>	:	Rector of Universitas Indonesia
<u>Chair Person/Director</u>	:	Professor Tri Budi W Rahardjo
<u>Vice Chair Persons/Vice Director</u>	:	Professor Lindawati Kusdhany

Core Team

1. Dra. Siti Dharmayati B. Utoyo Lubis, MA.PhD. (Psychology)
2. Prof.Dr.dr.R. Irawati Ismail, Sp.KJ. (K), M.Epid. (Psychiatry, Epidemiology)
3. Dr. Cz. Heriawan Soejono, Sp.PD. (K) M.Epid. (Geriatrics)
4. Bunda Sri Sugiri, MHum (Social work - Gerontology)
5. Dr. Fatmah (Gerontic Nutrition, Public Health)
6. Mulyadi Widjaja, MA.PhD. (Economic Issues on Ageing)
7. Dr. Junaiti Sahar (Gerontic Nursing)

Supporting Staff : Dra.Dinni Agustin, and Vita Priantinadewi MHS



Research Topics

- Ageing and dementia
- Ageing and quality of life
- Age Friendly City
- Osteoporosis
- Ageing and oral health
- Ageing and psychological wellbeing
- Ageing and nutrition
- Ageing and frailty
- Ageing and Migration of Care Givers
- Other specific topics in related faculties



International Collaborations

- WHO SEARO, WHO Indonesia
- HelpAge International
- Active Ageing Asia Pacific
- Asian Aging Business Center, Japan
- Gerontology Society Singapore
- Universities: Hawaii, Kyushu, NUS, Delhi University and universities in the UK
- Would be expanded to: Nagasaki University, ANU and New South Wales Univ



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Centre for Ageing Studies University of Indonesia



Activities at Centre for Ageing Studies (CAS) UI

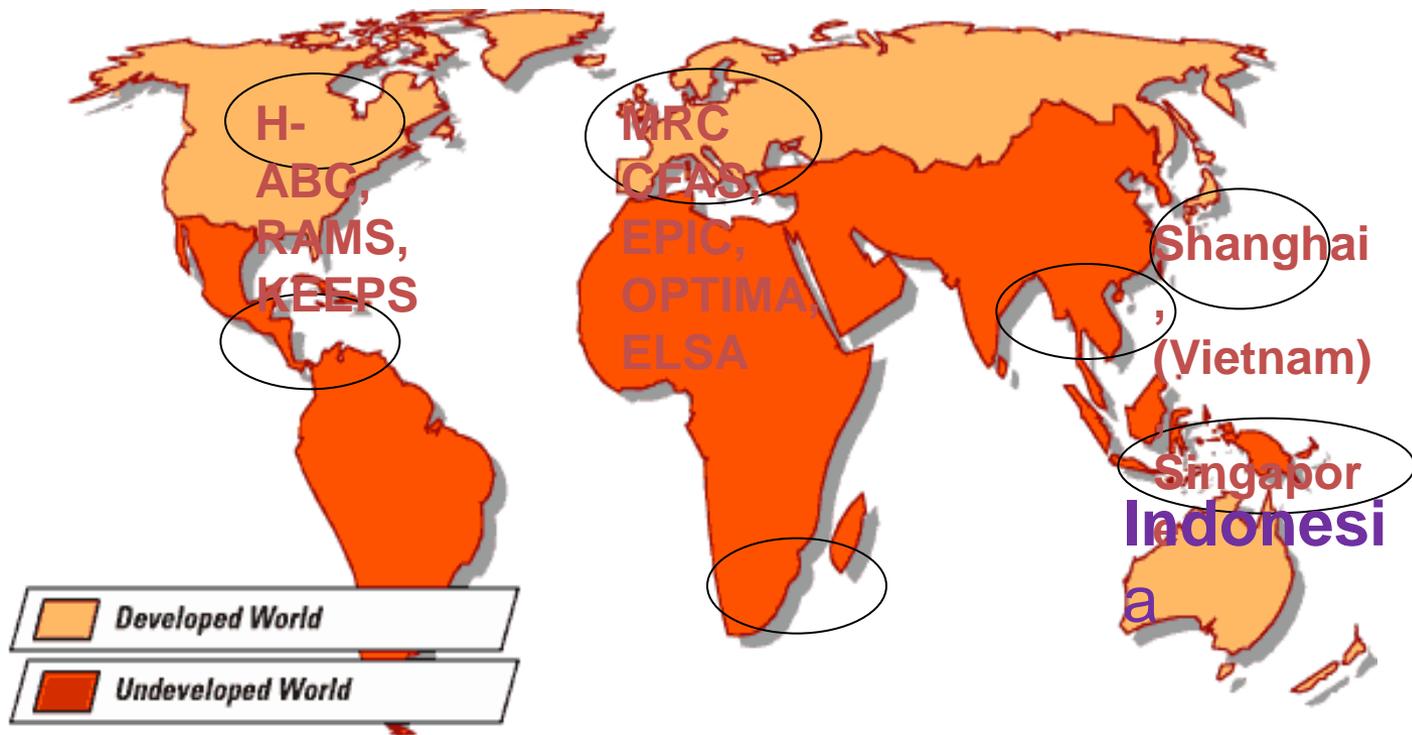




Previous Collaboration With UK



SSEHS: Human Sciences (Biology, Psychology, Ergonomics/Design) investigates modifiable factors (nutrition/exercise/environment) related to health using a life long approach (from prenatal to old)



With Indonesia: over 75 publications and 9 joint PhD MOU since 2005



Ageing in Indonesia

Dementia and Memory Study

Eef Hogervorst and Tri Budi Rahardjo, 2007

- N=719 participants from rural and urban Java (Jakarta, Citengah and Yogyakarta)
- Aged 52 to 99 years of age, 68% women







Output related to the MOU between Universitas Indonesia and Loughborough University (2005-2013)

Under the MOU between Universitas of Indonesia and Loughborough University (LU) between 2005 and 2013, almost 100 international peer reviewed articles directly related to the MOU have been published involving staff and 9 joint PhD students, from LU, UI, University of Diponegoro (UNDIP), IPB, supported by UNRINDO (University of Respati Indonesia) and UNRIYO (University of Respati Yogyakarta)



On Going Research



**Science and Innovation, Jakarta 2014 Ongoing Project supported by
The British Council (seed money)
Project Title: Can Indonesian food supplements prevent dementia?**

**To investigate memory improvement after a
Tempe supplement :**

**laboratory , field research and would be
followed up with clinical trial**



Universities Involved:

in UI , the additional funding provided by Age Concern Project
from the government (DIKTI)

- In progress

1. University of Indonesia (Lab and Filed study)
2. Loughborough University,UK
3. New Castle University, UK
4. Respati University , Indonesia (Laboratory Study)
5. Respati University, Yogyakarta (Observational - Field Study)
6. University of Atmajaya, Jakarta(Field Study)

- In preparation

7. University of Pelita Harapan, Jakarta(Laboratory Study)
8. Bina Nusantara University , Jakarta (Laboratory Study)
9. University of Padjajaran Bandung (Field Study)



Study of Elderly's Memory Decline and Associated Risk Factors. A focus on food consumption and memory : Parameters

- Socio demographic
- Health Status
- Memory: HVLT and MMSE
- ADL and IADL
- EQ 5D
- Depression (GDS)
- Food Consumption, particularly relating with tempe and soy products
- Physical activities
- Mental activities



Laboratory study would explain why tempe had positive associations as it already contains folate and cobalamin due to fermentation. Tofu is soy bean curd and does not contain these B vitamins : Stages

Study in In rats:

tempe treatment in
males and females will
improve maze test
performance speed and
accuracy compared to
casein placebo

Clinical Trial A drink or
other product made of
freeze dried tempe flour
is easier to consume
and tastier than cooked
tempe



Management

Prof Eef Hogervorst, Loughborough University (LU), UK, Prof. Barry Hirst (New Castle), Universitas Indonesia (UI), and UNRIYO and URINDO manage the project with all WP leaders and to be appointed research assistant (RA) in the UK. Coordination of all packages and reporting for Indonesia is done by the Centre for Ageing Studies (Prof Tri Budi aided by Dr Irsan, Rodiyah, Vita and Dinni)



Data Collection in Yogyakarta





Data Collection in Depok





What we are doing

- Data entry of 250 respondents from Depok/Jakarta and Yogyakarta (Tri Budi, Barkah and Yudarini /UI and Rodyah et al/ UNRIYO)
- Laboratory study in rats (Atik Irsan/ URINDO) conducted at IPB

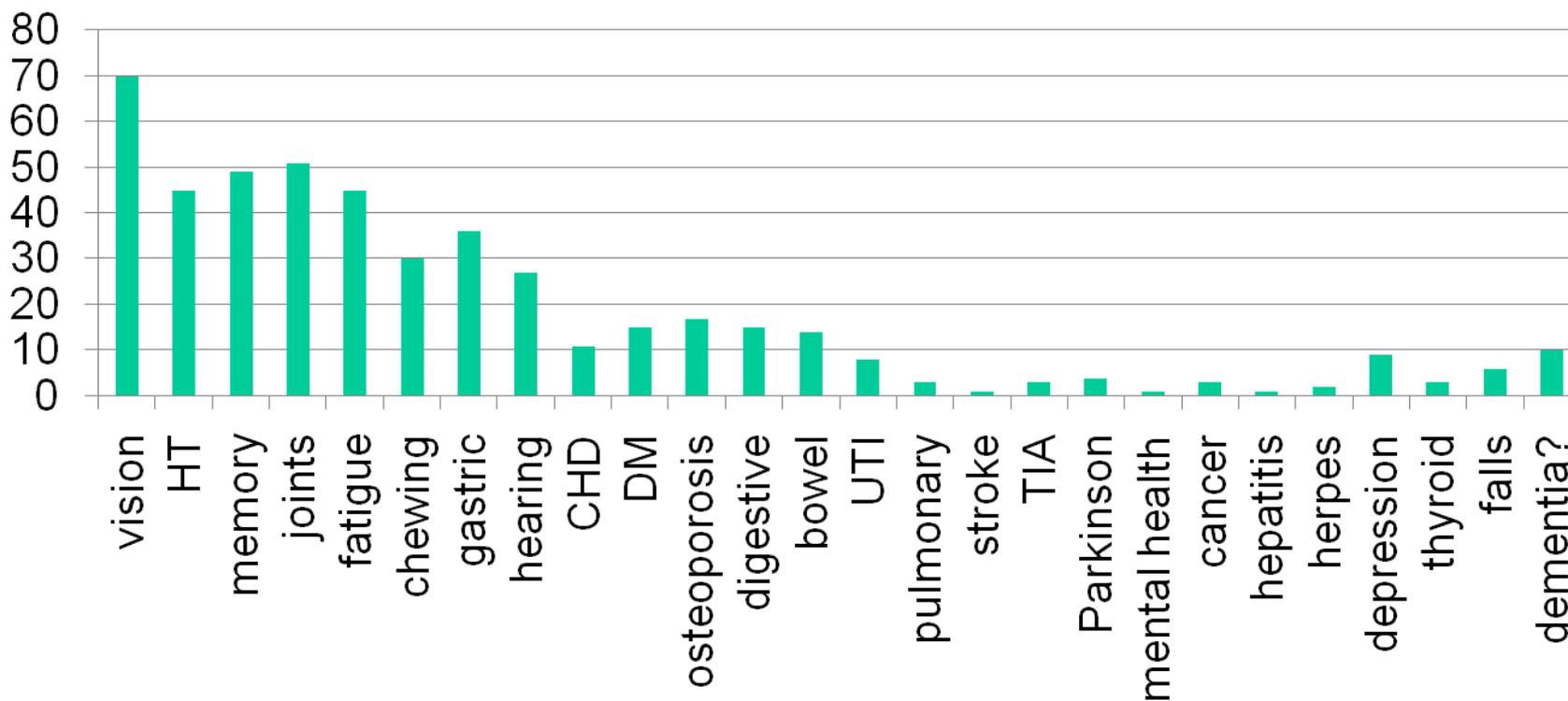


Temporary Result



Morbidity in elderly

morbidity (n=146, ages 60-81 Depok, 82% women, 75% high education)





Cognitive impairment/dementia

As defined by MMSE<21 and HVLT <15 is correlated with (in brackets magnitude of problem):

- **Chewing (30%)**
- Hearing (27%)
- Diabetes Mellitus (15%)
- Bowel problems (14%)
- Falls (6%)
- Thyroid (3%)
- Herpes (2%)
- Stroke (1%)



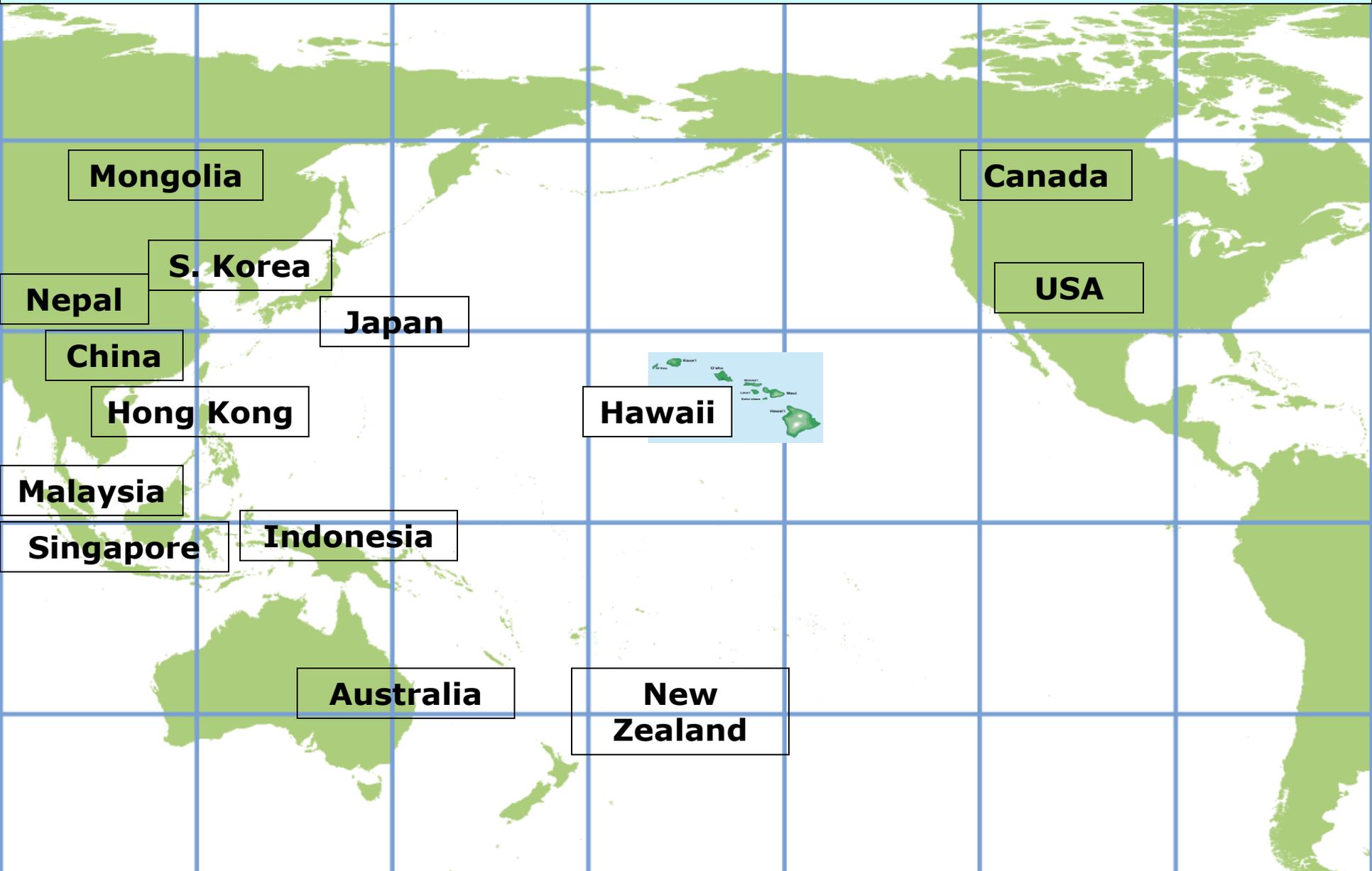
These are treatable conditions

- Chewing: dentistry. Earlier work (Setyawan, Priandini) found fewer than 10 teeth doubles the risk for dementia
- Bowel issues are associated with a fiber poor diet and lead to vitamin B deficiencies, a risk factor for dementia and heart disease
- Diabetes: insulin and diet. Alzheimer's disease is now known as diabetes type III
- Hearing: infectious disease is common (influenza) needs to be treated to avoid this, need aids



Cross – Disciplinary Collaboration

Active Aging Consortium Asia Pacific (ACAP)



Mongolia

Canada

S. Korea

Nepal

Japan

USA

China

Hawaii

Hong Kong

Malaysia

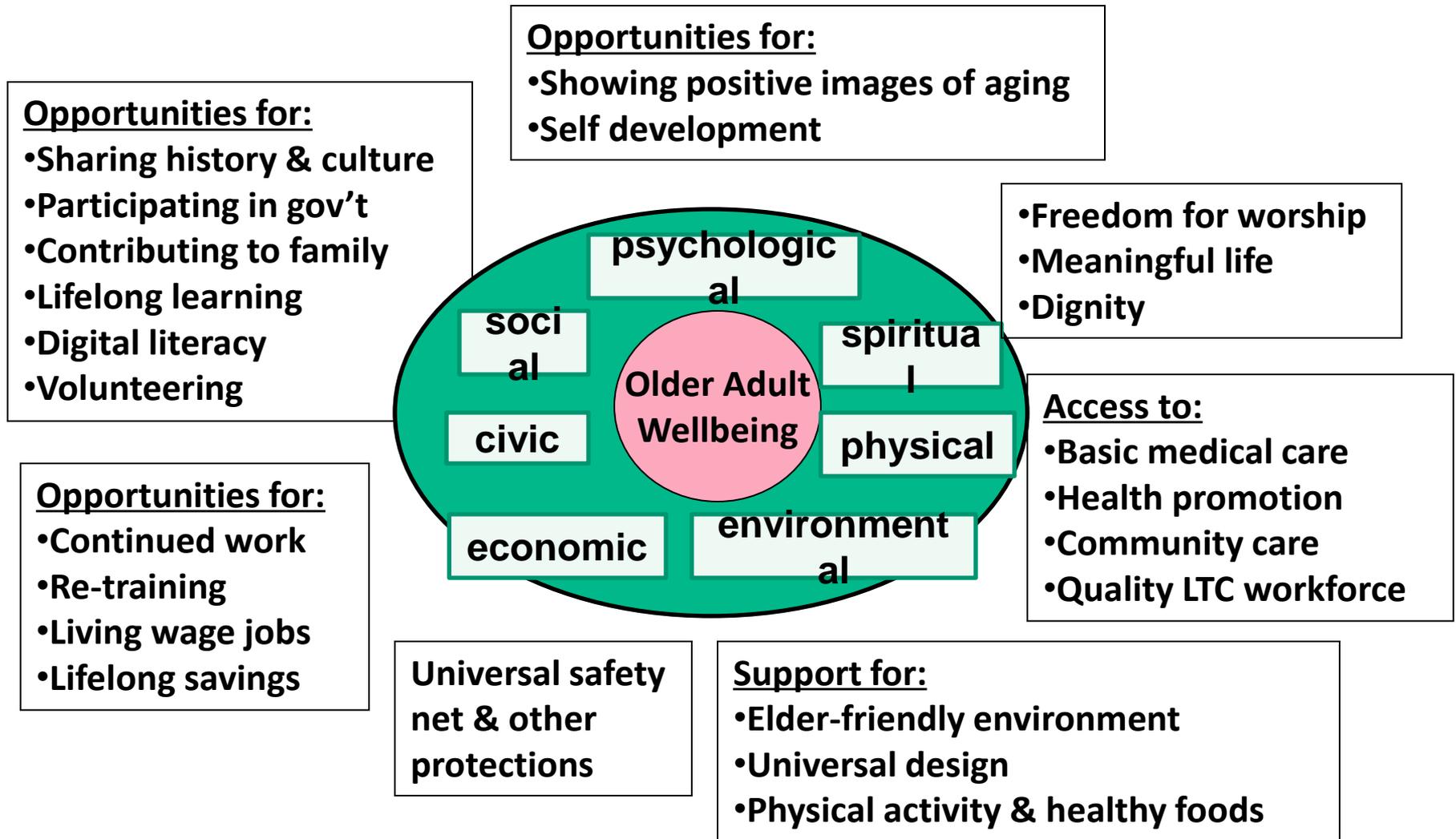
Singapore

Indonesia

Australia

New Zealand

ACAP's Schema for Active Aging as Individual, Family, Community & Social Policy Partnership



Social Policy Environment



- 2011: Joint Conference with The Southeast Asian Countries Meeting on Active Ageing in Jakarta/Bali
- 2012 The Joint Meeting with the 1st World Congress of Healthy Ageing in Kuala Lumpur
- 2012 The Joint Meeting with Hawaii Pacific Gerontological Society
- 2012 The 6th Kitakyushu ACAP
- 2013 The Joint Meeting with The 20th World Congress of Gerontology and Geriatrics in Seoul
- 2013 The 7th Busan ACAP
- 2014 The 8th Singapore ACAP





How to work With Industry?



Building partnership with industries and other stake holders

The Toyota Foundation: International Grant Program for Fiscal 2013, Toward Solutions Through Mutual Learning: Issues That Emerging Southeast Asia And Japan Share (capacity building)

Kalbe Farma TBK: Would support Clinical Trial A drink or other product made of freeze dried tempe flour is easier to consume and tastier than cooked tempe (facilities)

NCOP, BKKBN, Ministry of Health and WHO Indonesia for policy development and implementation based on research findings



Funding System



Resource of funding

- British council , seed money
- University funding (UI, Unriyo, Urindo)
- Dikti Funding (competition)
- Industry (facilities, capacity bulding, transpotation)



CONCLUSIONS

- Population ageing is significant globally
- The impact on health and dementia is crucial
- This condition inspired the collaboration between It has been expanded with other universities in UK, Indonesia and Asia Pacific
- Would be expanded to universities in Australia
- Should managed properly
- Capacity building should be conducted



Acknowledgements

- Loughborough University
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- Toyota Foundation, ACAP, BKKBN, MOH , NCOP, WHO Indonesia



Thank You

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