For aggregation from high resolution to low resolution data I used a combination of MATCH_2D (written by JDS) and ROIobj->IDLanROI::ContainsPoints.
The centre points of high resolution pixels that fell into the low resolution pixels can be then averaged as you wish (using simple mean, PSF...).

I tested procedure this only by aggregating MODIS level 3 data into SEVIRI (geostationary) grid. For MODIS data of about 1200 by 400 pixels and SEVIRI data of 600 by 200 pixels it takes about a minute to compute the mean of MODIS within SEVIRI pixels. I took a similar time to average of MODIS dataset having 1000 by 600 pixels and SEVIRI having 350 by 130 pixels.

It works on Windows (Vista and 7), in IDL 7 and 8. :)

Cheers, Klemen