



NATIONAL
AGEING
RESEARCH
INSTITUTE

Ageing well

the age of awareness...



We're living longer (life expectancy for women is 84, and men 79 years of age). The proportion of people over 65 is expected to increase dramatically over the next few decades. We still have a great deal to contribute, and our health is the key to ageing well.

Many of us in the community have older relatives or friends, or may ourselves be feeling the effects of mature age. For example, chronic pain, dementia, stroke, falls, and depression can have a major impact on quality of life.

... and that's where the National Ageing Research Institute (NARI) comes in

NARI is a not-for-profit, self funded, research institute that since 1977 has been dedicated solely to improving the health and care of older people.

NARI investigates the causes of a range of conditions and develops management and prevention strategies that can positively influence the ageing experience.

We share the knowledge we gain with other researchers, policy makers, carers, health professionals and the broader community.

By supporting the National Ageing Research Institute you are contributing to positive ageing – for yourself, your friends, family and future generations.





At NARI we initiate research and collaborate with many other groups, both Australian and international, who share our goal of improving the lives of those in our community who haven't been blessed with perfect health in their old age.

Our approach is not only clinical. We consider the whole person – from social, cultural, psychological, educational and psychiatric perspectives.

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NARI

how can I help?

Tick your selection on the right and fill out the form below

- Make a donation
- Volunteer to participate in our research
- Make a bequest
- Consider a donation in lieu of flowers for the bereaved
- Receive the free *Ageing Well* newsletter

I am pleased to contribute to the National Ageing Research Institute. (Donations are tax deductible.)

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Please find enclosed my contribution of:

\$25 \$50 \$100 \$150 \$500 \$1000 Other amount: \$

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My / our support, but not the dollar amount, may be acknowledged in the Annual Report and *Ageing Well* newsletter

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If yes, please specify the donor names in the exact format to be acknowledged (please print)

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Thank you for your contribution to NARI