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Centre for Ageing and Dementia Research (CADR) provides the infrastructure for interdisciplinary research to develop new understandings of ageing and dementia. In this report, our research and activities are described under various themes. However, CADR works hard to make sure that each theme connects to each other. Doing so shapes novel scientific pathways and provides us with the platform to generate new research funding, and to support and develop interdisciplinary researchers with new visions for future scientific challenges in ageing and dementia research.

We have continued to increase grant capture by providing a platform for internationally competitive multidisciplinary research, building critical mass and supporting PhD students, and early career researchers. In order to ensure that we positively influence the health and wellbeing of the people of Wales, in 2018-2019 we have strengthened stakeholder and public involvement. We have defined public involvement as the development of partnerships that influence what research is done, how it is done and what happens to the results. We have defined public engagement as activities that enable the public to interact with research, especially activities that provide a two-way exchange of ideas and views. Co-production has been at the heart of all we do, shaping new bids, our future strategic direction and facilitating translation of research into practice and policy.

**CADR has prioritised research that addresses issues raised by stakeholders, particularly older people, people living with dementia and their carers.**

While the position of the UK in the European Union is still a matter of negotiation, we have been mindful that the availability of funding is likely to change in the coming years. In order to increase our chances of successfully competing for funding, we have increased our scale of ambition. We believe that the new large initiatives that CADR has contributed to or led (Rare Dementias and Support, the Active Building Centre, the Institute of Creative Ageing, Sustainable Care), further improve our research competitiveness. We think the future looks bright: our central role in the Institute of Creative Ageing Industries (to be confirmed) will increase funding opportunities through increased confidence in our ability to test out innovations in a Living Lab, thus multiplying economic, health and wellbeing impact. CADR will meet funders’ expectations for large, ambitious and challenging proposals, requiring multi-institutional and multidisciplinary cooperation, and our credibility is underpinned by our excellent research infrastructure and capability.

As CADR builds and develops over time, we are putting Wales at the forefront of the field. With a proven track-record and world-leading expertise across the associated disciplines, new knowledge arising out of the Centre will have maximum transformational impact both on a regional and global scale.

*Professor Vanessa Burholt, Director*
INTRODUCTION

Mission
The Centre for Ageing and Dementia Research (CADR) is funded by the Welsh Government through Health and Care Research Wales.

Our mission is to develop a world-class integrated research centre spanning multidisciplinary activity and developing areas of expertise from biological, through psycho-social and environmental to social policy in ageing and dementia.

Aim
We aim to improve the lives of older people through the integration of research, policy and practice.

Strategic Objectives
Through a series of work packages and cross cutting themes we...

- Provide the infrastructure to enable leading researchers in ageing and dementia research to compete globally by further developing critical research strengths and collaborations
- Develop and build research capacity underpinning future increased grant capture, establishing essential research resources, novel skills and technologies, and building critical mass for early career researchers, PhD students and Research Fellows
- Provide a platform for internationally competitive multidisciplinary and translational research that will have impact on the health and wellbeing of the people of Wales
- Facilitate translation of biological and psychosocial findings into clinical and social care practice within Wales
- Engage with policy makers and practitioners, disseminating research findings and establishing research priorities and collaborations, and work with them to improve services for older people in Wales
- Engage the public to ensure that Centre research addresses the needs of older people, people with dementia and carers as well as the public in general
- Develop and facilitate business and clinical linkages, contributing to the health and wealth of Wales as well as enhancing the Life Science sector
ANNUAL REPORT SUMMARY

CADR comprises eight work packages. Our achievements over the last year (2018-2019), are fully described in this Annual Report, and are summarised below.

Environments of ageing: Age friendly and liveable communities
This work theme addresses age friendly and dementia supportive environments. This year we have:
- Worked with engineers to secure funding for the Active Building Centre (£36 million)
- Co-produced solutions for age friendly transport systems in Greater Manchester
- Influenced the development of a new housing service in Wales

Loneliness, isolation and resilience
This theme addresses loneliness, isolation, resilience and social exclusion. This year we have:
- Secured funding (£4.5m) for a 5-year programme of research on rare dementias and support
- Published a critical review establishing a new conceptual model of exclusion from social relations
- Members of the ROSEnet European project, translated the Making a difference: Pocket Guide to help you deal with loneliness into different languages, and added country-specific local lists of useful contacts

Transforming care homes and care at home in Wales
This theme focuses on research on social care as it relates to older people, people with dementia and carers. This year we have:
- Provided expertise to the Welsh Government Ministerial Advisory Board on Carers
- Obtained funding for a KESS Masters by Research to evaluate ‘Dementia Go’
- Launched ENRICH Cymru in North Wales and increased the national network of care homes (20+) ready for research in Wales
- Obtained funding for a PhD scholarship from Wales School of Social Care Research and appointed Maria Caulfield on: ‘Co-creating, Commissioning and Delivering Meaningful Short Breaks: Integrating Research, Policy and Practice’

Creative approaches for older age & dementia care
This theme aims to make a difference through the arts to the quality of life and wellbeing of older people, those living with dementia and their carers. This year we have:
- Submitted a business plan to the Welsh European Funding Office for European Regional Development Funding for the Institute of Creative Ageing Industries (£3.9 m)
- Provided expertise to Welsh Government Dementia Plan Groups (development and implementation)
- Delivered training to over 100 practitioners in partnership with Engage Cymru
- Developed and tested an arts-inspired staff development programme in partnership with Flintshire Council
Understanding the genetics of Alzheimer’s disease in social contexts
This theme identifies rare genetic and environmental susceptibility factors to Alzheimer’s disease. This year we have:
- Completed the genetic analysis of 1,500 samples from the CFAS Wales cohort
- Recruited a PhD student to develop risk scores integrating genetic and epidemiological measures

Further understanding the genetics of dementia with Lewy bodies
Using the expertise gained in identifying genetic risk factors for Alzheimer’s disease, we are now investigating the genetic factors that contribute to the risk of developing dementia with Lewy bodies (DLB), an often overlooked and under-researched type of dementia. This year we have:
- Commenced participant recruitment from 65 NHS Organisations across Wales, England and Scotland
- Used the CADR DLB cohort as leverage to apply for £3 million of research income

Dementia supportive communities
This theme develops research that puts people living with dementia and their supporters ‘In the driving seat’. This year we have:
- Delivered a national event – ‘Connecting Generations: Celebrating and Learning’
- Extended the North Wales Dementia Network into Mid Wales – 384 members
- Obtained funding for a Masters by Research: ‘Implementing Intergenerational Research’
- Provided expertise into Welsh language provision in dementia care

Work, retirement and discrimination
This work theme aims to improve the labour market outcomes for older workers, but also to combat discrimination based on identity and age. It builds upon the global drive, spearheaded by the World Health Organization to combat ageism, discrimination and prejudice. This year we have:
- Held road shows with older people across Wales that have provided valuable insights into the challenges and opportunities of an ageing workforce in Wales
- Launched the final report on TrAC in the Senedd and made recommendations about health and care services for trans older adults

The report outlines engagement with the public, commerce and industry, NHS, policy makers and social care professionals. Overall, CADR has had a very productive year: we have secured grant income in the region of £41.7 million, and produced 25 peer-reviewed articles, some of which are published in scientific journals with the highest impact in our various disciplines. We have organised 2,880 opportunities for public involvement in and engagement with our research. We had 3,538 new website users with 21,238 page views, and made 155,205 Twitter impressions over the year with a net gain of 384 followers.
The CADR team comprises academics, researchers and support staff from three of Wales’s leading universities: Swansea, Bangor and Cardiff.

**CADR Executive Board**

- **Director**
  - Professor Vanessa Burholt

- **Associate Director**
  - Professor Gill Windle

- **Associate Director**
  - Dr Rebecca Sims

**CADR Research Support Team**

- **Project Manager**
  - Ms Rhian Williams

- **Research Support**
  - Ms Catherine Gale

- **Research Support**
  - Ms Iona Strom

**CADR Operational Team**

- Dr Deborah Morgan
- Dr Ewen Sommerville
- Ms Maria Cheshire-Allen
- Dr Jennifer Roberts
- Dr Bethan Winter
- Ms Johanna Davies
- Ms Carol Maddock
- Ms Rachel Marshall
- Mr Alun Meggy
CADR Theme Leads

**Environments of Ageing**
Associate Professor Charles Musselwhite
Professor Norah Keating

**Loneliness, isolation and resilience**
Professor Vanessa Burholt
Professor Gill Windle

**Transforming care homes and care at home**
Dr Diane Seddon
Ms Stephanie Watts

**Creative approaches for older age and dementia care**
Professor Gill Windle
Dr Kat Algar-Skaiffe

**Dementia supportive communities**
Dr Catrin Hedd Jones
Mr Ian Davies-Abbott

**Work, retirement and discrimination**
Associate Professor Martin Hyde
Dr Christine Dobbs

**Understanding the Genetics of Alzheimer’s Disease in social contexts**
Dr Rebecca Sims
Dr Adele Pryce Roberts
Professor Julie Williams

**Further understanding the genetics of dementia & with Lewy bodies**
Professor Antony Bayer
Professor Valentina Escott-Price

**Enhancing Collaboration: Infrastructure & Policy Makers**
Associate Professor Sarah Hillcoat-Nallétamby

**Enhancing Collaboration: NHS**
Professor Andrea Tales
Dr Amy Jenkins
Our work is organised into eight main themes called work packages. Here we describe some of our key achievements in each research theme.

**WORK PACKAGES**

**Environments of Ageing: Age Friendly and Liveable Communities**

This work package is concerned with research on the outdoor environment, transport, rural and deprived areas, and housing. It impacts on age friendly and liveable community agendas by translating the work into practice.

**Working towards Age friendly transport**

We have been working with older people in Greater Manchester to co-produce solutions to barriers to transport. Transport for Greater Manchester is currently responding to five recommendations, that is, to:

- Train staff working in transport in older people’s issues
- Create opportunities for older people to get involved in transport planning and design
- Work with other sectors to help manage transport demand better
- Make the best use of community resources
- Create technology demonstrator communities

**Cost-effectiveness of housing adaptations**

The Dunhill Medical Trust has awarded a grant of £137K for research assessing the cost-effectiveness of home adaptations for older people. Building on an on-going Health and Care Research Wales funded project Safe in my Own Home led by CADR, the Dunhill project is a collaboration between Leeds, Liverpool and Swansea Universities. The study is using anonymised data about home adaptations provided by Care & Repair Cymru agencies and linking this with health and care data from the Secure Anonymised Information Linkage (SAIL) Data. The research will help policy-makers and commissioners make evidence-based decisions on targeting home adaptations to achieve the greatest value for money.

**KEY ACHIEVEMENTS:**

- Working with engineers in the Active Building Centre, looking at the impact of solar powered active buildings on fuel poverty, health and wellbeing for older people (p.18)
- Older people co-produced solutions for age friendly transport in Greater Manchester
- A new collaborative project examining the cost-effectiveness of home adaptations for older people
Loneliness, Isolation and Resilience

This work package builds on the historical tradition of social gerontology in Wales, and the extensive knowledge and expertise on social exclusion, social support, loneliness and resilience in the older population. Research under this theme uses data from existing sources such as the Cognitive Function and Ageing Studies Wales. This year we have secured major funding and made some significant advances in our understanding of social exclusion in later life.

Rare Dementias and Support Groups

CADR were instrumental in securing £4.5m of UK funding for Wales to carry out new dementia research as part of an ESRC-NIHR Dementia Research Initiative 2018. This 5-year programme of work - The impact of multicomponent support groups for those living with rare dementias - led by University College London, centres around people living with rare dementias, and will involve the first major study of the value of support groups for people living with or caring for someone with a rare form of dementia.

This is important because around a quarter of people with dementia have one of the less common forms. These rare dementias are more common in young people (under 65 years old), who often still have to manage work, childcare and a mortgage. Getting a diagnosis can be difficult and slow, and the services available following diagnosis often do not meet people’s needs. General support groups and dementia cafés are not always relevant as other people attending may be much older, or are in a different situation and have different symptoms.

Social exclusion of older people

CADR joined 30 other partner countries in the Cost Action Reducing Old-Age Social Exclusion: Collaborations in Research and Policy (ROSEnet). This year the ROSEnet social relations working group (co-led by Director Prof Burholt), has published a critical review establishing a new conceptual model of exclusion from social relations. The working group has also translated the CADR/Ageing Well in Wales publication ‘Making a difference: A pocket guide to help you deal with loneliness’ into several other languages and revised the list of useful contacts to be country-specific. We are in the final planning stages for a ROSEnet training school to be held in Swansea in June 2019.

KEY ACHIEVEMENTS:

- Secured major funding (£4.5m) for a 5-year programme of research on rare dementia support
- ROSEnet (EU Cost Action) social relations working group:
  - Published a critical review and conceptual model of exclusion from social relations
  - Translated ‘Making a difference: A pocket guide to help you deal with loneliness’
Social Care Aspects of Ageing: Transforming Care Homes and Care at Home in Wales

This work package is developing a stream of research on social care as it relates to older people, people with dementia and carers. Translational research brings local authority social care together with business and industry to build research capacity, maximise opportunities for knowledge exchange and impact on future practice. In collaboration with the Wales School of Social Care Research (WSSCR) this includes the development of a Social Care Research Innovations Lab and the Enabling Research in Care Homes (ENRICH) initiative in Wales (see p 17).

Social Care Innovation Lab (#SCIL)

CADR, in collaboration with the Alternative Futures Group and WSSCR, has established #SCIL to support individuals to take forward their research ideas. In March 2019 a #SCIL on Short Breaks Provision was held in North Wales and attended by delegates from across Wales. The event provided opportunities to:

- Exchange and prioritise research ideas on short breaks
- Shape the research vision of the UK Short Breaks Research and Practice Development Group
- Build practice/academic collaborations
- Share good practice

Sustainable Care: Connecting People and Systems

This is a multidisciplinary research programme funded by the Economic and Social Research Council. It explores how care arrangements, currently ‘in crisis’ in parts of the UK, can be made sustainable and deliver wellbeing outcomes. In its first year, CADR team members Professor Norah Keating and Maria Cheshire-Allen have been working towards understanding and influencing wellbeing of family carers, care workers, care receivers and care systems. Their goal is to contribute to increased wellbeing of all members of the care network with particular focus on Wales.

KEY ACHIEVEMENTS:

- £2.5 million sustainable care network underway with a PhD programme of research and the publication of a paper theorising family care across the life course
- Social Care Innovation Lab (#SCIL) with social care practitioners
- Maria Caulfield appointed on a funded PhD scholarship (WSSCR) Co-creating, Commissioning and Delivering Meaningful Short Breaks
- Launch of ENRICH Cymru network in North Wales (p.17)
- Obtained funding for a KESS Masters by Research to evaluate ‘Dementia Go’
Creative Approaches for Older Age & Dementia Care

This work package combines social sciences, arts, humanities and practice-led methodology to address research gaps and creatively engage with the public and stakeholders. In addition, we are working with health and social care providers to implement our creative interventions, supporting the development of practice innovation.

The arts in health and social care

This year we have published our research examining the effectiveness of creativity in dementia care. We demonstrated a range of benefits not only for the person living with dementia but also the staff, artists and family carers and have shared these results with public, academic, arts, health and social care practitioner audiences.

‘Creative Conversations’ dementia care staff development enhanced care staff’s understanding of residents and enriched their empathy with those they cared for. Our research partnership with Flintshire County Council Social Services in this project resulted in ‘Creative Conversations’ being implemented in Flintshire beyond the research project and it is now also being offered to family carers (see page 21).

Our arts and dementia research was selected as a case study for a HEFCW report Innovation Nation: On Common Ground to highlight our partnerships with local authorities and care homes in an article titled ‘Art, Imagination, Age and Dementia’ (June 2018, p.12). This recognises the ‘civic mission’/community partnerships embedded in our research.

KEY ACHIEVEMENTS:

- Flintshire County Council secured funding to implement ‘Creative Conversations’ (p. 21)
- Delivered training to more than 100 practitioners in partnerships with Engage Cymru
- Arts and dementia research was recognised as a case study in a HEFCW report
- Submitted business plan to WEFO for the Institute of Creative Ageing Industries (p. 22)
- Provided expertise to Welsh Government Dementia Plan Group
Understanding the Genetics of Alzheimer’s Disease in Social Contexts

This work package aims to develop our understanding of the genetics of Alzheimer’s disease in social contexts by examining interactions between genes and loneliness or social isolation.

Disease Prediction

Previous research by the Cardiff team has shown that Polygenic Risk Score (PRS) models could accurately identify individuals at the highest risk of developing Alzheimer’s disease. The availability of an accurate prediction model has great potential as a diagnostic utility, and has already sparked interest from our commercial partner Cytox Ltd, who intend to adopt the developed model for public use.

The graph below shows the genetic burden of Alzheimer’s disease explained by APOE (Apolipoprotein E), the strongest single genetic risk factor for Alzheimer’s disease, by a full polygenic risk score (PRS) taking account of all samples within the population, and by an extreme full PRS taking into account only those individuals at highest and lowest genetic risk of disease. The graph shows that as our confidence in Alzheimer’s disease diagnosis increases so does the performance of our mathematical model of Alzheimer’s genetic risk which is most accurate within those at lowest and highest genetic risk of disease.

New Resources

We are now generating data for the Cognitive Function and Aging Study (CFAS) Wales, looking at millions of genetic variants. We have recruited a PhD student who will use the vast volume of phenotype data available for CFAS to test Polygenic Risk Score models to see if interactions with environmental and social factors (such as loneliness and isolation) influence the risk of dementia.

KEY ACHIEVEMENTS:
- Genotyped the CFAS Wales cohort
- Recruited a PhD student to develop risk scores integrating genetic and epidemiological measures
Further Understanding the Genetics of Dementia with Lewy Bodies

This work package has extended the CADR cohort to include individuals with Dementia with Lewy Bodies (DLB). DLB is one of the most common forms of dementia, an often overlooked and under-researched type of dementia. The lack of research in this area has hampered progress in diagnosis and treatment. In CADR we have an unprecedented opportunity to develop a new CADR DLB research cohort and significantly enhance our understanding of this disease.

Cohort Collection
We are working in close collaboration with over 60 NHS trusts/health boards across the UK who make up the NHS Clinical Research Network, to deeply phenotype and collect biological samples on 750 DLB patients.

Plans for the Future
Once collected this resource will provide unprecedented opportunity to secure funding for the largest DLB genetics project to date, providing novel insights into the genetic causes of DLB and the underlying biology dysfunctional in disease.

KEY ACHIEVEMENTS:
- Commencing participant recruitment across Wales, England and Scotland
- The CADR DLB cohort leveraging applications for £3million of research income
Dementia Supportive Communities

This work package focuses on intergenerational partnerships and working with people living with dementia to build dementia supportive communities. CADR activities empower and recognise the contribution of people living with dementia, challenging stigma and building awareness.

Empowering people living with dementia

CADR have been working in partnership to empower people living with dementia in a number of ways. We have:

- Worked in partnership with Innovations in Dementia to help expand Friendly Faces - a peer support initiative - across north Wales
- Extended the North Wales Dementia Network into Mid Wales
- Facilitated ‘Caban’ - a group of people living with dementia - to meet with pre-registration nursing students to discuss the content of the new nursing curriculum
- Used a ‘working together’ grant from Dementia Innovations to create a film gathering the experiences and views of people living with dementia. This film demonstrates the benefits of peer support

Challenging Stigma and Building Awareness of Dementia

People living with dementia and those that support and care for them have co-presented at the CADR conference and have been involved in a series of training days in Denbighshire for care home managers, social and health care workers in Denbighshire.

CADR worked closely with Ageing Well in Wales to plan and deliver an event, Making Wales a Nation of Age-friendly Communities. This event included a presentation from Karen and Robert Beattie (pictured) on living with dementia.

KEY ACHIEVEMENTS:

- Delivered a national event – ‘Making Wales a Nation of Age-Friendly Communities’
- Extended the North Wales Dementia Network into mid Wales – 384 members
- Provided expertise into Welsh language provision in dementia care (p.19)
- Obtained funding for a Masters by Research: ‘Implementing Intergenerational Research’
Work, Retirement and Discrimination

The key issues that this work package addresses are discrimination and the experience of older workers.

Roadshows with older workers

Wales faces an ageing workforce. This has led to a drive to raise awareness among employers of the need to train, retain and recruit older workers. In order to ensure that the issues facing older people are properly taken into account, CADR organised five roadshows across Wales. Older people were invited to come and tell us their stories about working in later life. We heard that things are tough for older workers, particularly for those who are out of work and who want to return to work. However, we also heard positive stories, of older people using their skills to set up new businesses. It is clear that there is an untapped pool of talent and experience amongst older workers in Wales. We are now working with researchers at the University of Liverpool, Aalto University in Finland and community groups in the Rhondda Valley to develop a community-led social enterprise to help older workers back into work.

Ensuring trans people in Wales receive dignified and inclusive health and social care in later life

The 2-year Trans Ageing and Care (TrAC) project sought to better understand what the health and social care needs are of trans adults (50+ years of age) and to examine whether health and social care services providers and professionals are meeting those needs in Wales.

The TrAC report was launched at Senedd on 4th April. It made five recommendations, including better training and education for health and social care professionals as well as agreeing a benchmark on the level of support individuals can expect to receive.

The TrAC project and My Genderation produced a series of digital stories to act as guidelines for health and social care practitioners in supporting older trans people in later life. The #GrowingOlderAsMe series follows contributors from the Trans Ageing and Care Project in Wales. You can view the project overview film at https://youtu.be/2dzDThl3Lw4

KEY ACHIEVEMENTS:

- Held roadshows with older workers that are being used to develop a social enterprise
- Made recommendations for health and social care professionals in relation to meeting the need of trans older adults
KEY ACHIEVEMENTS

Public Engagement and Involvement

Public engagement and involvement is a central plank of CADR’s work. Working in collaboration and partnership with members of the public means that individuals and groups can contribute their knowledge and experience to influence our research activities. We are proud to host Join Dementia Research in Wales which now holds more than one thousand volunteers in Wales.

National Standards for Public Involvement

This year we were thrilled to be a part of testing the new National Standards for Public Involvement. In collaboration with the Wales School for Social Care (WSSCR), we were the only ‘test bed’ centre in Wales and the only site in the UK with a social care focus. The standards provide a framework for reflecting on and improving the purpose, quality and consistency of public involvement in research. They describe the building blocks for good public involvement and provide a baseline of expectations. This helps the public know what to expect when they get involved in research, and helps researchers understand what needs to be done to support public involvement.

The standards have provided a framework for reflection and quality improvement. We undertook audits of our public involvement work at the start of the test period and then at the end of the period. This has enabled us to identify areas that needed changing or fine-tuning in order to develop and deliver better public involvement in practice. We would like to extend special thanks to Jim Fitzgibbon, Lesley Griffiths and Mari James for being active members of our test bed group.

Monthly seminar series

CADR provides a free monthly seminar programme. Events and seminars have been hosted in Swansea, Bangor and Cardiff. Where possible we offer the opportunity to log on and watch our events through live video links. Copies of seminar presentations are available on the CADR website.

One of our most popular events this year was by Associate Professor Lena Dahlberg from Karolinska Institutet/Stockholm University. Lena is an International expert in loneliness and social exclusion in later life. She talked about how common loneliness is among older adults, detailing risk factors and actions to combat loneliness. The seminar brought together over 30 attendees from a wide range of backgrounds, including the public, academics, NHS staff and third sector organisations.
Pint of Science Festival

Pint of Science Festival aims to communicate research to the public in an interesting, engaging and approachable way by bringing scientists to the pub. It takes place in over 400 cities in 24 countries. This year CADR’s PhD student Allyson Rogers and her supervisor Dr Charles Musselwhite delivered a public lecture on “Transporting to the Future!” at the Three Lamps pub, Swansea. They discussed older people’s issues including the timing of pedestrian crossing, reaction tests, driver safety, and perceived barriers to a driverless future.

Connect ‘for’ Ageing and Dementia Research: Making and Sustaining Connections

In October 2018 the CADR Annual Conference demonstrated how each of our work components ‘connects’ with research, policy, practice, government and the public. We hosted a number of interactive workshops covering genetics and the environmental influences, retirement of the older workforce, transport, creative arts and loneliness.

Huw Irranca-Davies AM, Minister for Children, Older People and Social Care opened our conference with a video message in which he acknowledged the importance of the event. This was echoed by Helena Herklots, Older People’s Commissioner for Wales. The Commissioner’s ambition is to make Wales a better place for growing older. This fits well with CADR’s aim to improve the lives of older people through the integration of research policy and practice. A huge amount of interest in our work was generated during and after the conference, attaining over four hundred tweets using the conference hash tag #cadrconf18 and one hundred thousand impressions.

Well worthwhile, everyone willing to answer questions. Excellent discussion groups. Thank you to the organisers.
KEY ACHIEVEMENTS
Engagement with Social Care Professionals

CADR’s work with social care professionals has been developed to maximise opportunities for knowledge exchange and impact on future practice. Work with social care professionals in our Social Care Innovation Labs are included earlier in this report (see page 9). Below are some more examples of our collaborative work with social care professionals, and work that will have a future impact.

Imagination Café
The ‘Imagination Café’ toured around the UK in 2018. This pop-up installation included an exhibition of artwork from the research project Dementia and Imagination, and showcased a variety of multi-sensory approaches that can be used in dementia care. These included food courtesy of Nourish by Jane Clarke (pictured), visual arts activities for health and social care devised as part of the Dementia and Imagination project, and specialist information courtesy of Dementia UK and the Alzheimer’s Society.

The Imagination Café also features ‘Winston’s World’ – a cat’s eye view of dementia by acclaimed cartoonist Tony Husband. ‘The Imagination Café’ featured at the Mostyn Gallery, Llandudno (April), the Menier Gallery, London (May) and the Royal College of Art in Edinburgh (September).

Enabling Research in Care Homes
ENRICH Cymru aims to improve the lives of older people living in care homes across Wales by establishing a network of ‘research ready’ care homes and supporting the co-creation of research relevant to current issues in the care home sector.

ENRICH Cymru was launched in North Wales earlier this year (having been launched in South Wales last year). The event provided opportunities for networking, sharing good practice and the building of practice/academic collaborations.

The network continues to facilitate research opportunities for care homes across Wales. In April we extended a very warm welcome to The Old Vicarage Nursing Home, Swansea - the 20th home to join the network (pictured). ENRICH Cymru has been awarded £60K from the Support and Delivery Centre, Health and Care Research Wales, to boost the growth and development over the next 9 months. Regional staff will be recruited to join the team.
KEY ACHIEVEMENTS
Commercial Engagement

CADR has established good links and collaborations with a range of commercial partners, who provide benefits to practitioners and other stakeholders, helping us to bring products to market and influencing the health and quality of life of older people.

Active Building Centre (ABC)

Globally, buildings are responsible for about 40% of carbon emissions. In the UK they consume about 40% of all energy produced. Any solution to the energy crisis will have to address the issue of energy in buildings. The Active Building Centre (ABC) is funded by the Industrial Strategy Challenge Fund (£36 million). ABC is part of the Transforming Construction Challenge, which seeks to make buildings more affordable, efficient, safer and healthier.

Working with academic partners in engineering and industrial partners such as Akzo, Nobel, NSG, Pilkington, Wernick and Tata Steel, ABC will create Active Buildings, which can produce and store enough renewable energy - powered and heated by the sun - to meet their own needs or more. Active Buildings could significantly contribute to UK decarbonisation. CADR’s contribution to ABC is to examine the influence of solar powered residential buildings on older people’s health, fuel poverty and wellbeing. We will be working with Coastal Housing, Sero Homes, Bere Architects and Passivhaus, with more commercial partners in the pipeline.
KEY ACHIEVEMENTS
Enhancing Collaboration: NHS and Policy Makers

CADR is committed to enhancing collaborative links with the NHS and policy-makers. This is often achieved by facilitating the translation of research into practice through events aimed specifically at practitioners or policy-makers, delivered in their place of work. We have good relationships with the Public Service Boards in Wales, many of which are interested in tackling loneliness and social isolation in later life as a public health issue. We are helping Local Authorities plan age friendly and dementia supportive communities.

Engaging clinicians in dementia research
The Dementia Research Group (set up in 2015) organises monthly talks and provides multidisciplinary academic, research and practical support for PhD students and clinicians’ training, in any aspect of ageing, cognitive change and dementia. The group collectively helps people gain employability skills and make use of their transferable skills in career progression. Our older adult research volunteer group continues to thrive, and we regularly call upon them for research participation, support and ideas. We have been funded for a state-of-the-art study examining sleep and information processing, especially that related to memory and attention, and brain connectivity in vascular dementia and vascular cognitive impairment. We have also started a study examining what factors in our environment (such as sudden changes in what we see and hear) can affect attention balance and the ability to walk. This study will highlight new risk factors for falls and immobility in older adults, particularly individuals living with cognitive impairment and dementia. The evidence we gain from this study will inform the development of falls prevention interventions and strategies, especially those related to home and care home environments.

Older People’s Welsh Language Information Needs
This year CADR contributed to a report published by the Welsh Language Commissioner and Alzheimer’s Society (November, 2018) which concluded that:

“…there is a need to promote the understanding of the clinical need of people with dementia to receive services in Welsh”

CADR have responded to the need to increase awareness of dementia with citizens with Welsh as their first language. Funding donated by citizens has facilitated an awareness campaign. The ‘10 Signs of Dementia’ infographic by Alzheimer’s Disease International has been translated into Welsh and distributed to 280 clubs and through 6,000 Merched y Wawr quarterly magazines (Y Wawr).
2018-19 in Figures

This infographic highlights some of the key benefits and outputs across our work packages during 2018-19

- £41.7m RESEARCH GRANT INCOME
- 2,880 PUBLIC INVOLVEMENT & ENGAGEMENT OPPORTUNITIES
- 768 SAMPLES FROM PEOPLE WITH DEMENTIA
- 65 JOBS CREATED
- 25 SCIENTIFIC PUBLICATIONS
- 3,538 NEW WEBSITE USERS
- 155,215 TWITTER IMPRESSIONS
ENSURING LONG-TERM IMPACT

To ensure the long-term impact of our work, CADR researchers engage with stakeholders over the life cycle of their research. In 2019-2020, we anticipate that CADR research will impact on: improved standards of care in social care practice; more effective and efficient arts practice, social care and health service provision; the development of age friendly and dementia supportive communities; commercialisation of potential drug or psychosocial therapies for people with dementia; and enhanced patient and public awareness of, involvement and engagement with our research. Two examples of our impact are outlined below.

Creative conversations roll out

Flintshire County Council Social Services secured funding from Welsh Government’s Integrated Care Fund to deliver the ‘Creative Conversations’ staff development programme from Jan 2019 -2020. ‘Creative Conversations’ uses a range of creative activities (poetry, film, music, art making) to help staff realise the possibilities within dementia care.

It provides staff with practical communication skills to enhance caring relationships between staff and residents in their day-to-day practice. 44 care staff took part in the research project and a further 34 care staff and 8 family carers attended the first round of sessions provided by Flintshire County Council (Jan-April 2019). The next round is due to start in June 2019.

Older People’s Environmental Assessment Tool adopted in New Zealand

Last year research from the NISCHR-funded study Older People’s External Residential Assessment Tool (OPERAT) resulted in a toolkit that could be used to assess the local environment for age and dementia friendliness. This year the tool has been used in New Zealand (Napier) to develop a local Age Friendly Strategy. OPERAT volunteers promoted a ‘check on your neighbour campaign’ and were instrumental in a Valentine’s Day Flower Bombing City Activation project. Our UK interactive website - where anyone can rate their local postcode area for age friendliness and upload the information to the map – has been mirrored in New Zealand. OPERAT assessments can be used by planners and Local Authorities to identify ‘hot spots’ for improvement in relation to age friendly communities.
LOOKING FORWARD

CADR has had a very productive year: we have secured grant income worth £41.7 million and produced 25 articles in peer-reviewed scientific journals. We made 1,205 opportunities for public involvement in our research and engaged 1,675 people with aspects of CADR research. We had 3,538 new website users, with 21,238 web page views, and made 155,215 Twitter impressions over the year with a net gain of 384 followers. In 2019-2020 there are some exciting new developments that will impact on our future research, ensuring Wales remains at the forefront of ageing and dementia research.

The Raissa Page Collection

The Raissa Page (1932-2011) Collection, is an internationally significant archival photographic collection by the Canadian documentary photographer. The archive is currently being catalogued and repackaged at the Richard Burton Archives at Swansea University. The archival work is funded through a £35,000 grant from the Wellcome Trust awarded to Ms Sian Williams, Archivist. Dr Sarah Hillcoat-Nallétamby, as a member of the Advisory Board, will explore the collection’s relevance to social care and ageing research in Wales. The collection covers the period 1977 to 1993. Page’s work covers a range of subjects including feminism and political activism, social care (of children, older people, and those in poor mental health), along with more commercial work. Many of these topics contain valuable material to inform research.

The Institute of Creative Ageing Industries

CADR, along with the Creative Industries Research Institute (University of South Wales) and the Creative Industries Research and Innovation Centre (University of Wales Trinity Saint David), are awaiting approval from the Wales European Funding Office (WEFO) for an Institute of Creative Ageing Industries (ICAI). The ICAI will activate the potential of the creative industries by unlocking one of the fastest growing but least well understood market segments (i.e. the ‘silver economy’ estimated to be worth £11 trillion globally by 2020). CADR will lead on co-creation of research with older people with the ICAI.

The ICAI work programme is framed around three powerful research clusters, reflecting areas of expertise in CADR. These clusters focus on: HEALTH & WELLBEING: Effective Experiences, Products and Services in the Creative Industries; PLACE: Design for age-friendly and dementia-supportive places; and WORK: Age-Friendly Workplaces in the Creative Industries. The work programme will be influenced by three cross-cutting themes: digital economy; design & development; and media, culture & performance. The ICAI will develop a bespoke Living Lab in which it will apply consumer-centred systems thinking (citizen co-creation) to understand the challenges and opportunities of longevity and emerging generational lifestyles to catalyse research and innovation across the creative industries. This new industry-facing research infrastructure will considerably enhance CADR’s capacity for securing substantive funding for collaborative research.
RESOURCES

CADR website
http://www.cadr.cymru/en/

ENRICH Cymru
http://www.swansea.ac.uk/enrich-cymru/

Twitter
@CADRprogramme

Facebook
https://www.facebook.com/CadrProgramme

Join Dementia Research
https://www.joindementiaresearch.nihr.ac.uk/beginsignup

OPERAT website
http://www.OPERAT.co.uk

Dementia & Imagination website
http://dementiaandimagination.org.uk/

TrAC website
http://trans-ageing.swan.ac.uk/

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Demographic change
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Opportunities of ageing
Policy and practice priorities