

# Findings from LiLACS NZ 2015-16



**Thank you for being part of LiLACS NZ over the years!**

## **What is LiLACS NZ?**

The LiLACS NZ longitudinal study was started in 2010 by the School of Population Health at the University of Auckland. In 2010 LiLACS NZ interviewed 934 people in advanced age; Māori aged 80–90 years and non-Māori aged 85 years living in the Bay of Plenty and Lakes District Health Boards region. It has now been running for 6 years.

## **What happens next?**

After Wave 6 (2015-16) LiLACS NZ will be put on hold. We need time to understand all the information you have provided us, to report the findings of the research and assess where to go next.

For the next 12 months (2016-17) we will be focussing on understanding all the information that you have provided us over the past 6 years.

## **What happens to all of your information?**

Once the interview is completed all the questionnaires are taken to The University of Auckland and put into a central database. This information is then collated and analysed to allow researchers to understand trends about what it means to age well.

To date, your information has been published in over 25 academic publications, 11 Ministry of Health reports and has helped foster at least 10 research projects.

## **Where can you find more information?**

The website will give you access to all of the reports that have been published to date along with information about LiLACS NZ: <https://www.fmhs.auckland.ac.nz/en/faculty/lilacs.html>

You can also phone us on 0800 545 227 or send us an email at [lilacs@auckland.ac.nz](mailto:lilacs@auckland.ac.nz).

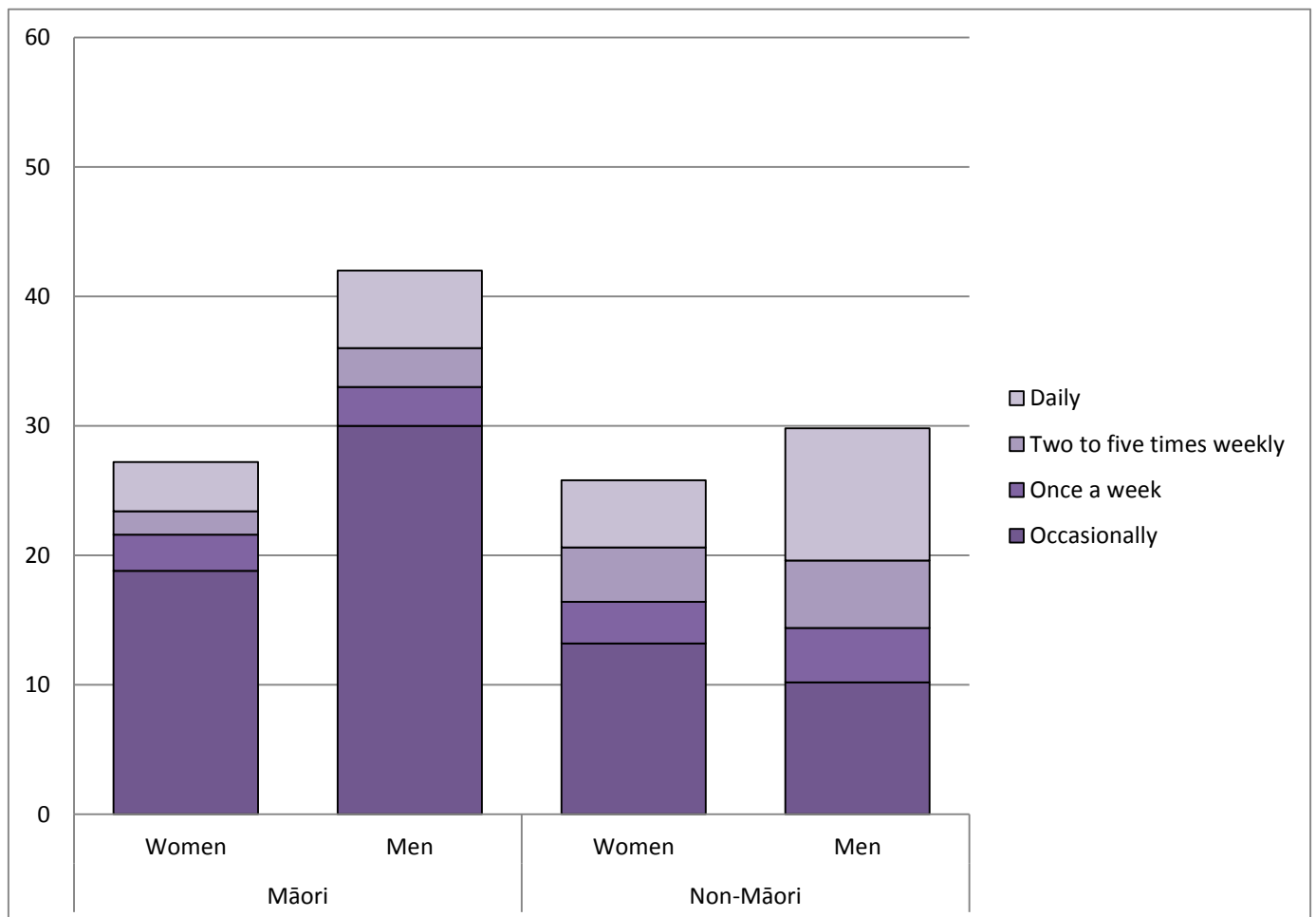
## Giving care and assistance

Making meaningful contributions is important to the wellbeing of people in advanced age, as well as to the people who benefit from their activities. The ability to contribute is considered a hallmark of successful and active ageing.

### Key findings

- People in advanced age provided care or assistance, with Māori more likely to provide care or assistance than non-Māori and men more likely than women.
- The most common type of care or assistance given was transport, followed by financial help, shopping, child care and personal care.
- Māori were more likely than non-Māori to give care or assistance to family members.
- Giving care or assistance was associated with higher physical but not mental health-related quality of life.

### Frequency of care or assistance given by people in advanced age



Source: Wave 1, LiLACS NZ

*Significantly more* men gave care or assistance than women. At Wave 1, 45% of Māori men, 33% of Māori women, 30% of non-Māori men and 26% of non-Māori women gave some type of care or assistance regularly.

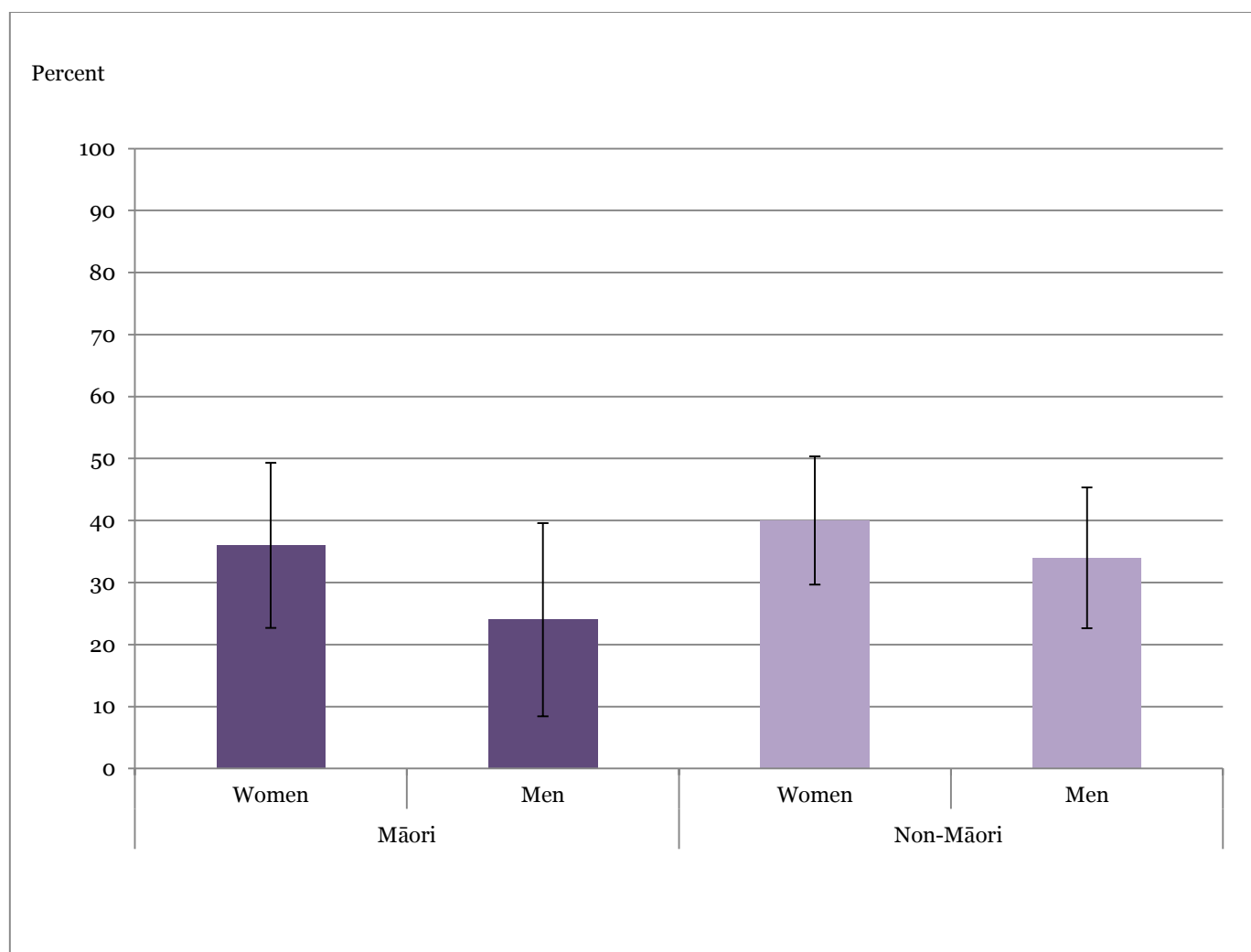
## Frailty & Falls

Participants were asked about falls, including how often falls caused injury, hospital admissions and physiotherapy service use.

### Key findings

- More than a third of people had had a fall in the last 12 months.
- One in five people had fallen more than once in the last 12 months.
- More than a third of people were injured after they fell.
- One in five people who fell had to go to hospital after their fall.
- 20% of people who had fallen visited a physiotherapist.

### Fall related injury in the last 12 months in advanced age



Source: Wave 1, LiLACS NZ

35% of people reported that they were injured from a fall, and 10% reported a fracture. 36% of Māori women reported that they were injured from a fall and 40% of non-Māori women reported a fall related injury. 24% of Māori men and 34% of non-Māori men reported an injury from a fall.

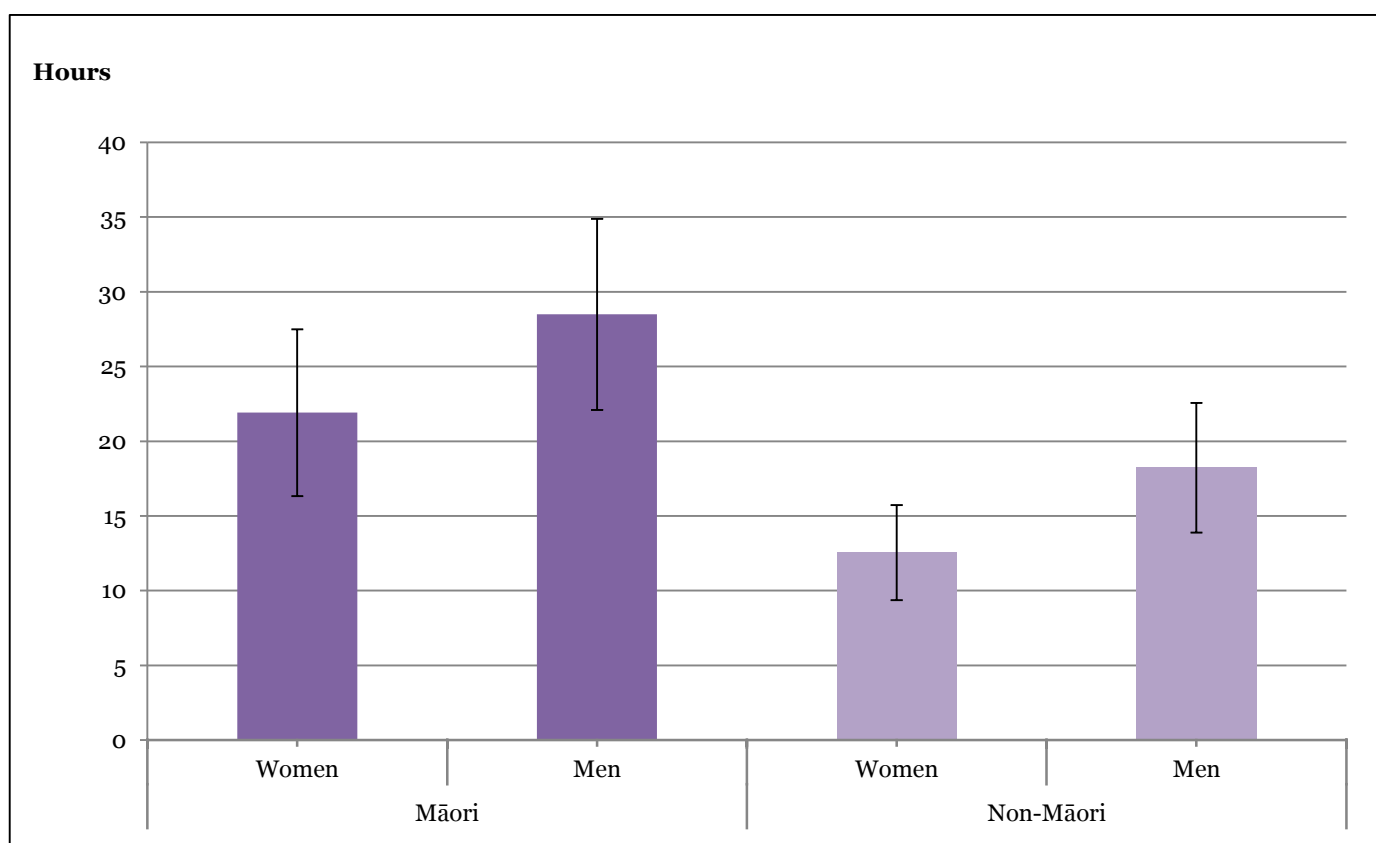
## Kaiāwhina/carers

From Wave 3 onwards kaiāwhina – the main support person nominated by participants – were interviewed about the care they gave.

### Key findings

- Women predominated as carers, though a greater proportion of formal than informal carers were women.
- Around half of informal carers were employed full or part time.
- Most informal carers lived close by the person they cared for, with nearly 40% living either in the same house or on the property.
- Over half the informal carers were sons, daughters, sons-in-law or daughters-in-law and around 30% were spouses.

### Average weekly hours of care received by participants



Source: Wave 3, LiLACS NZ

The informal carers were asked about how often they had provided different types of care to the LiLACS NZ participant over the last three months. During this period one-third (33%) had provided at least some personal care, such as help with dressing, washing, eating, taking medication or toileting. Carers for non-Māori women were *significantly less likely* (24%) to provide any personal care than any other group (24% vs. 37%). Overall, carers of Māori gave *significantly more* personal care than carers of non-Māori.