# Contents

Foreword .................................................................................................................. 1  
Introduction ............................................................................................................ 2  
Annual Report Summary ......................................................................................... 3  
Meet the Team 2017-2018 ...................................................................................... 5  
Work Packages ....................................................................................................... 7  
  Environments of Ageing ...................................................................................... 7  
  Psychosocial Aspects of Ageing ......................................................................... 8  
  Social Care Aspects of Ageing ........................................................................... 9  
  Creativity and Ageing ....................................................................................... 10  
  Well-being and Ageing ..................................................................................... 11  
Understanding the Genetics of Alzheimer’s disease ............................................ 12  
Translation of Genetic Findings into Clinical Social Impact ................................ 13  
Genome Editing: Alzheimer’s disease Risk Variants ........................................... 14  
Developing and Evaluating Interventions in Dementia Care ............................... 15  
Key Achievements ................................................................................................. 16  
  Public Engagement and Involvement ............................................................... 16  
  Engagement with Social Care Professionals ..................................................... 18  
  Commercial Engagement ................................................................................. 20  
Enhancing Collaboration: NHS and Policy Makers ............................................ 21  
2017-18 in Figures ................................................................................................. 22  
Ensuring Long-term Impact ................................................................................... 23  
Conclusions and Future Priorities ......................................................................... 29  
Resources ............................................................................................................. 29
For new word CADR provides the infrastructure for interdisciplinary research to develop new understandings of ageing and dementia. Although our work is described in this report under various themes, 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 made some adjustments to the work themes to reflect our research strengths, achievements, and the changing policy horizon. We will continue to increase grant capture by providing a platform for internationally competitive multidisciplinary research, building critical mass and supporting PhD students, early career researchers and Research Fellows. In order to ensure that we positively influence the health and wellbeing of the people of Wales, in this the third year of operation (2017-18) we have placed more weight on translation of our research and impact acceleration.

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

This year, each of our work themes has a tighter focus reflecting our strengths, achievements and areas of implementation. Our work themes reflect priority policy areas in Wales: the Welsh Government programme ‘Taking Wales Forward’ aims to build a Wales that is healthy and active, prosperous and secure, ambitious and learning, and united and connected. We have contributed to this programme by providing research to impact on stakeholders:

- helping people live healthy and independent lives and support a healthy workforce
- improving prosperity for all across Wales, helping people into employment and sustaining jobs
- connecting communities through sustainable and resilient infrastructure
- supporting safe, cohesive and resilient communities
- improving access to secure, safe, efficient and affordable homes
- facilitating high quality responsive and better integrated public services, to those that need them most, enabling citizens to be equal partners

Finally, through our international collaborations and high quality peer reviewed publications, we will help position Wales as an internationally focused ambitious country engaged and connected to the wider world.

**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 multi-disciplinary activity and developing areas of expertise from biological, through psychosocial 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 multi-disciplinary 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
Annual Report Summary

CADR comprises nine work packages. Our achievements over the last year (2017-2018), which are fully described in this Annual Report, are summarised below.

Environments of Ageing
This work theme addresses age friendly and dementia supportive environments. This year we have:
- undertaken a pilot project with Great Western Railway looking at age friendly railways
- provided training to older people to undertake environmental assessments using the Older People’s Environmental Assessment Tool as part of a project CAFÉ Swansea and through our partners in New Zealand at Massey University and Grey Power
- commenced research on work and retirement funded by Centre for Ageing Better

Psychosocial aspects of ageing
This theme mainly addresses loneliness and social exclusion. This year we have:
- obtained funding for a fellowship, Social Exclusion and Use of Care Services in Wales: Experiences of People with Cognitive Impairment and Dementia
- presented new conceptualisations of social exclusion at international conferences
- obtained funding for a PhD student to evaluate the impact of intergenerational activities in care homes, including the effect on loneliness

Social care aspects of ageing
This theme develops research on social care as it relates to older people, people with dementia and carers. This is informed by policy and practice priorities, through consultation with key stakeholders and older people themselves. This year we have:
- developed a Social Care Research Innovations Lab
- launched the ESRC programme (£2.5M) Sustainable Care: Connecting People and Systems
- obtained PhD funding for a student to work with the Sustainable Care programme

Creativity and ageing: the role of creativity in health and social care practice
This theme builds on the project Dementia & Imagination: Connecting communities and developing well-being through socially engaged visual arts practice to develop creative/artistic practice and further research. This year we have:
- had two of our studies (cARTrefu and Dementia and Imagination) covered in an Arts Council report
- launched the report on the evaluation of cARTrefu at the Senedd
Resilience, well-being and ‘healthy’ ageing
This theme examines resilience and well-being in later life, in relation to health, social circumstances and care-giving. This year we have:
- received funding for a Knowledge Economy Skills Scholarship (KESS) with Gwynedd Local Authority
- received funding for a PhD Co-creating a resilience building framework for people living with dementia and their carers
- jointly delivered a national Conference Working together to making Wales a dementia inclusive country

Understanding the genetics of Alzheimer’s Disease
This theme identifies rare genetic susceptibility to dementia, in particular, early onset Alzheimer’s Disease. This year we have:
- used the CADR cohort of genetic samples to gain funding for other gene identification studies

Translation of genetic findings into clinical and social impact
This theme aims to use genetic material to create models that predict the highest risk of developing Alzheimer’s Disease. This year we have:
- received funding to translate the polygenic risk model for use in clinical trials

Genome editing: Alzheimer’s Disease risk variants
In this theme we are furthering our understanding of Alzheimer’s Disease genetics and pathogenesis. This year the UK Dementia Research Institute laboratories at Cardiff are open and working to translate genetic findings to clinical impact

Developing and evaluating interventions in dementia care
This theme focuses on implementation of evidence-based approaches to interventions for people with dementia. It also focuses on increasing research awareness among older adults in Wales and the health and social care work force. This year we have:
- increased the number of volunteers on Join Dementia Research in Wales
- won a silver at the New York TV and Film awards in Las Vegas for the TV series ‘Hen Blant Bach’ which CADR contributed to
- led Dementia Friends sessions in local churches, schools and to third sector organisations and created over 120 dementia friends

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 £8 million, and produced 100 peer reviewed articles in some of the best scientific journals in our various disciplines. We have organised 13,273 opportunities for public engagement or involvement, had on average 1,200 unique visitors to our website every month, and made 97,550 Twitter impressions over the year.
Meet the Team 2017-2018

The CADR team comprises academics, researchers and support staff from three of Wales’ leading universities: Swansea, Bangor and Cardiff.

CADR Executive Board
- Professor Vanessa Burholt, Director
- Professor Bob Woods
- Professor Julie Williams

Incoming Executive
- Dr Gill Windle
- Dr Rebecca Sims

CADR Academics
- Professor Antony Bayer
- Dr Sarah Hillcoat-Nailétamby
- Professor Nicola Gray
- Dr Joanne Hudson
- Professor Lesley Jones
- Professor Norah Keating
- Dr Charles Musselwhite
- Dr Diane Seddon
- Professor Andrea Tales
- Dr Martin Hyde
- Dr Paul Nash

CADR Researchers
- Dr Katherine Algar-Skaife
- Maria Cheshire-Allen
- Carol Maddock
- Rachel Marshall
- Dr Catherine MacLeod
- Alun Meggy
- Dr Sarah Miles
- Dr Deborah Morgan
- Dr Bethan Winter
- Dr Douglas Wilson
- Taniesha Morgan
- Melanie Dunstan

CADR Support Team
- Rhian Williams (Project Manager)
- Catherine Launder
- Iona Strom

Specialty Leads
- Dr Sinead O’Mahoney
  UKCLRN Age and Ageing
- Dr John Hindle
  UKCLRN Dementias and Neurodegeneration
Partners

- Age Cymru
- Ageing Well in Swansea
- Alzheimer’s Research UK (ARUK)
- Alzheimer’s Research UK Network Centre, Kings College
- Alzheimer’s Society Wales
- Brecon Communities
- Care and Repair Cymru
- CHERISH-DE
- Dementia Platform UK
- Derwen Housing Association
- Great Western Railway
- Gwalia Housing Groups
- Hafod Care Association
- Innovation and Business Development, Swansea University
- International Longevity Centre-UK
- Leiden University
- Ministerial Advisory Forum on Ageing
- Office of the Older People’s Commissioner for Wales
- Prime Cymru
- RESEC Cymru
- Social Care Wales
- Swansea Public Service Board
- The University of the Third Age
- Ty Hapus
- United Kingdom Homecare Association Ltd
- United Welsh
- University of Bradford
- University of Stirling
- Wales Neurological Alliance, Advisory Group
- Wales School of Social Care Research
Work Packages

Environments of Ageing

This work package links with the Ageing Well in Wales initiative, specifically with age friendly and dementia supportive communities. Research under this theme examines how the environment - including buildings, roads, green space, urbanity/rurality, and supported living environments - affects us as we age. It recognises that older people can change or alter their environment too.

Working towards an age friendly railway

We have been identifying key factors that contribute towards making a railway service age friendly. Our pilot study has shown that although fewer older passengers (age 50+ years) use the railway than younger passengers, there is an increased rate of accidents, especially among older female passengers. We found that:

- Older people are four and a half times more likely than younger people to have a slip, trip or fall at the entrance to the station
- Accidents boarding and alighting trains slightly increase with age.
- There are no differences in the rate of slips, trips and falls on railway platforms across all age groups

There are particular issues in stations that can contribute to age (un)friendly stations, especially:

- stairs, escalators and lifts
- confusing signage
- platform edge and train steps

- announcements
- changing trains

Highlights:

- Charles Musselwhite talking about ageing, driving and safety on BBC TV’s Holding Back the Years and on UK Talk Radio also covered by The Times
- Centre for Ageing Better commissions work looking at the factors associated with retirement expectations and retirement adjustment
- CAFÉ Swansea (Creating Age Friendly Environments in Swansea) funded by the Wales School of Social Care Research
**Psychosocial Aspects of Ageing**

This work package builds on the historical tradition of social gerontology in Wales, and the extensive knowledge and expertise on social exclusion, social support, isolation and loneliness 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 made some significant advances in our understanding of social exclusion in later life.

---

**Unveiling the story: Wellbeing of Wales 2016-2017 for older people**

This year we were commissioned by the Office for the Older People’s Commissioner for Wales to investigate how the impact of Wellbeing of Future Generations (Wales) Act is being evaluated in relation to the older population. We are reanalysing relevant indicators to reveal the situation for different populations of older people in relation to the seven well-being goals. We are also identifying gaps in data on the experience of older people. The report will be available to help inform the work of the new Commissioner (Heléna Herklots) who will be in post in August 2018.

---

**Social exclusion of older people**

Catherine MacLeod was awarded Fellowship funding from Health and Care Research Wales _Social exclusion and use of care services in Wales: experiences of people with cognitive impairment and dementia_. We also received funding from the Wales School of Social Care Research for a new PhD scholar, Kate Howson, who will be evaluating the impact of intergenerational activities on relationship-centred care and care outcomes in care homes.

CADR joined forces with 30 other partner countries in the Cost Action Reducing Old-Age Social Exclusion: Collaborations in Research and Policy (ROSEnet). ROSEnet was invited to present a symposium at the final conference for INTERFASOL Cost Action. CADR were represented by Beth Winter who was awarded her PhD this year (Social Exclusion among Older People in Rural Areas: A Multilevel and Lifecourse Perspective) and presented results on cultural exclusion to an international audience in the ROSEnet symposium in Luxembourg.

---

**Highlights:**

- More than 20 presentations to academics, policy makers and public
- Supporting the career development of a new Fellow and PhD scholars
- Presentations on CADR loneliness research to the Ministry of Social Development and the Department of Health in New Zealand
Social Care Aspects of Ageing

This work package aims to develop a programme of social care research about older people, people with dementia and carers. There is a strong emphasis on developing evidence-based social care practice to support the implementation of the Social Services and Wellbeing Act. Research themes include carers, integrated care, safeguarding and support for practitioners to engage in and with research.

Social Care Innovation Lab (#SCIL)

CADR, in collaboration with the Alternative Futures Group and the Wales School for Social Care Research, has established a Social Care Innovation Lab (#SCIL) to support individuals to take forward their research ideas. A number of successful pop-up labs have taken place across Wales. A workshop at the Involving People Annual Meeting in Cardiff City Stadium explored how best #SCIL can work with members of the public to develop research ideas.

Meaningful short breaks for carers

Supporting life alongside caring is a Welsh Government priority for carers. Our last annual report highlighted a new Carer Research and Practice Development Group established to build research capacity and support innovative practice. The Group is now working with academic and practice partners across the four UK regions. It is acting as the UK link, with the ARCH Respite Network (USA), on an International Knowledge Exchange application to explore good practice for short breaks in the UK and lessons for practice in the United States. There are plans to build further international research collaborations, including a presentation at the International Short Breaks Association Conference in Iceland later this year.

Sustainable Care Research Programme

CADR is working with an extended network of international academic partners in 15 other countries. The project, led by Sue Yeandle at Sheffield University, will take a future-oriented comparative look at current approaches to the care needs of adults living at home with chronic health problems or disabilities, examining these in the context of care systems, care work and care relationships.

Highlights:
- £2.5 million sustainable care network is launched and CADR PhD student appointed
- Social care innovation lab with social care practitioners
- Integrated Care research funding from KESS
Creativity and Ageing

This work package builds on some of our research grants (e.g. Dementia and Imagination) to capture and develop creative and artistic practice for health and social care. In addition, we are cultivating new research including innovative methodologies and developing excellent practice working with community organisations.

The arts in health and social care

This year we have published our research examining the effectiveness of creative activities for dementia care. We demonstrated a range of benefits not only for the person living with dementia but also the staff, artists and family carers. We showed that taking part in a visual arts activity was better for well-being than just taking part in a social activity, highlighting the unique contribution of the arts in dementia care. One care home resident in our evaluation of cARTtrefu noted:

“We are involved. We are doing something we want to do, not just plonked in the corner.”

Our research collaborations led to our community partners in the ‘Dementia and Imagination’ Research programme, Denbighshire County Council, winning an award for their visual art programmes. This was awarded from the National Campaign for the Arts’ (NCA) Hearts for the Arts Awards 2018, for the best local authority arts project encouraging community cohesion. The awards celebrate the work of Councils, Councillors and Council Officers who have overcome financial challenges to ensure the arts stay at the centre of community life.

The nominations were judged by an esteemed panel which comprised: Samuel West (Chair of the NCA), Rachel Wood (Arts Development Officer, Oldham Borough Council AND 2017 winner), Roy Williams, OBE (playwright and NCA Board Member), Phillip Pullman (author), David Lan (playwright and director), Josie Long (comedian) and Maria Balshaw (Director of Tate).

HIGHLIGHTS:

- An Arts Council Wales report on arts and health in Wales, features two CADR projects as case studies: cARTtrefu and Dementia and Imagination
- The Dementia and Imagination study is cited as a research exemplar in the Arts Council Wales report
- cARTtrefu report launched at the Senedd
Well-being and Ageing

This work package utilises data sets such as the CFAS Wales cohort to understand how people can live as well as possible despite living with chronic illness and dementia. We are particularly interested in how people can be resilient when facing changes in circumstances, such as becoming a carer, bereavement, or changes in functional or cognitive abilities.

How can we build resilience in people living with dementia and their carers?

A CADR workshop Creating a Dementia Inclusive Wales in Llandudno discussed how we might build resilience for people living with dementia and their carers. This helped to contribute new thinking to the portfolio of resilience research in CADR. Over forty people were present, including people living with dementia, carers, people from health and social care professionals, the third and private sector. The session was a lively and often frank conversation about the many challenges faced, but also the many strengths people possess. A cautionary note or two were articulated, especially a need to ensure that resilience does not become understood as an “expected norm”, resulting in people being left unsupported by services.

Participants noted that resilience may require some action...

- I read the books, I Googled, I read all the blogs to find out more (Carer)
- Being able to cope and adapt. What works one day will not work another day and what works at one time doesn’t work another time (Carer)

...and talked about resilience from life’s ups and downs

- I think it’s essential to have a sense of humour. When you are fighting, being able to realise that it’s actually not important and being able to laugh about it because you argue over the littlest and silliest things. (Person living with dementia)

Highlights:
- Knowledge Economy Skills Scholarship (KESS) working with Gwynedd Local Authority
- PhD funding from Wales School of Social Care Co-creating a resilience building framework for people living with dementia and their carers
- National Conference: Working Together to Making Wales a Dementia Inclusive Country (see also p. 16)
Understanding the Genetics of Alzheimer’s disease

This work package aims to develop our understanding of the genetics of Alzheimer’s disease by establishing an unprecedented resource to investigate genetic changes in those with early onset Alzheimer’s disease (EOAD). While three genes (APP, PSEN1 and PSEN2) cause disease in a small number of individuals with early onset Alzheimer’s that runs in families, these account for only 5% of early onset disease. Twin studies show that people without a directly inherited form of early onset Alzheimer’s disease have an increased genetic risk compared to those with late onset disease.

Early onset Alzheimer’s disease (EOAD) cohort
1,503 people with EOAD have now participated in our research. We have developed an NHS network of over 80 collection sites, including sites within all seven Welsh health boards, which will be utilised for future cohort collections.

We have combined the collected samples with others (made available through alternative funding and collaboration), and have available nearly 4,000 DNA samples with associated psychological and clinical data for gene discovery experiments.

Genetic discovery
We have identified three novel rare protein-coding mutations that contribute to Alzheimer’s disease risk and have published our findings in Nature Genetics. We have since shown that the identified genes form part of a gene network, and that the identified mutations alter the structure of the proteins encoded by the risk genes (as seen below with the red compared to yellow structure).

Using funding captured due to the availability of the CADR cohort we have now commenced a sequencing project to identify novel risk genes for both late onset and early onset Alzheimer’s disease.

Highlight:
- The CADR cohort of genetic sample has been used to gain funding for other gene identification studies via sequencing of the protein-coding regions of the genome.
Translation of Genetic Findings into Clinical Social Impact

This work package aims to create models of Alzheimer’s disease using induced pluripotent stem cells (iPSCs) derived from individuals at the highest risk of developing the disease. These models serve as powerful tools to investigate the complex genetics of Alzheimer’s disease.

Polygenic risk scores

We have previously shown that polygenic risk score models accurately identified individuals at the highest risk of developing Alzheimer’s disease, and that polygenic risk score captured almost all the common genetic variation that contributes to Alzheimer’s disease. We have now published our novel method (POLARIS).

The work completed with CADR has resulted in successful collaboration with Cytox Ltd, an emerging precision medicine leader providing genetic testing for Alzheimer’s disease. Together we have secured funding from Innovate UK totalling £800,000 to develop polygenic risk score for use by pharmaceutical and biotechnology companies.

Highlight:

- Secured Innovate UK funding to translate the polygenic risk score model for use in clinical trials.
Genome Editing: Alzheimer’s Disease Risk Variants

In this work package we have combined induced pluripotent stem cells (iPSCs) and genome editing technology to further our understanding of Alzheimer’s disease genetic risk mechanisms and pathogenesis. We are developing powerful cell models allowing us to determine the impact of risk variants on Alzheimer’s disease.

Gene editing and regulating tools
Using CRISPR/Cas9 systems we have generated cell lines containing Alzheimer’s disease risk variants of interest, including APOE and PLCG2. These cell lines are being differentiated into cell types of interest, including neurons and microglia within the UK Dementia Research Institute at Cardiff.

Highlight:
- The UK Dementia Research Institute laboratories at Cardiff are now open and working to translate genetic findings to clinical impact.
Developing and Evaluating Interventions in Dementia Care

This work package focussed on two areas. Firstly, we have worked together with people living with dementia and their carers on actions and projects to create a culture and environment where new interventions could be developed and evaluated. Secondly, we have evaluated interventions and implemented promising approaches in health and social care.

CADR researchers contribute to advancing dementia research strategy

CADR Associate Director Dr Gill Windle and Emeritus Professor Bob Woods were part of the Alzheimer’s Society taskforce of leading UK clinicians and researchers in dementia, UK funders of dementia research, people with dementia and carer representatives developing the first ‘dementia research roadmap for prevention, diagnosis, intervention and care by 2025’.

This roadmap sets out goals and recommendations to advance dementia research and was published on 21st February 2018 in the International Journal of Geriatric Psychiatry. It inspired, and is acknowledged in an article in The Guardian, discussing why ‘dementia research must study care as well as cure’.

Professor Woods said “Whilst the search for treatments that modify the course of Alzheimer’s disease and the various other forms of dementia is vital, it is equally important that we have sound evidence for psychological treatments and care services to make a difference to the lives of the 40,000 people living with dementia in Wales today. This roadmap will help ensure that progress is made with this ambition as quickly as possible.”

Launch of cARTrefu’s evaluation report

CADR’s Kat Algar-Skaife launched the evaluation report into Age Cymru’s programme cARTrefu. This was a two-year national programme delivering quality arts experiences for older people in residential care across Wales.

Highlights:

- The TV series ‘Hen Blant Bach’ won a silver at the New York TV and Film awards in Las Vegas
- We have led Dementia Friends sessions in local churches, schools and to third sector organisations and created over 120 dementia friends
- cARTrefu report launched at the Senedd
Public engagement and involvement is a central plank of CADR’s work. We are proud to host Join Dementia Research in Wales which now holds more than one thousand volunteer in Wales.

In July 2017, we hosted the British Society of Gerontology Annual Conference on the Bay Campus in Swansea. Our involvement and engagement of older people will act as a template for future events.

- More than 40 member of With Music in Mind choir opened the conference
- Older people co-presented sessions
- ‘An Audience With...’ engaged 11 community groups showcasing their work
- 15 centrepieces crafted by care home residents were displayed on gala dinner tables
- Delegates received a handbook of contact information about community groups

‘And now for something completely different ... Conference Cynhadledd

In October 2017 we showcased some of CADR’s research and the impact that it is having on the lives of older people. Over a hundred people gathered at Mercure Holland House, Cardiff for the conference ‘And now for something completely different ...’. Over two hundred tweets and five thousand impressions were generated from the event, increasing our reach and stimulating lively discussions on key ageing issues. We raised awareness of the issues associated with ageing, especially relating to the need to reduce ageism. We also demonstrated how our research raises standards in the care given to older people and the environments in which they live.

Public involvement and engagement has helped us to:

- develop research that is relevant to stakeholders
- increase the reach of our work
- encourage members of the public to be engaged in research
- have an impact on policy decisions
National Conference: Working together to make Wales a Dementia Inclusive Country

This year the All Wales Dementia Conference was supported by CADR, the six North Wales local authorities, the North Wales Dementia Network, Social Care Wales, Coleg Cymraeg Cenedlaethol, and DEEP (The Dementia Engagement and Empowerment Project). The day was chaired by Beti George, who also spoke of her own experience being a carer for her husband, who lived with Dementia. It was attended by over two hundred people, including researchers, representatives from the health and social care sectors, private companies, charities, and people living with dementia and their carers. CADR researchers delivered workshops on transport, loneliness, resilience, and dementia in a 19th Century asylum. Former CADR associate director Emeritus Professor Bob Woods received a lifetime achievement for research excellence.

Dementia Friendly Screenings

CADR is working with Chapter (Cardiff) to deliver dementia friendly cinema screenings. Members of the CADR team regularly attend screenings to interact with people living with dementia and their families/carers as well as medical professionals and other stakeholders who attend these events.

The screenings themselves are shown without adverts or trailers and have slightly brighter lighting throughout the auditorium. Where possible the films are screened with soft subtitles and audio description.

Monthly seminar series

CADR provides a free public monthly seminar programme. Events and seminars have been hosted in Swansea, Bangor and Cardiff. Organisations can log on and watch the events through live video links, and copies of presentations are available on the CADR website.

One of our successful events addressed the increased risk of falls for people living with dementia. The seminar brought together people from a wide range of backgrounds, including the public, scientists, NHS staff and other organisations. There were over 60 attendees and feedback indicated that the content of the seminar was very useful and easy to understand.
Living well with dementia: Implementing what we know

This event brought researchers together with health and social care practitioners, community groups, third sector organisations, people living with dementia and those who support them. The aim was to encourage a lasting collaboration between researchers, people who participate in research and organisations who use research findings to improve their practice. The day was well attended with forty-three delegates from across a range of organisations and the local community. The morning consisted of presentations by early career researchers and people living with dementia. This was followed by workshops in the afternoon, which explored how research could help practitioners in their job roles, and what research practitioners and people living with dementia would like to see being done and how we can ensure research improves practice.

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. Examples of working with social care professionals in our Social Care Innovation Labs are included earlier in this report (see page 9). Here we provide some more examples of our collaborative work with social care professionals.

Night Owls

Building upon strong links with health and social care providers across Wales, collaborative work is under way with Ynys Mon Local Authority, the Welsh Ambulance Service and the Wales School for Social Care Research to look at the Night Owls service. Night Owls is an extended care service, covering the hours of 8pm to 7am, that aims to accelerate hospital discharge, avoid care home and hospital admission and divert non-medical emergency calls from the 999 service.
**Enabling Research in Care Homes (ENRICH Cymru)**

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 was launched in South Wales earlier this year. The event provided opportunities for networking, sharing good practice and the building of practice/academic collaborations. A launch event will be held in North Wales in September.

---

**My Home Life Cymru**

My Home Life is a UK-wide initiative that promotes quality of life and delivers positive change in care homes for older people, their families and staff. Since CADR and Wales School of Social Care Research have taken over hosting My Home Life Cymru, the movement has continued to engage with care homes across Wales. The second Leadership Programme for care home managers and senior staff commenced in November 2017 with eight managers meeting in Swansea over the course of nine months. We have received some great feedback from the cohort and their managers/proprietors. We continue to deliver dementia training to home care staff, social workers and occupational therapists in one local authority.

In March 2018 we hosted the My Home Life Cymru annual conference in Pembroke Dock. One hundred and twenty delegates from care homes, health and social care attended interactive workshops and heard from speakers including care home residents, managers, regulators and commissioners.

Our work with the Older People’s Commissioner for Wales involved facilitating seven consultation events around Wales to explore ‘Rethinking Respite’ for families affected by dementia.
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 or quality of life of older people.

Drug companies and laboratories

Through our genetics work, CADR engages with a number of commercial entities including Eli Lilly, Eisai, Cytox, and Digital Health Labs. We have secured funding totalling £800,000 from Innovate UK to work with Cytox Ltd to develop polygenic risk score models for use in clinical trials. The collaboration will develop the model to include rare variation, developing models for different forms and subforms of dementia, and creating genotyping platforms for clinical utility.

Hen Blant Bach triumphed at International Film & Television Award

The Hen Blant Bach series was a new factual format for S4C, and followed a social experiment which brought older people and nursery children together to share their day care. The programmes documented the transformative positive effects that can be brought about by bringing these two groups together. Sharing their insights in the programmes were CADR psychologist, Dr Catrin Hedd Jones and Professor Bob Woods

Highlight:

- Jo Hudson funded for a Knowledge Exchange Scholarship Scheme PhD: Helping Older People to manage their Environment to decrease Loneliness and Increase Fitness and Enjoyment in collaboration with Derwen Housing Association
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 2015-17) 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. We also have developed close links with the charity BRACE-Alzheimer’s Research and last year, in conjunction with them, hosted a public/NHS/University research conference. Our older adult research volunteer group continues to thrive and we recently held a highly successful coffee and research feedback and information morning for our volunteers.

Delayed Discharge and Dementia – information needs

Collaborative research development activity is under way with colleagues from the Centre for Innovative Ageing, Swansea University and Abertawe Bro Morgannwg University Health Board to look at the information needs of people with dementia and their family carers during and after a hospital stay.

Dementia Action Plan for Wales

The Dementia Action Plan for Wales is an innovative action plan to progress commitments relating to dementia in taking Wales forward and the actions required to make a real change.

A main theme within the plan is to enable people living with dementia to maintain their independence and remain at home where possible, avoiding unnecessary admission to hospital or residential care and delays when someone is due to be discharged from care.

CADR associate director Dr. Gill Windle was part of the advisory group for the Dementia Action Plan for Wales, launched on 14th February 2018. “I’m very pleased to see the ‘dementia statements’ are at the heart of this plan”, noted Dr Windle. “These statements are derived from human rights law, and will ensure that the person with dementia and their family are at the heart of the plan”.

Dementia Action Plan for Wales 2018-2022
2017-18 in Figures

This infographic highlights some of the key benefits and outputs across our work packages during 2017-18.

£8m RESEARCH GRANT INCOME

13,273 PUBLIC ENGAGEMENT OR INVOLVEMENT OPPORTUNITIES

21 JOBS CREATED

593 SAMPLES FROM PEOPLE WITH EARLY ONSET DEMENTIA

100 SCIENTIFIC PUBLICATIONS

1,200 UNIQUE WEBSITE VISITORS PER MONTH

97,550 TWITTER IMPRESSIONS
Ensuring Long-term Impact

To ensure the long-term impact of our work, CADR researchers will continue to engage with stakeholders over the life cycle of their research: identifying the need for research and formulating research questions, co-producing new knowledge, appraising and communicating research findings, evidencing the uptake and benefits to society, and evaluating outcomes. Our Communication, Publicity and Knowledge Transfer Group and our Public Involvement and Engagement Group are central to facilitating and maintaining our strong relationships with stakeholders and will lead to the translation of our research into practice or application.

Anticipating Influence

CADR will continue to deliver a broad range of benefits, from individual health and wellbeing, through to improved policy, service configuration and delivery, population health outcomes and economic indicators. The main types of impact flowing from our research that are anticipated in 2018-2019 include: improved UK and international standards of care in social care practice and care homes; more effective and efficient arts practice, social care and health service provision; the development of age friendly and dementia supportive communities in Wales; commercialisation of potential drug or psychosocial therapies for people with dementia; enhanced patient and public awareness of, and involvement/engagement with our research; and knowledge transfer within and beyond the gerontological research community. Case studies of our research that has potential for powerful and far-reaching impact are provided below.

OPERAT

Older People’s External Residential Assessment Tool

Research from the NISCHR-funded study Older People’s External Residential Assessment Tool (OPERAT) has resulted in a toolkit which can be used to assess the local environment for its age and dementia friendliness. The tool is being used in CAFÉ Swansea (Manselton and Sandfields, Swansea) and by Massey University and Grey Power in New Zealand. We have developed an interactive website where anyone can rate their local postcode area for age friendliness and upload the information to the global map. OPERAT assessments can be used by planners and Local Authorities to identify ‘hot spots’ for improvement in relation to age friendly communities.

www.operat.co.uk
Supported Living Environments

CADR has been commissioned by a care provider to develop an ideal model of care and care pathways for people living with dementia. CADR presented the organisation with a variety of ranked options for care delivery. The organisation is presently selecting the most appropriate options for implementation.

Following implementation, CADR will evaluate the impact of the new mode of working on staff, clients of the care provider (living with dementia), family and carers. We anticipate that we will see more positive outcomes as a result of adopting evidence-based service delivery.

Housing and policy research in France

Since 2009 Sarah Hillcoat-Nallétamby has been developing comparative research with France about housing adaptations and their role in helping to promote independence at home. Findings from a CADR research report have contributed to a national policy strategy and legislation in France focusing on the need to ensure older people have access to more information and advice about their housing and care options; on the ground, local authorities have begun to create “information hubs” including online and in-person services which ensure older people and their families can have easy access to information and advice about housing-related needs.

Challenging public perceptions of dementia

Capitalising on our arts and dementia research, we will work in partnership with Engage Cymru to deliver training derived from our research. Artists and cultural venues in Wales who want to provide a stimulating and quality experience for people living with dementia and their carers will benefit. The knowledge gained from the research will innovate services and improve the quality of life and wellbeing of the recipients, as evidenced in our study.

Understanding the role of genetic risk and environmental factors in dementia

The pioneering work of CADR found that Alzheimer’s disease has a polygenic component which has predictive utility. In collaboration with Cytox Ltd we have received Innovate UK funding to investigate the utility of this model for cohort selection for clinical trials. Using cross work package expertise, we will use this model to explore gene x environment interactions in the CFAS Wales cohort, with the aim of including environmental risk factors into the prediction model, as well as initiating environmental interventions for at risk groups. We will extend this work into the CADR-collected dementia with Lewy body (DLB) cohort, which will be recruited via our extensive and already developed 80+ clinical research network sites. Biological samples from the CADR early-onset AD and DLB cohorts are banked meaning that they can be utilised for further research. This will include understanding the impact of genetic risk factors on disease biology via stem cell models in the UK DRI at Cardiff.
Conclusions and Future Priorities

CADR has had a very productive year: we have secured grant income in the region of £8 million, and produced 100 peer reviewed articles in some of the best scientific journals in our various disciplines. We have organised 13,273 opportunities for public engagement or involvement, had on average 1,200 unique visitors to our website every month, and made 97,550 Twitter impressions over the year. In 2018-19 we will be making some changes to CADR to ensure sustainability and to encourage the career development of new leaders in ageing research.

Succession planning for CADR executive board

Dr Gill Windle, who has been mentored by Professor Woods, has joined the CADR executive team. Similarly, Professor Julie Williams has mentored Dr Rebecca Sims who will also assume a position on the executive board in 2018.

Changes to our work

Anticipated changes to the work packages in 2018-19 reflect our research strengths, achievements, and the changing policy horizon. We will continue to increase grant capture, by providing a platform for internationally competitive multidisciplinary research, building critical mass and supporting PhD students, early career researchers and Research Fellows.

CADR priorities address issues raised by stakeholders, particularly older people, people living with dementia and their carers. We will retain our strategic objectives, but will rebalance these to consolidate the research capacity built during our first three years.

Associate Professor Martin Hyde will co-lead on a new work theme, Work, Retirement and Discrimination. This links to Ageing Well in Wales’ commitment to improving labour market outcomes for older workers. It also links to the UK government’s ‘Fuller Working Lives’ agenda. Dr Christine Dobbs will work with Martin to build upon the global drive, spearheaded by the WHO to combat ageism, discrimination and prejudice.

In 2018, Dr Catrin Hedd Jones will lead a work theme that will build on our successful dementia network in North Wales and extend its reach across the rest of Wales, providing new opportunities for research engagement and collaboration. The network enables researchers, service providers, people living with dementia and their carers to come together to discuss ‘what matters’ at workshops and conferences, sharing experiences and learning about research and services in their areas.
Resources

CADR website http://www.cadr.cymru/en/
OPERAT website http://www.OPERAT.co.uk
Dementia & Imagination website http://dementiaandimagination.org.uk/
ENRICH Cymru http://www.swansea.ac.uk/enrich-cymru/
Twitter @CADRprogramme
Facebook https://www.facebook.com/CadrProgramme
Loneliness animation https://www.youtube.com/watch?v=eQAQiuioHlg

Dementia and Imagination: Research informed approached to arts programmes

Comparaison franco-britannique des adaptations de l’habitat et du logement

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

Contact us

Email CADR@swansea.ac.uk
Telephone (01792) 295099
Address of Central Admin Team Room 10, Haldane Building
Swansea University
Singleton Park
Swansea
SA2 8PP
Demographic change
Diversity of an older population
Opportunities of ageing
Policy and practice priorities