The Irish Longitudinal Study of Ageing (TILDA)

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Ageing
Ageing - worldwide

- Worldwide demographic shift

- The number of persons aged >65 years is expected to double by 2030

- The greatest increase will be in the oldest old
Ageing - Ireland

- Proportion of population ≥65 has remained steady at about 11% for the past 40 years

- It is projected that this proportion will rise to 20-25% by 2036 (CSO 2006)

By 2030, one in five Irish people will be 65 years or older

- The greatest increase will be in the oldest old
Why is TILDA necessary?

- In stark contrast to the evident importance of ageing, there is a lack of social, economic and health information on older persons in Ireland.

- To develop an environment for ageing well we need to characterise the older Irish citizen and explore factors which determine successful ageing.

- This is essential to enable forward planning and to ensure a 'healthy and happy' life span in later life.
This can only be done with the help of a nationally representative survey of our older population that will act as the foundation on which we can plan appropriate health, medical, social and economic policies.

Ireland is now in an ideal position to prepare for successful population ageing and to ensure that some of the lessons learned in societies that aged at an earlier stage are taken on board here - but to do this we urgently require accurate and representative health and socio-economic data.
The Irish Longitudinal Study on Ageing (TILDA) is the largest longitudinal study of ageing conducted in Ireland. The study is led by TCD and guided by a cross-institutional, multi-disciplinary team of experts.
Key Research Questions

- What changes occur in physical, psychological and cognitive function over time and across ages?

- What are the physical, social and economic factors that condition these changes?

- What are the adaptive responses to change and how do these contribute to successful ageing?
Project description

- A nationally representative sample of 8,000 adults aged 50 and over, resident in Ireland, will be selected using a population sifting method.

- An initial sample of addresses will be chosen by means of the RANSAM sampling procedure (Whelan 1979) based on the Irish Geodirectory.

- Each address will have an equal probability of selection.

*You have to be chosen. You cannot self-select.*
Project description

- The selected addresses will then be visited by a fieldworker and all persons aged 50 or over (and their spouses of any age) will be canvassed to participate in the survey.

- If agreeable to participate, the respondent will have an interview conducted in their own home, using computer-aided personal interviewing techniques CAPI (covering health, social & economic domains).

- A self-completion questionnaire will also be left with each respondent to complete in his/her own time and return to us.
Each respondent will then be invited to a local TILDA Health Assessment Centre or if they are unable/unwilling, we will organise for a qualified research nurse to visit them in their own home*

The aim is to get a basic minimum set of measures on all participants

*The home assessment is a subset of the health centre assessment
Wave 1
Social interview
SCQ
Health Assessment
Centre
Home

2009

Wave 2
Social interview
SCQ

2011

Wave 3
Social interview
SCQ
Health Assessment
Centre
Home

2013

Wave 4
Social interview
SCQ

2015

2009
2011
2013
2015
Factors affecting the experience of ageing

- Genes
- Nutrition
- Family Networks
- Social Participation
- Education
- Household Structure
- Marital Status
- Work and Retirement
- Income and assets
- Mental health
- Health

Experience of Ageing
Economic & Social Modules in CAPI & SCQ

- **Social**
  - Cover screen
  - Demographics
  - Transfers to Children
  - Transfers to Parents
  - Social Connectedness
  - I(ADL) & Helpers
  - Perceived stress
  - Stressful Life Events
  - Social participation
  - Perceptions of Ageing
  - Driving/Travel

- **Economic**
  - Employment situation
  - Job history
  - Lifelong learning
  - Planning for retirement
  - Sources of income
  - House ownership
  - Other Assets
  - Expectations
Health Module – CAPI & SCQ

Physical Health
- Self reported health
- Chronic illness
- Functional ability
- Pain
- Medications

Cognition
- Memory
- Forgetfulness
- Executive function

Psychological
- Depression
- Anxiety & Worry
- Loneliness
- QOL
- Life satisfaction
- Well being

Behavioural
- Exercise
- Alcohol
- Smoking
- Sleep

Health care
- Quality of healthcare
- Access to healthcare
- Healthcare Utilisation
- Met need versus unmet need
Physical Health Assessment

- Anthropometric measures
- Grip strength
- Heel Ultrasound
- Cardiovascular
- Sensory
  - Visual acuity
  - ARMD
  - Retinal photograph
- Cognitive
- Gait & Balance
- Venous blood sample – 25mls

Health centre assessment takes approx 3 hours, home assessment 1.5 hours
Bear in mind...

- TILDA is a national resource and data will be deposited in the National Archives 2011 – available for external researchers

- Data Access committee to assess grant proposals

- Further information and contact details available at www.tcd.ie/tilda