



2019-20 Annual Report



Contents

Foreword.....	1
Introduction	4
Annual Report Summary	5
Meet the Team 2019-2020	7
Work Packages.....	9
Environments of Ageing: Age-friendly and Liveable Communities.....	9
Loneliness, Isolation and Resilience	10
Social Care Aspects of Ageing: Transforming Care Homes and Care at Home in Wales.....	11
Creative Approaches for Older Age and Dementia Care	12
Understanding the Genetics of Alzheimer's Disease in Social Contexts.....	13
Further Understanding the Genetics of Dementia with Lewy Bodies.....	14
Dementia Supportive Communities	15
Work, Retirement and Discrimination	16
Key Achievements: Public Engagement and Involvement	17
Key Achievements: Engagement with Social Care Professionals	20
Key Achievements: Commercial Engagement	21
Key Achievements: Enhancing Collaboration: NHS and Policy Makers.....	23
2019-20 in Figures	25
Ensuring Long-term Impact	26
Looking Forward	27
CADR Partners.....	28
Feature Links.....	29
Resources.....	31
Contact Us.....	31

FOREWORD

The Centre for Ageing and Dementia Research (CADR) provides the infrastructure for interdisciplinary evidence-based research into matters that affect ageing, older people and especially those living with dementia. The research being undertaken includes the study of biological, psychological, environmental and social factors, which can all affect how people age. This CADR Hub provides the ideal setting for collaborative studies between disciplines, for researchers to work together, to gain evidence from older people about their everyday experiences and facilitates the sharing of knowledge gained from research. The outcomes of this research, across these varied but related fields, can be used to help shape official social and health policies and ultimately result in meaningful applications for the older population.

This report will describe our research work, which is internationally competitive and multi-disciplinary and has been rewarded with increasing grant capture. This has allowed us to create a significant research group with opportunities for developing PhD students and early career researchers

CADR work has as a core ethos the view that older people are an asset to society and their community. Being very aware that older people are often portrayed negatively and regarded as a burden and drain on resources, CADR work seeks to redress this misconception. Central to the work of CADR is that older people are a highly valued asset. In our work on the environments of ageing we highlight the integral part people play in creating a strong community and the support they give to their neighbourhoods and how that strengthens society at a local level.

CADR work is also focussed on making a difference to our lives as we age. Our priority is to work across the traditional discipline boundaries, bringing together theory and expertise from a wide range of academic and practice areas, to better inform policy-makers and practitioners. CADR consults regularly with many communities of older people, and has an Involvement and Engagement Group which draws on the experiences of older people.

CADR has prioritised research that addresses issues raised by stakeholders, particularly older people, and individuals living with dementia in a variety of contexts

An example of our work across disciplines and sectors is in the new Awen Institute, the Institute of Creative Ageing Industries funded and run alongside CADR. This new institute will bring together those working in the creative industry sector (technology, gaming, broadcasting, media, artists, museums) with those working in ageing and with older people, liaising in order to develop products and services that are better suited to the needs of an ageing population.

CADR is familiar with the stark realities of a fragile and misunderstood care home sector. We work to improve the lives of residents and upskill members of the social care and nursing staff working with an ageing community, by linking with programmes such as ENRICH. We realise that a lot of amazing work is happening within ageing communities, which can pass unnoticed or be taken for granted, and we want to celebrate this important contribution, from both paid supporters and from volunteers.

When we took over as Co-Directors of CADR in September 2019 we did not know what the world had in store for us! The current COVID-19 situation has exposed how important research programmes such as CADR are in highlighting and supporting the needs and issues associated with an ageing society.

Just a few brief paragraphs to introduce ourselves: Dr Charles Musselwhite is an environmental gerontologist interested in transport and mobility as we age. He has worked with transport providers, including Great Western Railway and Transport for Greater Manchester, to make public transport more age-friendly; looked at road safety with Mercedes Benz, and have lobbied for increased time for pedestrians to cross the road.

Professor Andrea Tales brings to CADR a different aspect of interdisciplinary ageing research, namely the relationship between the integrity of the brain and how we are able to see, interpret and respond to our surroundings. For example, increasing our knowledge about how our attention and visual system change as we age, and with various age-related conditions, can help us to understand why some people may be more prone to falls. Attention is very important for walking. Usually we can happily talk as we are walking along with someone because we are fully able to split our attention and do several things at once. If this ability is reduced in some way, for example by cognitive changes or disease, then talking uses up the attention we need for walking and it's more likely that falls can occur.

We now live in a more uncertain world, but continued CADR funding for the next five years mean that we can ensure that the voices of older people are heard as we rebuild society and develop new ways of living in response to COVID-19.

We will continue to place Wales as a global leader on gerontological and ageing research and our links with policy and practice ensure continued transformational impact locally, nationally and internationally.

Our ability to attract high levels of funding has mirrored our increasing ambition. Some of the new large initiatives that CADR has contributed to, or led (e.g. Rare Dementias and Support, the Active Building Centre, the Institute of Creative Ageing, Sustainable Care), further improve our research competitiveness and prominence. Our central role in the Institute of Creative Ageing Industries will further 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 continue to 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.



Professor Andrea Tales and Dr Charles Musselwhite, Co-Directors of CADR.

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 stances 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 psycho-social 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 working 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 (2019-2020), are described fully in this Annual Report, and are summarised below.

Environments of ageing: Age-friendly and liveable communities

This theme addresses age-friendly and dementia supportive environments. This year we have:

- Produced an animation to disseminate research findings on the Moving home services
- Secured £10,000 funding to understand experiences of older adults using technology
- Provided evidence to House of Lords' Science and Technology Committee

Loneliness, isolation and resilience

This theme addresses loneliness, isolation, resilience and social exclusion. This year we have:

- Been invited as Keynote Speaker at the 28th Annual John K Friesen Conference
- Hosted the final ROSEnet Early Career Research training school
- Delivered training to the Office of Older People's Commissioner for Wales (p24)
- Collaborated with South Wales Police, who are now using the 'Coping with loneliness' pocket size booklet

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:

- Collaboratively undertaken a scoping review describing the evidence base for short breaks for carers for older people, including those living with dementia
- Obtained £35,000 funding from Welsh Government to identify and explore how current escalating concerns regarding home closures guidance is used and enacted in Wales
- Held Annual ENRICH Cymru Conference (p18)
- Been awarded £60,000 for a three year programme on Co-creating, Commissioning and delivering Meaningful Short Breaks

Creative approaches for older age and 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:

- Had our research cited as a research exemplar in an Arts Council Wales report
- Hosted 1st Wales Art Health and Care Research Alliance Networking Event
- Successfully attracted £3.85m funding for a new Institute, The Institute of Creative Ageing Industries (p27)

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:

- Generated data for the Cognitive Function and Ageing Study (CFAS) Wales looking at millions of genetic variants for Alzheimer's risk
- Presented a paper at the American Society of Human Genetics

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:

- Collaborated with NHS Trusts/Health Boards across Wales and England to recruit participants living with DLB
- Secured £10,000 funding to undertake genetic analysis of a DLB cohort

Dementia supportive communities

This theme develops research that puts people living with dementia and their supporters 'In the driving seat'. This year we have:

- Hosted a national event showcasing latest research findings and best practice on intergenerational programmes
- Increased the North Wales Dementia Network to 441 members
- Created a bilingual film '*In it together*' about the experiences of those living with a dementia
- Collaborated with the National Museum of Wales to pilot monthly seminars to build links in the community and opportunities for people living with dementia to engage in activities (p26)

Work, retirement and discrimination

This 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:

- Hosted a half-day Conference entitled 'Older workers in Great Britain – perspective from the four devolved nations' which was sponsored by Julie Morgan, MS
- Become a member on the British Standards Industry Committee on Ageing Societies
- Published 'Navigating Later Life Transitions: An evaluation of emotional and psychological interventions' (p26)

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 £5.8million, and produced 53 peer-reviewed articles, some of which are published in scientific journals with the highest impact in our various disciplines. We have organised 1,160 opportunities for public involvement in and engagement with our research. We had 3,462 new website users with 16,671 page views, and made 152,120 Twitter impressions over the year with a net gain of 317 followers.

MEET THE TEAM 2019-2020

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



Swansea
University
Prifysgol
Abertawe



CADR Executive Board

Director (2016 -2019)
Professor Vanessa
Burholt



Director(s) (2019 –present)
Professor Andrea
Tales



Dr Charles
Musselwhite



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



Dr Elizabeth Evans

Ms Maria Cheshire-Allen



Anna Story



Ms Johanna Davies

Dr Amy Murray



Ms Rachel Marshall



Dr Mark Redmond

Dr Carol Maddock



Mr Alun Meggy

CADR Theme Leads

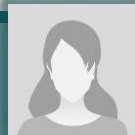
Environments of Ageing
Associate Professor
Charles Musselwhite
Professor Norah Keating



Loneliness, isolation and
resilience
Professor Vanessa Burholt
Professor Gill Windle



Transforming Care Homes
and care at home
Dr Diane Seddon
Ms Stephanie Green



Creative Approaches for Older
age and dementia care
Professor Gill Windle
Dr Kat Algar-Skaife



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 and 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



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.

Our work is organized into eight main themes called work packages. Here we describe some of our key achievements in each research theme

Moving Home - news on innovative service developments in Wales. [Should I stay or should I go?](#)



We have begun disseminating findings to the public about our research on moving home services - see our cartoon about older people's experiences of moving home with support from a new "Moving On" service which was piloted in North Wales (<http://www.cadr.cymru/en/cadr-resources.htm>)

This video was created as part of a research project by Dr Sarah Hillcoat-Nalletamby and Dr Alexandra Sardani which looked at a service from Care and Repair Cymru that helped older people decide whether or not to move home.

Understanding the experiences of older adults using technology to stay together: A facilitator or creator of new vulnerabilities?

Dr Deborah Morgan was co-investigator on this BA/Leverhulme Small Grant (£10,000) educational not-for-profit project, carried out by the research team at Northumbria and Swansea Universities. The project has produced two blogs, and two papers that are currently under review. Also, a podcast of the findings has been produced. (p29)



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 (p21)
- Awarded £10,000 from Healthy & Active Fund – improving wellbeing of older people through walking; supporting the Cyfeillion Cerdded Cymru Project.
- Provided evidence to House of Lords' Science and Technology Committee on 'Ageing: Science Technology and Healthy Living' – (p29)
- Achieved one completed PhD – Exploring the impact of driving cessation in later life

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 been busy enhancing the impact of our research. We have published five academic papers, organised regional events for members of the public and presented our research at international conferences.

International network collaboration is a core activity of this work package. This year, CADR Associate Director Gill Windle was invited to give a keynote address at the 28th Annual John K Friesen Conference 'Understanding and Fostering Resilience in Older Adults'. This is organised annually by the Simon Fraser University Gerontology Research Centre in Vancouver, British Columbia, Canada for members of the public, researchers and service providers.



Professor Windle's talk critically explored some of the pros and cons of the notion of resilience in later life, one of her areas of expertise. This is to be published later this year by Springer Publishers in a book entitled 'Resilience and Ageing: Emerging Science and Future Possibilities'.

From left to right: Prof. Deborah Carr, Boston University; Prof Janine Wiles, University of Auckland; Prof Gill Windle, Bangor University; Prof Andrew Wister, GRC Director, Simon Fraser University; Dr. Theodore D. Cosco, Simon Frazer University. Photo taken following the 2019 Friesen Conference.

Social exclusion of older people

We hosted the final ROSEnet Early Career Researcher training school at Swansea University in June 2019. Sixteen delegates comprising a mix of PhD students and post-doctoral researchers from 11 different countries attended. Entitled 'Policy Challenges in Life Courses of Social Exclusion', the event aimed to support delegates to explore links between theory and research in social exclusion and consider the policies and practices that could reduce social exclusion without their own countries and settings. The event received overwhelmingly positive feedback and delegates were joined by an international panel of experts and mentors in social policy and practice including the Older People's Commissioner for Wales.



KEY ACHIEVEMENTS:

- Collaborated with South Wales Police – who are now using the 'Coping with loneliness' pocket-sized booklet
- Delivered training to staff at Older People's Commissioner for Wales Office (p24)
- Supported the Campaign to End Loneliness in an advisory capacity for Campaign publication

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 (#SCIL) and the Enabling Research in Care Homes (ENRICH) initiative in Wales (see p18).



Meaningful short breaks for carers and people with complex case and support needs

Diane Seddon is a member of the UK Research and Practice Development Group taking forward work on meaningful short breaks. A Scoping Review funded by Shared Care Scotland was published that describes the evidence base for short breaks for carers for older people, including those living with dementia. In future, dissemination events will help to inform the new Carers Plan for Wales being developed by the Welsh Government.

Escalating Concerns around Care Home Closures

Dr Deborah Morgan has been commissioned £35,000 by Welsh Government (Partnerships and Integration division) to identify and explore how current escalating concerns regarding care home closure guidance are used and enacted within Wales. This builds upon previously commissioned work by Professor Vanessa Burholt in 2011

'The Closures of Care Homes for Older People in Wales: Prevalence, Process and Impact'.



KEY ACHIEVEMENTS:

- Book chapter coming soon; 'Revisiting Loneliness Individual and country-level changes' which examines the impact of micro- and macro-level drivers of loneliness and loneliness change in 11 European countries(p29)
- Seddon D. and Prendergast, L. (2019) Short Breaks for Carers: A Scoping Review. Published by Shared Care Scotland (p29)
- #SCIL to be showcased in a forthcoming book Social Policy for Social Welfare Practice in Wales
- New collaborative research 'Night Owls: Exploring Unscheduled Care at Night' was funded. Project partner Ynys Mon Local Authority. £15,000
- In Spring 2019, a new three-year project began, 'Co-creating, Commissioning and Delivering Meaningful Short Breaks' funded by the Wales School for Social Care Research. £60,000
- Obtained funding for a KESS (Knowledge Economy Skills Scholarships) 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 engage creatively with the public and stakeholders. We work with health and social care providers to implement our creative interventions, supporting the development of practice innovation. This year we have been working on enhancing the impact of our research. We have published three new journal articles and presented at national conferences and regional events.

The arts in health and social care



Our expertise in arts and dementia research led to invitations to contribute to the Welsh Government Cross Party Group (CPG) for Arts and Health meeting (02/02/2020, Windle & Algar-Skaife). This led from our research - *Dementia and Imagination: Arts and Humanities Research Council, £1.2m & Independent evaluation of cARTrefu: A national arts in care homes participatory and mentoring programme. Age Cymru, £24,874* - featuring as case studies and being cited as a research exemplar in an Arts Council Wales Report informing how the arts are

benefiting health in Wales, for a public-facing campaign on arts and health. Summaries of these studies were presented to the CPG and circulated by the NHS Confederation in Wales to all Welsh MSs (Members of the Senedd). (04/02/2020).

This led to plenary questions to the Minister for Health and Social Services (12/02/2020 Health and Social Services Questions) querying how the Welsh Government is supporting the use of arts to improve health and well-being in social care settings.

How does Creative Conversations help carers?

One carer was very busy caring for her mother, taking her on outings and spending a lot of time with her. She also has a family and so time for herself is very limited. She noted that attending the Creative Conversations programme re-awakened her love for creativity, and that she has made the time and space to pursue her own creative hobbies, leading to a positive effect on her own well-being, and in turn, in her role as carer.

'Creative Conversations' was a research partnership between Bangor University, Dementia Positive, and Flintshire County Council Social Services. Funded by Health and Care Research Wales, it explored how arts-based education sessions can enhance the skills of the dementia care workforce. Building on the success of the research, Flintshire County Council Social Services secured £5,750 funding from the Integrated Care Fund (ICF) to continue to deliver Creative Conversations, this time targeting family carers of people living with dementia. To date, 81 care staff and 62 family carers have benefited from the programme.

KEY ACHIEVEMENTS:

- Secured Master by Research(Mres) project funding – Arts in Care Settings: Embedding the cARTrefu Approach in the Social Care Sector
 - Hosted first Wales Arts Health and Care Research Alliance Networking Event - Cardiff
 - Successful in attracting £3.85m worth of funding via Wales European Funding Office (WEFO) for a new research institute, The Institute of Creative Ageing Industries (ICAI).
- (p27)

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.

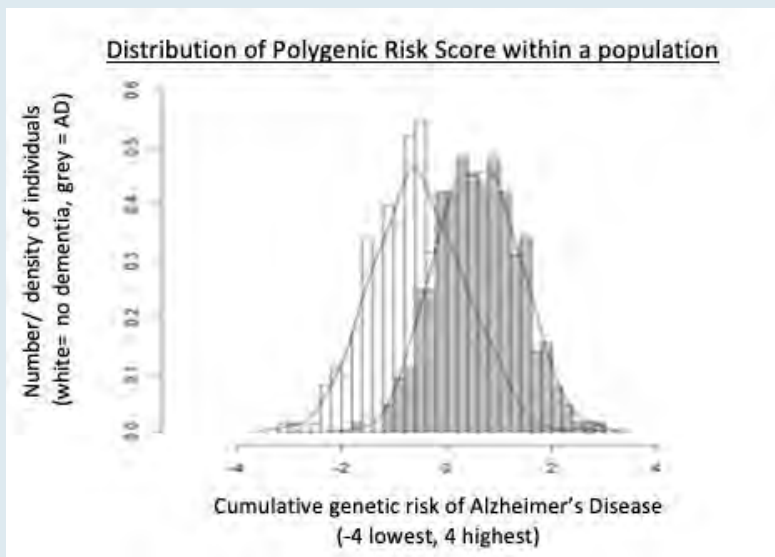
Disease Prediction

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 research tool and has diagnostic utility. We have been working with the UK Dementia Research Institute to develop human cell models of disease, and with our commercial partner Cytox Ltd, who intends to adopt the developed model for disease diagnosis.

The graph shows the ability of PRS model to distinguish individuals living with Alzheimer's disease (grey bars) and those who are disease free (white bars).

The graph shows that the performance of our mathematical model of Alzheimer's genetic risk is most accurate within those at lowest and highest genetic risk of disease. Cardiff University is now working with commercial partner Cytox Ltd. to utilise the PRS in cohort selection for pharma and clinical trials.



New Resources

We are now generating data for the Cognitive Function and Ageing 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 and analyses the CFAS Wales cohort for Alzheimer's risk.
- Refined risk prediction scores integrating epidemiological information into the genetic model.
- Presented a poster at American Society of Human Genetics



Further Understanding the Genetics of Dementia with Lewy Bodies (DLB)

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, yet 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.



Resource Development

We have been working in close collaboration with NHS Trusts/Health Boards across Wales, England and Scotland and have collected comprehensive data for 328 individuals with Dementia with Lewy Bodies (DLB). These include clinical aspects of disease as well as samples for genetic and biological research.



Current work

We have successfully secured funding to undertake genetic analysis of half of the DLB cohort. We aim to identify the genetic causes of DLB and the underlying biology dysfunctional in disease.

KEY ACHIEVEMENTS:

- Successful recruitment of DLB participants across Wales, England and Scotland
- Securing funding for genome-wide analysis of half of the DLB resource

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.

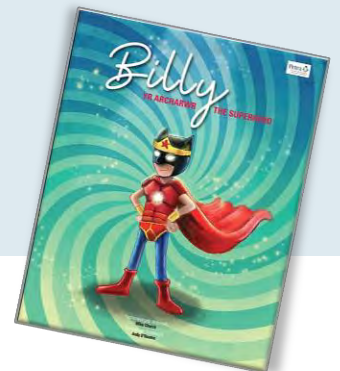
Connecting Generations



An Intergenerational conference was held in Bangor (11/4/19) with 113 delegates attending. This event was an exciting opportunity to learn about the latest research findings and best practice in intergenerational programmes. Guest speakers included Heléna Herklots (Older People's Commissioner for Wales), Stephen Burke (United for All Ages), Tanya Strange (Ffrind i Mi), and a panel of practitioners and also a choice of workshops including the outcomes of the Care Share research by Bangor University researchers following the *Hen Blant Bach* series (S4C) and *The Toddlers that Took on Dementia* (BBC Wales).

The event included examples from practice in the housing sector, local authorities, education and the Health Board. Delegates benefited from an interactive morning where they learned how to bring older adults and the younger generations together for mutual gain. The event was a partnership between CADR, Grŵp Cynefin and Gwynedd Council.

Each delegate also received a free book, *Billy the Superhero*, published following the work of Ffrind i Mi children.



Created Film; '*In It Together*'/ '*Gyda'r Gilydd*'

Anna Story, CADR researcher, created this bilingual film with five dementia groups from the Dementia Engagement and Empowerment Project (DEEP) network spanning across North and Mid Wales. The film (p30) amplifies the voices of its members and has been shared at three events: Llandrindod Wells, Llanberis and Newtown. The English version was premiered at the Powys Dementia Network meeting entitled '*Living Well with Dementia – Listening to those living with dementia*' (17/07/19) at the Newtown Football Club.

KEY ACHIEVEMENTS:

- An evaluation of post-diagnosis dementia support in North Wales has been accepted at the Alzheimer's Disease International conference in Singapore 2020
- North Wales Dementia Network now has 441 members, 801 twitter followers and 73 Facebook members
- Bangor University was awarded the accreditation of Working towards becoming a Dementia Friendly University May 2019. (p30)
- Contributed to an 18 minute broadcast discussion on Radio Cymru (07/08/19) discussing how to become Dementia Friendly.



Work, Retirement and Discrimination

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

Older Workers in Great Britain: Perspectives from the devolved nations.

The workforce of Great Britain is ageing. By 2030 more than a third of all workers will be aged 50 and over. In response, the UK government has enacted a number of policies to encourage people to remain in work for longer; however, there are concerns that policies made in Westminster do not take into account the challenges faced by the devolved nations. The level and the rate of workforce ageing differ across the four nations of Great

Britain; moreover, each of the constituent countries of Great Britain faces specific challenges as a result of their industrial histories and unique geographies. A one-size-fits-all policy to meet the challenges and realize the opportunities of workforce ageing is unlikely to be successful, and therefore a better idea of the particular challenges faced by older workers, employers and policy makers in each of the devolved nations is needed.



In light of this and on the back of the roadshows that CADR organized across Wales in 2018, we set up a half day conference (15/10/19). This event brought together leading

researchers on older workers from Wales (Dr Martin Hyde, Swansea University), Scotland (Dr Valerie Egdell, Associate Professor of Work and Employment, Northumbria University, Newcastle) and Northern Ireland (Eamon Clarke, Business in the Community (BITC)) to share the experiences and responses to workforce ageing in each of their countries. The event was sponsored by Julie Morgan, MS with the welcoming address from the Older People's Commissioner, Heléna Herklots CBE, concluding with the Welsh Government's Introduction to the 'No Best Before Date' campaign. Over 30 people attended the event.

"Useful to hear experiences from the devolved nations. Very interesting speakers and informative presentations"

Feedback was highly positive with a request to re-run a similar event next year.

KEY ACHIEVEMENTS:

- Invited to join the British Standards Industry Committee on Ageing Societies
- Invited to join the International Standards Office Technical Committee on the Ageing Workforce
- Interviewed for the Booming Encore Podcast on [Planning your Transition to Retirement](#) 22 Feb 2020 (p30)
- Interviewed for [Age Speaks](#) for East London Radio 20 Feb 2020 (p30)
- Interviewed in The Times article [Can retirement lead to an early death? Why quitting work could kill us](#) 25 July 2019(p30)

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

Due to CADR's involvement in testing the National Standards, we have since been able to identify areas in our processes and procedures that needed changing or fine-tuning in order to develop and deliver better public involvement in practice. We are committed to ensuring that the standards are and remain embedded throughout our Centre ethos. We aim to identify and address potential barriers to involvement in ageing and dementia research, particularly for those groups frequently excluded such as those ageing with a disability and older people in disadvantaged and remote areas. Successful adaptations so far have included using RNIB (Royal National Institute for the Blind) guidance to meet the Accessible Information Standard for printed materials and audio-visual resources. We have also invested in a portable hearing loop that is available for use in meetings and conferences, rather than relying on venues that are often ill equipped for people with hearing loss.

Another barrier to communication and working together in research is stereotypes in ageing and dementia, which can be harmful. Our team were tired of using stock images in our communication and materials such as the 'caring hands' or other images that may portray older people as frail or dependent! To redress this we asked our network and beyond to send in photographs representing different aspects of ageing (for a photo competition called 'Framing Age').

A selection of these was made into a CADR Calendar and widely distributed. Following the success of this, we are repeating this initiative for 2020.



CADR and SUNRISE 'Community Involvement and Engagement Group'

SUNRISE is a Swansea-led consortium of universities and industry that supports research,



addressing challenges in low- to middle-income countries. It aims to develop and implement technology to create solar-powered buildings in rural villages in India to meet community needs and to develop a research partnership to achieve an enduring alliance and knowledge transfer between the UK and India. Dr Carol Maddock, a researcher for CADR, recently visited India where her work on public engagement and involvement underpinned the social nature of what is largely an engineering and construction based project. She successfully highlighted the importance of getting public and community acceptance and understanding of the engineering solutions being proposed.

Monthly seminar series

CADR provides a free monthly seminar programme where we highlight our current research topics. 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 the Alcohol in the lives of older adults: Understanding and intervening across the UK.

The 21st century has become the century of the older drinker and we are not prepared for the consequences of this trend. Alcohol is the drug of choice for a wealthy population of baby boomers who are now drinking at levels never seen in previous generations of retirees. Ageing increases the risks of any alcohol use and makes older adults a key at-risk population of drinkers. This event included a morning of presentations from experts across disciplines, including emerging researchers in ageing.

Dr Andy Towers (an international expert from New Zealand) described a newly funded pilot approach to identifying and managing older drinkers in primary health care. We also had presentations from other leading experts including Drs. Sarah Wadd (University of Bedfordshire), Tony Rao (Consultant Psychiatrist), Claire McEvoy (Queen's University Belfast), and Julie Breslin (Drink Wise Age Well). A round-table discussion followed with the aim of identifying the most critical gaps in our knowledge **base on older adults' risky drinking**. The seminar brought together over 37 attendees from a wide range of backgrounds, including the public, academics, NHS staff and third sector organisations.



ENRICH and Social Care Innovation Labs (#SCIL)

The first annual ENRICH conference was held in Autumn 2019. Sixty-five delegates attended the event at Bangor University, including care home managers, care home staff, social care practitioners and members of the public with an interest in taking forward research in care home settings.

Following the keynote speech that focussed on the value of co-producing research and the innovative ways this can be achieved, Social Care Innovation Labs (#SCIL) were organised around four key research priorities:

- Person-centred care,
- Workforce development,
- Care environment and,
- Activities.



O'r hafod i'r hendre: The ups and downs of rural ageing

CADR's Annual Conference was held in Aberystwyth Arts Centre on 1st October 2019, coinciding with the UN International Day of Older Persons (the day is an opportunity to highlight the important contributions that older people make to society and to raise awareness of the opportunities and challenges of ageing in today's world). The conference brought together leading academic scientists, researchers, practitioners, policy makers and the public to exchange and share experiences of challenges and solutions to growing older in rural areas. We hosted a number of interactive workshops covering Ageism and Discrimination, Recruiting people to studies, Transport and Fuel Poverty.

There were a number of speakers throughout the day including Anna Prytherch from Rural Health and Care Wales, discussing the somewhat limited health and social care resource in rural areas. CADR's Associate Director, Professor Gill Windle from Bangor University, discussed rare dementias with over 20% of people diagnosed with dementia having a rare form. Dr Carol Maddock, a Researcher at Swansea University, then introduced work that she had been doing involving the community in rural India on the SUNRISE project, looking at how solar-powered homes could be provided for residents. We had a wonderful presentation by David Johnston-Smith, an archivist at the Richard Burton Archives, showcasing archive photographs by Raissa Page from around 1978-1993. Raissa had worked as a Social Worker and many of her photographs depicted health and social care in later life. The final presentation of the conference was from Teresa Davies, member of the network in North Wales, DEEP and A Friendly Face; Anna Story, CADR Researcher and Dr Catrin Hedd Jones, Dementia Supportive Communities lead in CADR from Bangor University. They amplified the importance of research and discussed the importance of extending dementia networks throughout rural Wales, to make sure people living with dementia have their experiences heard and can input into research, training and development of services and support for the people working in the field.

"Another great Conference with a good emphasis on putting research into practice; also the information stands were excellent"

The conference closed with broadcaster Beti George, an advocate for better care for people living with dementia, summing up the day with an audience discussion and panel comprising the day's speakers and CADR work package leads.



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. Below are some more examples of our collaborative work with social care professionals and work that will have a future impact.

Enabling Research in Care Homes

The ENRICH Cymru network is developing a unique focus in Wales to support the care home community to engage and develop new research proposals which are of the highest priority for their residents and staff. In the last twelve months the network has been supporting the PERCH study (Preliminary Exploration of the Role of Paramedics in Care Homes) along with the Welsh Ambulance Service and the PRIME Centre Wales. Care home staff from the ENRICH Cymru network have been involved in the development of the PERCH study through attendance at Research Development Group meetings, contributing to study documents and attending a stakeholder workshop (October 2019). A funding application for a further PERCH 2 study is now through to the second stage of Health and Care Research Wales Research for Public Patient Benefit (£229,000) to explore the feasibility of conducting a randomised trial evaluating non-emergency care provided by paramedics in care homes.

A joint proposal with Health and Care Research Wales Support and Delivery Centre to fund an ENRICH Cymru team 2020-23 is under review with Welsh Government, to extend the reach of the network and provide support for care homes to lead the way in co-producing research in Wales.



Photo by fauxels from Pexes

Support for unpaid Carers

Our Researchers in Bangor held focus groups with carers in North Wales as part of a project with Brazilian researchers to discuss where they gain their support as unpaid carers. The films of the consultations in both Wales and Brazil are currently being subtitled for sharing with carers across continents.

New training programme to the Care Inspectorate Wales (CIW)

Dr Catrin Hedd Jones and Ian Davies-Abbott delivered a new training programme to the Care Inspectorate Wales (CIW) in Merthyr Tydfil (12-13 June 2019). The two-day programme has been adopted as an in-house training programme to be delivered to the 90 inspectors as part of the Continued Professional Development and Dementia training programme. CIW have also conducted an internal review of dementia care across Wales. Catrin and a member of the Caban group (Bangor University Dementia Educators) were invited as part of the stakeholders' group to feed back on the thematic review conducted by the Care Inspectorate Wales.

KEY ACHIEVEMENTS

Commercial Engagement

CADR has established good links and collaboration 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.



Linc Up Wales is a small-scale test and trial project, developed by a consortium of partners including Hafod Housing, Accenture, Amazon and the Life Science Hub Wales, along with third sector partners. The project (£95,000 awarded with additional funding applied for) aims to test and trial the effectiveness of technology to support individuals who are at risk of loneliness and social isolation during COVID-19 and beyond.

Active Building Centre (ABC)

The Active Building Centre wants to understand the ways in which low to zero carbon homes (Active Buildings) modify our energy behaviours and social practices. CADR is involved in determining the core social, health and well-being and economic benefits of these homes for an ageing society in order to inform future policy and design.

The project will look at:

- How older people's lives change in zero or low carbon homes
- New technologies for sustainability. How do they change the behaviour of older people?
- How do people moving in create communities (especially if sharing resources)?
- Cost-benefit analysis of zero carbon homes



Active Building Centre



An expert advisory group has been convened through CADR and data collection methods have been developed and piloted ready to start data collection.

Dr Charles Musselwhite presented the Healthy Ageing work at Housing Learning and Improvement Network (LIN) in Cardiff, 4th March 2020. The Housing Learning and Improvement Network (LIN) is a leading 'knowledge hub' on specialist housing, a network bringing together housing, health and social care professionals in England, Wales and Scotland to exemplify innovative housing solutions for an ageing population.

Dr Charles Musselwhite then presented this work at Future Build 2020 on 5th March 2020. Future Build is the premier built environment event in the UK, where businesses and organisations of all shapes and sizes can share innovations, from products to processes and solutions to improve building quality with sustainability at the heart. Around 30,000 people attended. Charles presented on the importance of low carbon homes for an ageing population, taking into account fuel poverty and healthy ageing perspectives. He also spoke in a session on behavioural change for a net zero world, chaired by Roger Harrabin, the BBC correspondent for the Environment.



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 continues to organise monthly talks and provides multidisciplinary academic, research and practical support for PhD students and early career researchers, **and supports clinicians' training in many aspects 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 have regularly called upon them for clinically related research participation. A recent example of this (pre-COVID) was their **participation in one of our studies using wearable (attached to shoes) 'state of the art' accelerometers** (designed by Swansea University School of Engineering) to examine how environmental noise, especially sudden onset, startling noise, can detrimentally affect our gait when we are walking around our environment. The evidence we gain from this study will inform clinicians of additional risk factors for older adults with respect to falls, which will in turn inform the development of falls prevention interventions and strategies, especially those related to home and care home environments.



As a result of our engagement with clinicians from Cardiff University and Llandough Hospital, we have successfully:

- Completed a large study examining brain and cognitive function in vascular dementia and vascular cognitive Impairment
- Published two papers with several more in preparation

Older Welsh Speakers living in care



In December 2019 the Welsh Language Commissioner, Aled Roberts came to visit Angharad Higgins and her supervisors Dr Charles Musselwhite and Dr Deborah Morgan at Swansea University. The meeting was to discuss Angharad's PhD research entitled 'Hiraeth: The experience of older Welsh speakers living in care'. The Welsh Language Standards state that people have the right to receive their health and social care through the medium of Welsh. Angharad's research will look at how these standards are being applied in practice and the impact of language on older Welsh speakers. The visit came about after Angharad was invited to take part in a discussion around the Welsh language on Radio Cymru.

Sex and drugs and rock n' roll (and death)

In February 2020, Dr Deborah Morgan and Dr Christine Dobbs were invited to deliver a three-hour presentation on ageing and gerontology to the staff at the Older People's Commissioner's Office. The Commissioner kindly gave them an open brief. Deb and Chris were very warmly welcomed, and everyone was keen to hear about the potential issues that could be arising as the current Baby Boomers age. The talk covered a range of issues including alcohol and substance misuse, as well as sexuality in later life. There was a high engagement (as well as a few blushes) and it was very refreshing to be sharing hopes and concerns with the OPC and her team. Everyone agreed that opportunities where research and policy influencers come together are hugely beneficial in terms of deciding where we go from here. Together we learn, with one another and from one another.

Who are older people?



What is Social Gerontology?

Gerontology
geron "old man" logia "study of"

Gerontology



- Gerontology is the study of ageing and older adults.
- It is multidisciplinary field with gerontologists coming from social science, psychology, public health, law, policy, engineering, economics, architecture ...
- The science of gerontology has evolved as longevity has improved.
- Applications of this knowledge relate to policy and practice.



Tackling loneliness and social isolation

Tackling loneliness and social isolation is a Welsh Government priority and Dr Deborah Morgan, an external board member of the Loneliness and Isolation Strategy Group, who contributed to the development of the Welsh Loneliness Strategy, supports this work. The board has recently been reconvened to address loneliness and isolation in light of COVID-19. Dr Morgan is contributing to that discussion.



2019-20 in Figures

This infographic highlights some of the key benefits and outputs across our work packages during 2019-20



£5.8m

RESEARCH
GRANT INCOME

1423



PUBLIC INVOLVEMENT &
ENGAGEMENT OPPORTUNITIES

13.8

JOBS
CREATED

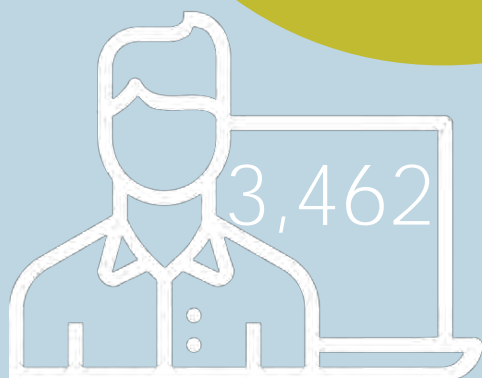


673

SAMPLES FROM
PEOPLE WITH
DEMENTIA

53

SCIENTIFIC
PUBLICATIONS



3,462

NEW WEBSITE
USERS

152,120

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 2020-2021, we anticipate that CADR research will impact on responding to national and global priority areas for unmet needs by improving opportunities to live a long and healthy life. We will address health and social care systems (including long-term care), creating age-friendly environments, helping to diminish the impact of dementia and continue to enhance patient and public awareness for involvement and engagement with our research. Two examples of our impact are outlined below:

Navigating Later Life Transitions: An evaluation of emotional and psychological interventions

This was the first of two evaluated programs in England and Ireland to support older workers as they approach major life transitions in later life. Associate Professor Martin Hyde, Work, Retirement and Discrimination Lead for CADR and Prof Gill Windle, Associate Director of CADR along with colleagues at Swansea University and Newcastle University conducted the evaluation using both questionnaires and interviews with participants on the courses. The Centre for Ageing Better has since used the evidence that CADR generated through this project in a number of ways. They have written a blog on the findings and published on their website as well as informing colleagues, especially those working on the work and health programmes, of the benefits of health and wellbeing in (and out of) the workplace. A publication about the findings has recently been published. (p30). The Calouste Gulbenkian Foundation and the Centre for Ageing Better will be hosting a dinner at the end of January (2021) for (it is hoped) a selection of major stakeholders from various pensions, investments and financial organisations, the Money and Pensions Service (and hopefully Guy Opperman, Pensions Minister) which CADR will support. The idea is to highlight the importance of psychological and emotional support as part of mid-life planning/MOT.



Embed language and rurality issues (cultural) within dementia supportive communities

The Welsh medium CD, part funded by CADR (p24), was launched by Eluned Morgan MS (19/7/19). This was featured in the Newyddion 9 news, [in online press](#) (p30) articles and Dr Catrin Hedd Jones was interviewed on three radio programmes (18 & 19/7/19). Merched y Wawr members aim to raise the profile of providing person-centred music in the residents' language, and

will distribute the 1,000 CDs to care homes personally. A celebration event at the National Eisteddfod also attracted a great deal of interest and support (3-9/8/19) (p30). Catrin presented at five open events on the National Eisteddfod in Llanrwst. The Eisteddfod attracts some 160,000 people annually and the events were based on dementia and intergenerational research with experts by experience also co-presenting and sharing their story whilst raising awareness amongst the Welsh speaking attendees.

LOOKING FORWARD

CADR has had a very productive year: we have secured grant income worth £5.8 million and produced 53 articles in peer-reviewed scientific journals. We created 1,423 opportunities for public involvement and engagement in aspects of CADR research. We welcomed 3,462 new website users, with 16,671 web page views, and made 152,120 Twitter impressions over the year with a net gain of 317 followers. In 2020-2021, some exciting new developments will impact on our future research, ensuring that Wales remains at the forefront of ageing and dementia research.

'Looking after each other'

We have been working with the National Museum of Wales to develop a programme of monthly workshops funded by the Gwynedd Council Communities arts 'Looking after each other'. Staff at the Museum have received Dementia Friends awareness sessions. The first workshop themed on Christmas (12/12/19) was well attended with members from the local Dementia Go group, and one activity was led by a couple living with dementia. This pilot will build links in the community and opportunities for people living with dementia to engage in activities.



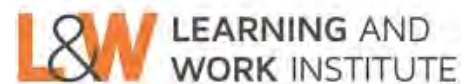
Image by rawpixel.com

The Institute of Creative Ageing Industries – the AWEN Institute

CADR was successful in attracting £3.85m worth of funding via WEFO for a new research institute, The Institute of Creative Ageing Industries (ICAI). A state-of-the art infrastructure comprising a 'daily living facility' (a mock-up of a home environment), 'café lab' break out space and a location-based virtual reality facility will be developed at Swansea University. The facility will be used to co-produce, test and develop products, services and technologies for an ageing population in relation to health and wellbeing, place and work. The ICAI facility, along with citizen co-creation, will place older people at the centre of innovation, identifying needs and testing prototype products, experiences, environments or services. An architect has drawn plans for the new facilities and the co-production workshops are being planned.



CADR PARTNERS



Research in Specialist and Elderly Care



Feature links

Page 9

Should I stay or should I go? Video link: <https://www.youtube.com/watch?v=xuVN7iArhuE>

Understanding the experiences of older adults using technology to stay together

Links: Spotify: <https://open.spotify.com/show/3YaugSTw5wTNCujhTZSTug>

iTunes: <https://podcasts.apple.com/gb/podcast/ageing-in-a-digital-world/id1506615062?i=1000470663608>

Soundcloud: <https://soundcloud.com/user-589740502/ageing-in-a-digital-world>

Evidence provided to the House of **Lords' Science and Technology Committee**

Link to the call for evidence is here:

<https://www.parliament.uk/business/committees/committees-a-z/lords-select/science-and-technology-committee/inquiries/parliament-2017/ageing-science-technology-and-healthy-living/>

Document:

<http://data.parliament.uk/writtenevidence/committeeevidence.svc/evidencedocument/science-and-technology-committee-lords/ageing-science-technology-and-healthy-living/written/104933.html>

Page 11

Book chapter coming soon: Revisiting Loneliness: Individual and country-level changes which examines the impact of micro- and macro-level drivers of loneliness and loneliness change in eleven European countries; Morgan. D, Dahlberg. L, Waldegrave. C, Mikulionienė. S, Rapolienė. G, Lamura. G, Aartsen, M,

Short Breaks for Carers: A scoping review: <https://www.sharedcarescotland.org.uk/wp-content/uploads/2019/10/05615-Shared-Care-Scotland-research-report.pdf>

Page 12

Arts Council Wales report: https://arts.wales/sites/default/files/2019-02/Arts_and_Health_Volume_1_0.pdf

Summaries of case studies: <https://www.nhsconfed.org/-/media/Confederation/Files/Wales-Confed/Briefing-for-CPG-on-Arts-and-Health-4th-February-2020-v3-PDF.pdf>

Feature links (cont.)

Page 15

Film link: **'In it Together'/'Gyda'r Gilydd':**

English version:

https://www.youtube.com/watch?v=sBtolG4R_UU&feature=youtu.be&fbclid=IwAR2nbOlqRB1WBmxxmq9z8CfP6biSddYeMNOQvDLhiKz4C49FgAbeXe3nW-Y

Welsh Version:

<https://www.youtube.com/watch?v=YClieY0m9VQ&feature=youtu.be&fbclid=IwAR1lji99CE9HsXIPg5WigQFAtELNsNfh-wc2pd-lblwEUgfRMwFXFUAY6g>

Bangor University were awarded the accreditation of Working towards becoming a Dementia Friendly University May 2019. <http://dsdc.bangor.ac.uk/dementia-friendly-university.php.en>

Page 16

Planning your Transition to Retirement interview:

<http://www.boomingencore.com/planning-transition-to-retirement/>

Age Speaks interview: <https://www.mixcloud.com/EastLondonRadio/age-speaks-meets-martin-hyde-feb-20/>

Times article interview: Can retirement lead to an early death? Why quitting work could kill us: <https://www.thetimes.co.uk/article/can-retirement-lead-to-an-early-death-why-quitting-work-could-kill-us-7tdqtfzdp>

Page 26

Navigating Later Life Transitions: An evaluation of emotional and psychological interventions: <https://www.ageing-better.org.uk/sites/default/files/2019-08/Navigating-later-life-transitions.pdf>

Music CD launched online press article:

<https://golwg360.cymru/newyddion/cymru/550206-cyhoeddi-helpu-cleifion-dementia-siarad-cymraeg>

Celebration event at the National Eisteddfod:

<https://twitter.com/DementiaUni/status/1159809805009207296?s=20>

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

We would like to express our gratitude to our lay members for helping to shape this report:

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■ Demographic change

■ Diversity of an older population

■ Opportunities of ageing

■ Policy and practice priorities