

CENTRE FOR AGEING AND DEMENTIA RESEARCH

ANNUAL REPORT

2021/2022



Y Ganolfan Ymchwil Heneiddio a Dementia
CADR
Centre for Ageing & Dementia Research

 Ymchwil Iechyd
a Gofal **Cymru**
Health and Care
Research **Wales**

 Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

2021 - 2022
Annual report



CONTENTS

Foreword

Directors Statement

Introduction **Page 01**

Annual Report Summary **Page 02**

Work Package Highlights **Page 03**

Metrics **Page 05**

Meet the Team **Page 06**

Theme Leads **Page 07**

Environments of Ageing **Page 08**

Winter Stories Report **Page 09**

Dementia Care Mapping **Page 09**

Living Streets **Page 10**

Characterising Dementia and Cognition in Ageing **Page 11**

Bike-Around Project **Page 12**

Ageing and the Brain **Page 12**

COSMO Study **Page 13**

Social Incusion for Health and Wellbeing in Later Life **Page 14**

UK Ageing Index **Page 15**

iSupport **Page 16**

Resilience **Page 16**

Engaging Public and Professionals in our Work **Page 17**

Dementia and the Welsh Language **Page 18**

What a Difference a Break Makes **Page 18**

CRUSE Bereavement Evaluation **Page 19**

CONTENTS

| | |
|-----------------------------------|---------|
| Public Involvement and Engagement | Page 20 |
| CADR Conference 2022 | Page 21 |
| New CADR App | Page 22 |
| Adapt Tech, Accessible Technology | Page 22 |
| ABC-RP | Page 23 |
| SUNRISE | Page 24 |
| CADR Photo Competition | Page 24 |
| Research Advocates | Page 25 |
| Dementia Friends | Page 25 |
| Memory Walk | Page 25 |
| Ensuring Long Term Collaborations | Page 26 |
| Local Area Co-ordinators | Page 26 |
| JDR | Page 26 |
| ENRICH Cymru | Page 27 |
| Collaborations | Page 28 |
| Looking Forward | Page 29 |
| After the Wheels Stop Turning | Page 29 |
| Intergenerational Activity | Page 29 |
| Publications | Page 30 |
| Resources | Page 33 |
| Contact Details | Page 34 |

FOREWORD

The Centre for Ageing and Dementia Research (CADR) is a research infrastructure centre funded by the Welsh Government through Health and Care Research Wales, bringing together leading academics and researchers in ageing related research.

We draw on different disciplines including looking at the biological, psychological, and social aspects of ageing and supporting development and delivery of dementia research, focussing on developing supportive inclusive communities, housing, transport, environments, workplace and loneliness and the greater understanding of ageing and dementia-related changes in the brain and how they affect everyday life.

In September 2021, our Co-Director Charles Musselwhite moved to take up a new role as Professor of Psychology at Aberystwyth University. Retaining the co-directorship of CADR has lead to a new partnership being formed between 3 of Wales's top universities: Swansea, Bangor and Aberystwyth.

The collaboration has led to new initiatives with established expertise at Aberystwyth University, including developing programmes of work around biological aspects of healthy ageing, technologies and independent living, and rural age friendly communities. In particular new links have been established for CADR with two major key research centres at Aberystwyth University; The Centre for Age, Gender and Social Justice situated in the Law Department carrying out research on domestic abuse in later life and houses the Dewis Choice programme <https://dewischoice.org.uk/>; The Well-being and Health Assessment Unit (WARU) (see <https://waru.org.uk/cms/>) along with a new developing initiative with the Dialogue Centre.



In addition, ageing is now considered as a cross cutting theme among the 3 overarching multi-disciplinary Research Hubs, Rural Futures, Artificial Intelligence (AI) and The Worlds That We Want (TWTWW). Two collaborative funding proposals have been submitted (one on carer's health and wellbeing and one on co-developing technologies for social care to enable independent living) as well as a Master of Philosophy (MPhil) post doctoral degree being awarded (on ehealth for people living with dementia) as a direct result of this new activity.

Our aim is to improve the lives of older people and non paid carers in Wales and elsewhere, delivering evidenced-based and impactful research into ageing and the policies and practice that support healthy ageing.

Over the past year, the impact of the pandemic continues to disproportionately affect older people. Whether it is the social implications of losing loved ones to Covid, missing seeing family and friends, anxiety about going back out to a changed world, disruption of organisations, events and support services, the health implications of surviving Covid or living with long-Covid, or having disrupted healthcare. On top of that we face a cost-of-living crisis with many older people facing financial challenges associated with an increased cost of food and fuel. Working in partnership with policy makers, practitioners and ensuring we engage with older people who have real life experiences of such issues, we can work together to address these challenging matters and highlight the extent of the problems through our research to propose and help develop solutions.



DIRECTOR(S) STATEMENT

To ensure that our research is both relevant and timely, we are committed to working closely with older people from different sectors of society, highlighting key issues as experienced by older people and working collaboratively on co-produced solutions.

Our research into practice includes involving a wide range of partnership working such as co-hosting with Health and Care Research Wales Support and Delivery Centre the Enabling Research in Care Homes (ENRICH) Cymru Network; co-hosting the Social Care Innovation Labs, a connecting hub of people from diverse backgrounds working together with a shared interest in creating transformative environments and developing collaborations to make a positive difference for people connected to social care; hosting and promoting 'Join Dementia Research' (JDR) in Wales; establishing the Caban group to bring people living with dementia and their carers to contribute to research and advise undergraduate and post graduate students about what is important to them; as well as across Wales working closely with the NHS with respect to defining research questions in relation to ageing, cognitive impairment and dementia. We also look at public problems in terms of how technology such as machine learning can help in problem defining and solving.

We also work closely with local organisations and businesses, those in arts and engineering through the Awen Institute, and with other organisations such as the Housing LIN; Care and Repair Cymru; HAFOD; Great Western Railway; the Disability Living Foundation charity, as well as relevant Welsh health boards; local and national government; and BRACE-Dementia Research. It is this partnership working that is at the heart of what we do and offers something unique and different in relation to our research programme. We are extremely proud of the relationships and connections we have built up with key stakeholders and our public contributors of which you will read about such partnerships and networks in the annual report.



Andrea Tales

**PROFESSOR
ANDREA TALES**

Co-Director



CBAMusselwhite

**PROFESSOR CHARLES
MUSSELWHITE**

Co-Director



Gill Windle

**PROFESSOR
GILL WINDLE**

Associate Director

INTRODUCTION

Mission

Our mission is to develop an integrated research centre in Wales, delivering world-class interdisciplinary and translational research. Nurturing and further developing researchers with expertise in ageing and dementia.

Aim

Our aim is to improve the lives of older people and non paid carers by bringing people together through the integration of research, policy, and practice.

Strategic Objectives

Through a series of work themes...

- 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 works across 3 of Wales's top universities: Swansea, Bangor and Aberystwyth.

For this new round of funding (2020 - 2025) CADR'S approach is underpinned by the World Health Organization's (2015) definition of healthy ageing.

Every person [...] should have the opportunity to live a long and healthy life. Yet, [...] environments are highly influential on our behaviour, our exposure to health risks [...], our access to quality health and social care and the opportunities that ageing brings. Healthy ageing is about creating the environments and opportunities that enable people to be and do what they value throughout their lives.

CADR comprises four work packages. Our achievements over the last year (2021-2022), are described fully in this Annual Report, and are summarised as follows.



WORK PACKAGE HIGHLIGHTS

Environments of Ageing

This year we have:

- Finalised the Winter Stories Report which has been published by the Older People's Commissioner.
- Worked alongside Public Health Wales to support the All-Wales Dementia Care Pathway of Standards and the Dementia Action Plan for Wales regarding the implementation of Dementia Care Mapping in health and social services.
- Conducted research for Living Streets Cymru which encourages older people to participate in group walks around their local area.

Characterising Dementia and Cognition in Ageing

This year we have:

- Investigated not only the physical but the cognitive benefits of cycling through a research project called BikeAround, using the latest technology to investigate the impact of memory cycling in care homes across Wales.
- Promoted neuroscience intergenerationally through a Welsh school setting with many children asking how they could become neuroscience researchers, as they felt significantly inspired.
- Worked closely with colleagues in the Swansea University Centre for Health Economics (SCHE), resulting in a successful awarded funding proposal, looking at the Covid-19 Impact on the Support and Management of Older People in Wales (COSMO) project.

WORK PACKAGE HIGHLIGHTS

Social Inclusion for Health and Wellbeing in Later Life

This year we have:

- Supported the development of the Welsh Governments National Strategy for an Ageing Society. Dr Martin Hyde was commissioned by Welsh Government to develop a national index of well-being in later life.
- Led a £1.48m iSupport programme of work funded by the National Institute of Health Research (NIHR) Public Health Research which is half-way through the second year.
- Carried out research to explore how a focus on resilience might mitigate the potentially devastating impact of a dementia diagnosis.

Engaging Public and Professionals in our Work

This year we have:

- Actively supported the Welsh Language Standards through research into Dementia and the Welsh Language. *“People living with dementia that converse naturally in Welsh need to be supported to discuss their symptoms and feelings in their mother tongue”.*
- Published the Cruse Bereavement Evaluation, identifying *“Cruse have exceeded their expectations regarding pre-bereavement support and training, and people affected by dementia highly value this support”* amongst the conclusions.
- Promoted the “What a Difference a Break Makes” campaign following on from last year’s annual report: *“The challenges and satisfactions unpaid carers experience when caring for older adults with complex care and support needs are well documented”*

Core Metrics

Reporting period: 2021/2022

**Health and Care
Research Wales
infrastructure award
to the group**



Direct
funding
awarded
£600,200

Jobs created
through direct
funding



Grants won during reporting period

| Grants won | Led by group | Group collaborating |
|-----------------------------------|--------------|---------------------|
| Number | 9 | 2 |
| Value | £772,298 | £943,434 |
| Funding to Wales | £772,298 | £230,000 |
| Funding to group | £772,298 | £22,933 |
| Additional jobs created for Wales | 9 | 1 |
| Additional jobs created for group | 6 | 1 |



Number of publications



Number of public
engagement events



Number of public
involvement opportunities

MEET THE TEAM- 2021-2022



Project Manager
Rhian Williams



Marketing & Comms
Kim Mepham



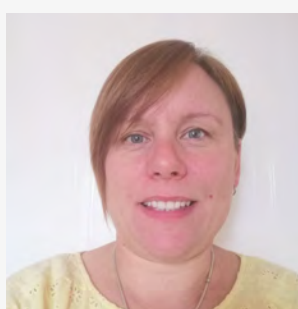
Involvement & Engagement
Owen Phillips



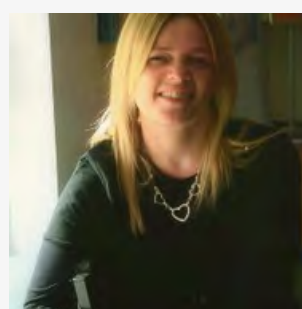
Administrator
Catherine Gale



Administrator
Heather Davis

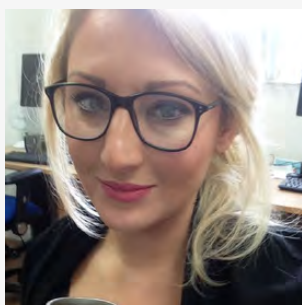


Administrator
Charly Cope

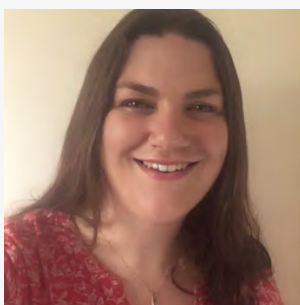


Administrator
Iona Strom

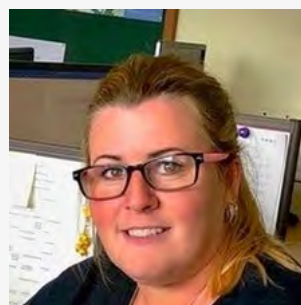
Research Team



Dr Amy Murray



Dr Catherine
McCleod



Dr Emma Richards



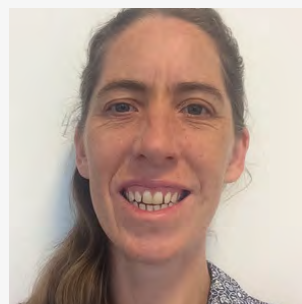
Dr Maria Cheshire
Allen



Dr Patricia
Masterson-Algar



Dr Sondra
Butterworth



Anna Story

THEME LEADS

Environments of Ageing



Professor
Charles Musselwhite

Dr Ian Davies-
Abbott



Characterising Dementia and Cognition in Ageing



Professor
Andrea Tales

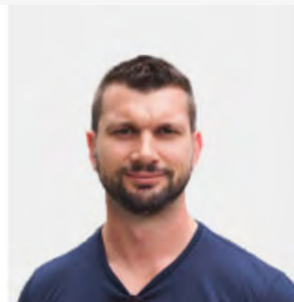
Dr Claire Hanley



Social Inclusion for Health and Wellbeing in Later Life



Professor Gill Windle



Dr Martin Hyde



Professor Norah Keating

Research Methods, Public and Professional Engagement and Involvement



Dr Katherine
Algar-Skaife



Dr Diane Seddon



Dr Catrin
Hedd-Jones



Steff Green

ENVIRONMENTS OF AGEING



CADR studies environments of ageing, looking at the physical and social environments that surround us as we age. Our research focuses on how such environments can be improved to help us stay connected to the things we want to do, enabling us to age healthily.

Through our studies, CADR aims to create age-friendly and dementia supportive environments, including those in health and social care. Helping to prevent the risk of social exclusion by improving networks within communities allows all of us as we age to do the things we want to do and stay connected.

RESEARCH FROM THIS THEME AS FOLLOWS:

WINTER STORIES REPORT

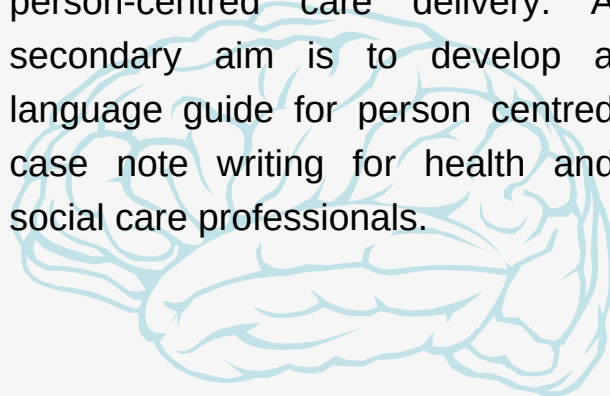
Following on from last year, the Winter Stories report has been published by the Older People's Commissioner (OPC). Working on the Commissioner's behalf, Dr Amy Murray worked with older people from all areas of Wales between December 2020 and March 2021 to capture their winter stories. Whilst some of the participants drew upon their usual experiences of winter, as expected, the COVID-19 pandemic had a substantial impact upon many people's experiences, something reflected in the findings. The OPC has now drawn on this research to give an updated picture of the circumstances facing older people in Wales today, which recognises the unique impact of a global pandemic. It also draws on published data sets, engagement conducted by the Commissioner, and publications from key organisations working in Wales and across the UK to support older people and is intended to deepen our understanding of our ageing society and the challenges and opportunities that come with it.

**See Resources Page*

DEMENTIA CARE MAPPING

We have continued to work alongside Public Health Wales to support the All-Wales Dementia Care Pathway of Standards and the Dementia Action Plan for Wales regarding the implementation of Dementia Care Mapping in health and social services. Dr Ian Davies-Abbott has led the development of the national strategy and implementation guide for Dementia Care Mapping in Wales, which will be published in 2022. Ethical approval is currently being sought for a study funded by Improvement Cymru's Improvements and innovations in health and care delivery programme.

In this study CADR, in partnership with clinicians from Cardiff & Vale University Health Board, will be adapting the principles of Dementia Care mapping to analyse the clinical case note entries of people living with dementia in mental health wards. The aim of the study is to understand whether person centred language results in enhanced person-centred care delivery. A secondary aim is to develop a language guide for person centred case note writing for health and social care professionals.




LIVING STREETS

We have been conducting research for Living Streets Cymru, on The Cyfeillion Cerdded Cymru project, funded by the Healthy and Active Fund which encourages older people to participate in group walks around their local area. Living Streets Cymru and Ageing Well in Wales found that almost 56% of older people wanted to walk more but only 28% felt involved with their community while 27% wanted more involvement.

CADR researchers have taken part both in Cardiff and Newport's group walking schemes, discussing with a variety of the members questions around:

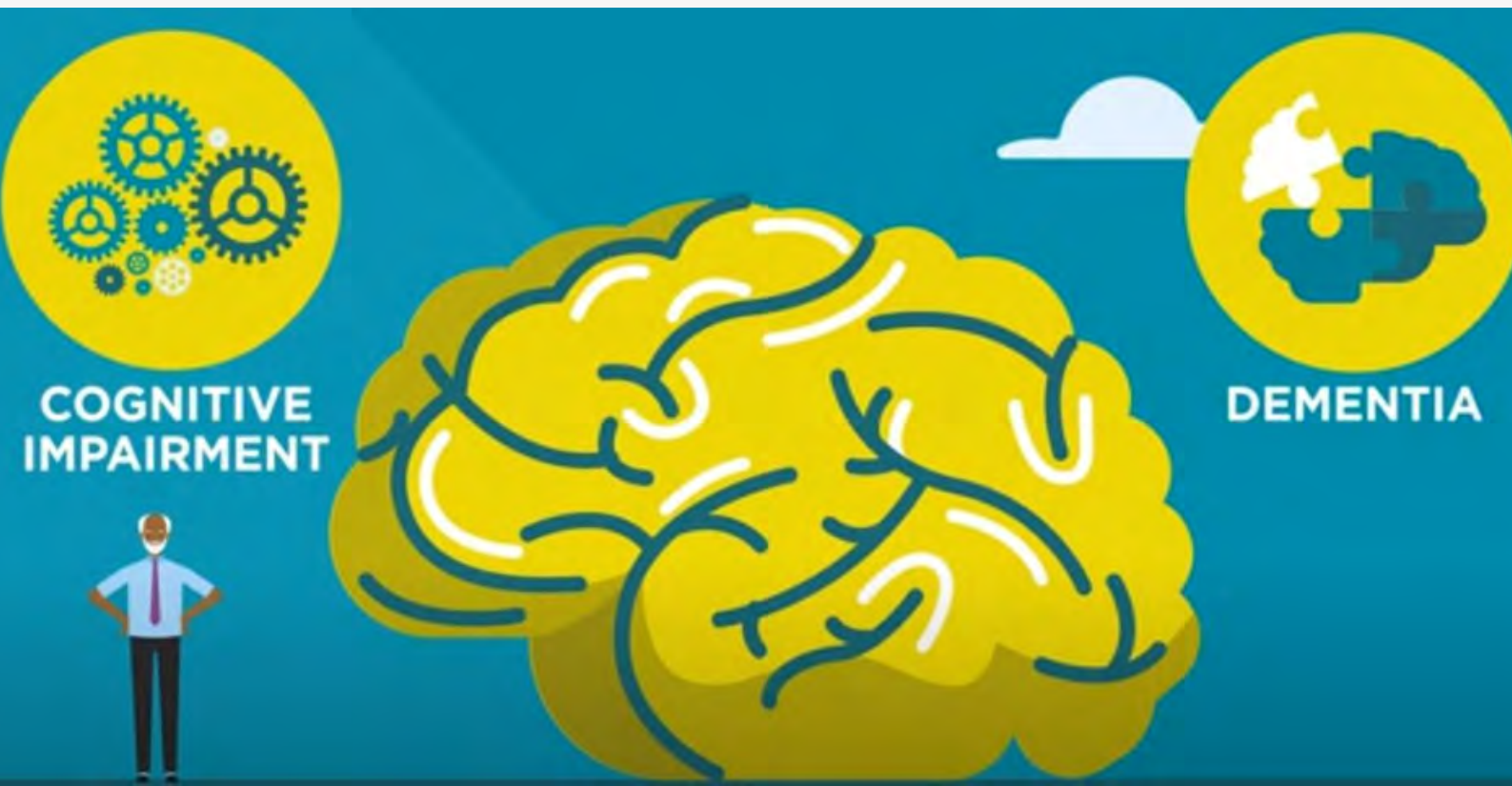
- the motivations, outcomes, and benefits of joining the scheme
- the organisation/sustainability of the walking groups
- the impact of Covid19 on the groups

The emergent findings are helping us to understand the importance of walking as a mode of transport, the perceived health aspects associated with walking, and how groups form a supportive network, which are often linked to other embedded networks locally. Although some participants had a history of walking, others were completely new to both walking for pleasure or even to the idea of exploring their local environments or walking in a group. Findings are beginning to reveal a range of benefits for people derived from joining the scheme, especially during the period of Covid-19 restrictions. For example, helping people to deal with issues such as grief, and a wish to create other social gatherings beyond the walking group, often helped by developing digital literacy skills around messaging apps. For some groups, these skills have helped people self-organise and sustain the groups beyond the scheme, whilst others benefit from formal leadership roles to coordinate activity.



In summary, the Cyfeillion Cerdded Cymru project shows the benefits of walking, such as improved physical and mental wellbeing and demonstrates how walking fosters social connectivity with the community, becoming engaged with the needs and opportunities existing in their local community and being prepared to speak out and get involved about the need for changes to improve their local environment

CHARACTERISING DEMENTIA AND COGNITION IN AGEING



As we grow older our ability to walk, think, see, hear, remember, and pay attention to information and interact with others may change.

CADR's research focuses on the biological factors and addresses issues concerning the health of our brain. We look at how it impacts on our behaviour and how we think, especially in relation to conditions of the brain such as cognitive impairment and dementia.

We are interested in changes that occur in the brain in the various stages of vascular cognitive impairment 'or vascular dementia' as often referred to and how this influences not only a person's ability to interact socially and with their surroundings but also how this impacts on living with this condition.

RESEARCH FROM THIS THEME AS FOLLOWS

BIKE-AROUND PROJECT

Can you imagine the memories flooding back when you're cycling down your childhood street or on a family bike ride on one of your favourite holidays? Researchers at CADR are hoping to investigate not only the physical but the cognitive benefits of cycling with their latest research project, BikeAround; funded through the Sir Halley Stewart Trust.

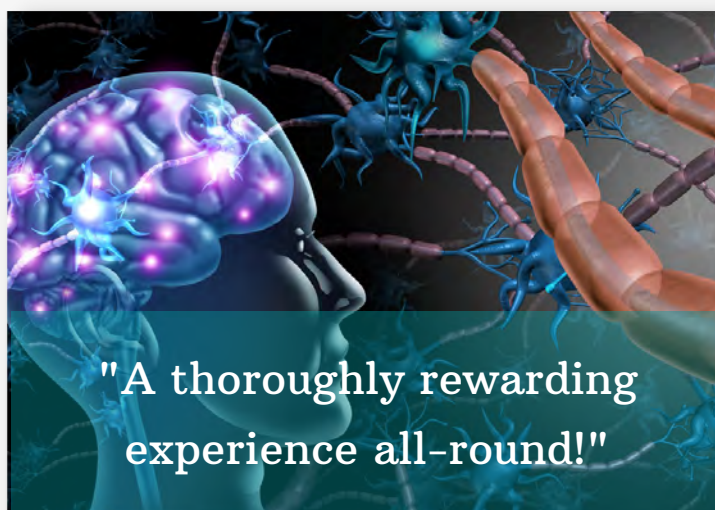
Lead researchers, Melitta McNarry, Kelly Mackintosh and Andrea Tales are using the latest technology to investigate the impact of memory cycling in care homes across Wales.

Participants will cycle on a stationary bike with a virtual reality dome projecting images from Google maps of familiar places and childhood haunts. Baseline health checks including heart rate and the sit-to-stand test will be conducted along with a series of survey questions to those who used the bike regularly compared to those who didn't, to find out the overall impact on health.

AGEING AND THE BRAIN

An exciting opportunity came about where we were able to visit a class of students at a local school to talk about some of our research around ageing and the brain. We were informed that the class would soon be interacting with people living with dementia in a nearby care home, where they would be developing engaging games to play with residents to spark previous memories. CADR's Claire Hanley, focused on explaining to the class about how memory changes over time but also how it can be improved. Through a series of informative slides, coupled with interactive games, such as allowing the children to act as 'young or old brain cells' (by throwing coloured foam balls at their classmates at different speeds) to demonstrate how brain processes are less effective or slower as we age.

The children were incredibly engaged throughout, as were the staff, who noted how successful the talk had been and that they could see how much the class had learned and had benefitted from the content, which would contribute to their interactions with the care home residents. Many of the students asked how they could become neuroscience researchers as they felt inspired.



"A thoroughly rewarding experience all-round!"

COSMO STUDY

COVID-19 Impact on the Support and Management of Older People in Wales

CADR has worked closely with colleagues in the Swansea University Centre for Health and Care Economics (HCEC), and in October 2021 a successful collaborative research funding proposal was awarded for the COVID-19 Impact on the Support and Management of Older People in Wales (COSMO) project.

COSMO is a two-year funded Health and Care Research Wales project working with stakeholders to identify priority areas in the over-65 population in which the impact of government imposed restrictions and lockdown has been greatest. The project has a specific focus on care resource use, costs, health outcomes and lived experiences, specifically on people living with dementia in Wales.

Public involvement is a critical aspect of the project and has been designed with the support of an Advisory Board to provide advice and guidance at each stage of the research. The Advisory Board comprises participation from older people, carers, and other interested stakeholders including Welsh Government, Improvement Cymru, and Care Forum Wales.

It is intended that the findings from the COSMO project will support, and inform Welsh and UK Government to plan efficiently for any future public health emergency.



SOCIAL INCLUSION FOR HEALTH AND WELLBEING IN LATER LIFE



CADR's research focuses on finding out what is important and what matters to us as we age, enabling us to live the life we want.

Through our studies, a key issue we are interested in learning more about is how people, organisations and communities can help to build resilience so we can overcome some of the difficulties we all face as we grow older.

Finding out what works for us as we age is essential if we are to ensure that everyone can enjoy a happy and healthy later life.

RESEARCH FROM THIS THEME AS FOLLOWS

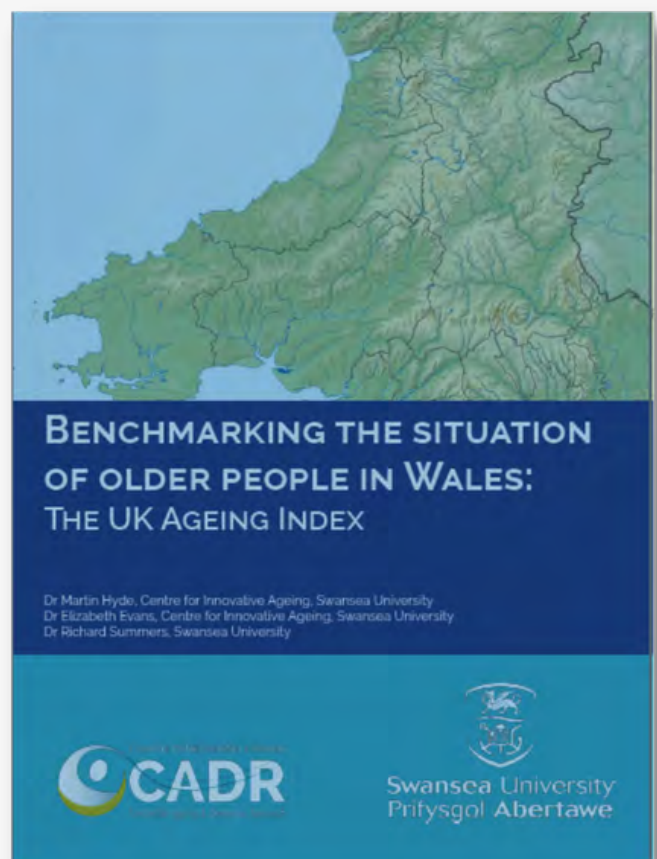
UK AGEING INDEX

To support the development and monitoring of the Welsh Governments National Strategy for an Ageing Society. Dr Martin Hyde was commissioned by Welsh Government to develop a national index of well-being in later life. Following a review of the available measures and discussions with representatives of Welsh Government we recommend producing a UK Ageing Index (UKAI) for Wales and the other countries of the UK. The UKAI is based on the Global AgeWatch Index (GAI). The GAI is a well-established and internationally recognised measure. The GAI is designed to capture the core issues of concern to older people and is a framework for governments and the international community to develop and implement policy and programs to ensure no older person is left behind. The latest version has data on 96 countries, covering 91 per cent of the world's population aged 60 and over. It measures four key domains for older people, covering the most crucial aspects of their wellbeing, experience, and opportunities.

These are:

- **income security**
- **health status**
- **capability, and**
- **the enabling environment**

Hence, by matching the indicators for the countries of the UK the UKAI would allow us to directly compare the situation of older people in Wales to their peers in a wide range of countries. It should also allow us to track changes in the situation of older people over time. The full report is published here: <https://gov.wales/uk-ageing-index-benchmarking-situation-older-people-wales>



*See Resources Page

iSUPPORT

'iSupport' is an online training and support resource developed by the World Health Organisation (WHO) for family and friends supporting people living with dementia to help them cope with their caring role as well as take care of themselves.

The project, funded through National Institute for Health and Care Research (NIHR), led by CADR's Associate Director Gill Windle along with an excellent team of experts across three nations of the UK, is half-way through the second year. To date, the project has:

- Translated iSupport into Welsh
- Adapted iSupport for young carers
- Produced a version of iSupport for carers in the UK with audio function
- Recruited 96 carers so far to test the effectiveness of iSupport

Health and care providers, pastoral care teams in schools and charities will be able to recommend an evidence-based online support service to dementia carers that will be publicly available for use at no cost. UK health and social care organisations could recommend the adapted versions of iSupport in their dementia guidelines as part of care packages.

For more information: <http://dsdc.bangor.ac.uk/isupport-for-dementia-carers.php.en>

RESILIENCE

In the absence of a cure and limited medical treatments, the impact of a dementia diagnosis can be devastating. Our research explores how we might be able to mitigate this impact by focusing on resilience as part of our work programme on the Rare Dementia Support Impact Study; funded jointly by the National Institute for Health Research and the Economic and Social Research Council.

The team reviewed the limited published literature on resilience and people living with dementia through interviews with carers and people living with dementia, including those with rarer types, exploring what resilience meant to them.

Our findings suggests:

- Resilience encompasses the day-to-day struggles of living with a dementia. People are not 'flourishing' but adapting and managing under pressure and stress.
- Resilience is possible for people with dementia, but it is not an individual trait we are born with. It can be developed and supported.
- Achieving resilience requires a person to have access to resources that can strengthen their responses – this is a key area of intervention for health and care professionals.

The next steps of our research will be to develop a way for health and care practitioners and researchers to assess the resilience of people living with a dementia, as well as building approaches that enable health and care practitioners to build 'resilience practices' into their care packages.

ENGAGING PUBLIC AND PROFESSIONALS IN OUR WORK



The researchers who work for CADR couldn't do their work without involving a wide range of other people. This includes older people, unpaid carers, professionals, and academics.

Through listening to people's lived experiences, we get fresh ideas for research projects which we think can make a real impact for individuals and society. And by engaging with relevant individuals and organisations at all stages of our research, we can ensure it stays relevant and accessible to all.

It is this external involvement and engagement which helps us to create, develop and communicate research which makes a difference to:

- the quality of life and wellbeing of older people and those who support them
- the development of health and social care services and the work of practitioners

RESEARCH FROM THIS THEME AS FOLLOWS:

DEMENTIA AND THE WELSH LANGUAGE



People living with dementia who converse naturally in Welsh need to be supported to discuss their symptoms and feelings in their mother tongue. The 2011 Welsh Language measure finally gave equal status to both English and Welsh languages in Wales, however, there is only limited research into the experiences of native minority groups in terms of Dementia Care. Dr Catrin Hedd Jones published a briefing with the Senedd Cymru

on access to dementia services for bilingual residents and Bangor University will be working with the Welsh Language Centre to validate cognitive assessments in Welsh in the coming months. This work is part of the Dementia Action Plan for Wales. Other work conducted in care homes by Dr Connor Martin and Angharad Higgins highlight the importance of a shared culture and language to ensure that residents feel 'at home' and staff can provide the best care to meet their needs. **See Resources Page*

WHAT A DIFFERENCE A BREAK MAKES

The challenges and satisfactions unpaid carers experience when caring for older adults with complex care and support needs are well documented. A break from caring can make a positive difference to unpaid carers' wellbeing and their resilience to care. However, unpaid carers report difficulties in accessing breaks, a lack of flexible break options and limited opportunities to take a break together with the person they support.

Drawing on academic and practice expertise, this work sets out an ambitious vision for bespoke break options that is informed by national research undertaken by Carers Trust Wales, Bangor and Swansea Universities. It identifies twelve key principles to inform future short break options and what they might look like in practice, drawing on examples from Wales and other UK regions. Options for flexible, creative short breaks that meaningfully support and effectively sustain the diversity of caring relationships are identified. This work has informed the Welsh Government's National Strategy for Unpaid Carers, including a new National Short Breaks Fund.

Link to the report:

<https://carers.org/downloads/wales-pdfs/carers-trust-road-to-respite-report.pdf>



CRUSE BEREAVEMENT EVALUATION

Following on from last year's Annual Report, CADR is extremely pleased to announce that an "Evaluation of the New Pre-Bereavement Service" has been published. This evaluation highlights the significance of the Cruse Bereavement Support Programme.

People living with dementia and their unpaid carers frequently experience feelings of grief and loss before the physical death, often unrecognised by society. It is important that emotional support is available to everyone who is affected.

Working in partnership, Cruse Bereavement Support Cymru and the Alzheimer's Society Cymru developed a pre-bereavement support service that included:

- Training to 90 Cruse volunteers,
- supporting 17 people living with dementia and 134 unpaid carers to date

The team evaluated the pre-bereavement support service. People with lived experience of dementia helped co-design the evaluation. Some of the outcomes identified:

- Significant unmet needs in the support people affected by dementia need to explore feelings of loss and grief in a timely way
- In response to the COVID-19 pandemic, Cruse Bereavement Support Cymru demonstrated their agility and efficiency to continue to train volunteers and support clients.
- More work is required to ensure that people living with dementia feel comfortable to access this support following a diagnosis.
- Supporting people in the language of their choice is important to deliver the Welsh language active offer. There needs to be sufficient volunteers with the necessary Welsh language skills.

Feedback suggests Cruse have exceeded their expectations regarding pre-bereavement support and training, and people affected by dementia highly value this service.

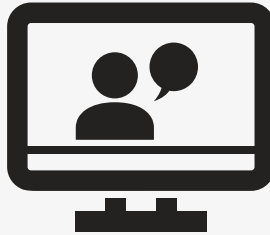
**See Resources Page*



“Immeasurable support at a time of great darkness. Light in a storm.”

PUBLIC INVOLVEMENT AND ENGAGEMENT

Hosted 12 Webinars



**600+ People
Registered**

This year our webinars featured a multitude of topics, from food to music, collaborations in research to transport, and from the Welsh language to loneliness.

"It was perfect for the purpose- easy to navigate and audio/visuals worked well."

"I enjoyed the format, it worked well"

Social media has been prominent in our marketing strategy, to promote research opportunities, share publications and engage our differing audiences: academics, policymakers and the general public.

**Increased content
through social media
by 358%**



**Engaged with 6488
profiles**

Our email marketing targets people who specifically have an interest in CADR and our research. The biggest change to the newsletter is that it is now bilingual, reaching our Welsh speaking audience.

**Newsletters reached
891 people which is an
increase of 18%**



**1546 links clicked
through the CADR
newsletter**

The CADR website is continuously being improved to ensure that we are accessible and user friendly. On average, the website has 628 users per month. The main pages being viewed are Events and Opportunities, this suggests that our audience like to be engaged and involved with the content.

CADR has adapted its content to ensure that it is viewed through various mediums, for example, some publications have been adapted into bitesize videos to raise awareness of research projects without having to read a full report.

CADR CONFERENCE 2022

Shaping Environments; Shaping Lives?

CADR held its second online virtual conference on 10th February 2022, attracting 135 registrants. Shaping Environments; Shaping Lives was themed around the “Decade of Healthy Ageing” report released by the World Health Organisation. The conference highlighted how environments can be fostered to become age friendly environments catering to the abilities of older people in an ever-ageing society.

The event was excellently chaired by CEO of Cwm Taf Morgannwg Mind, Daisy Cole. We welcomed a mix of presenters from Welsh Government, academia, a Health Board, and the voluntary sector, as well as members of the public. Julie Morgan MS opened our conference observing how encouraging it was to see so many people involved in the conference and wanting to make Wales an age friendly nation. Julie reinforced the importance of research and acknowledged CADR’s work within this field stating: ‘Since the creation of CADR, the Welsh Government and ultimately the people of Wales have benefited from the ground-breaking research that has been undertaken’.

We heard from academics discussing age friendly environments including a consideration of the consequences of overlooking walking as a form of transport, and the reasons why walking gets neglected, followed by a presentation on developing research environments in care homes settings.

Our next session was around age friendly working environments focusing on Working Well with the Menopause where we were joined by local MP Carolyn Harris who talked about her menopause revolution and Welsh Government’s involvement and future plans as well as hearing from Jayne Woodman, a Workplace Menopause Educator and Mid-life career coach, discussing her work around raising menopause awareness to help maintain productivity, engage employees and retain female talent.

The closing sessions of the conference looked at aspects of creating age friendly caring environments, discussed the benefits of short-breaks for unpaid carers and rounded off with Eleanor Shaw from People Speak Up, sharing stories of providing older people a variety of platforms to stay connected through storytelling and creative experiences.

“I shared information and links whilst conference was in progress - to better inform work colleagues and myself. I found myself reading through articles mentioned and sharing snippets.”

“Interactive nature, information gathered in chat as well as main speakers. Liked the information provided during breaks, good mix of speakers and video. Great chairing”

To watch the recorded sessions visit:

<https://www.cadr.cymru/en/event-resources.htm?id=1>

NEW CADR APP

CADR was proud to launch its first ever App on 1st October 2021 to coincide with the International Day of Older Persons, linking directly to their main theme of Digital Equity for All Ages, “bringing awareness of the importance of digital inclusion of older persons, while tackling stereotypes, prejudice and discriminations associated with digitalization”.

The CADR app was co-created with older people to overcome some of the barriers and challenges to “meeting in person” caused by COVID-19. The app expands the reach of CADR’s involvement and engagement activities in a brand-new way, anticipating supporting those who have previously been digitally excluded, and to reach both new and existing audiences. Although more older people are tech savvy and online than ever before, we recognise that navigating websites, such as negotiating different menus, can be challenging. Hopefully this will make sure people can easily access all CADR’s resources, our news and webinars for example, and get involved with CADR from a one-stop shop at the touch of a finger making it easily accessible for everyone.

Download for free via Google or Apple Play-store.

‘ADAPT TECH, ACCESSIBLE TECHNOLOGY’

A recent study completed by some members of the research team found that even among older people who owned smart devices and regularly used social media technology, they too experienced barriers which had a negative impact on the way they used technology. So, it was essential to address the barriers to technology use to reduce this digital divide and increase the use of technology. One solution to address this is through design and working with older people to co-design digital devices / social applications that meet their needs.

The idea for this booklet has come from, and been developed, by the older people we worked with who felt it was important to understand what the common icons on smart phones mean.



*See Resources Page

Project funded through Cherish-DE Swansea University.



The research project was funded in 2019 and explored homeowners/tenants' experiences of moving to a low carbon home or having low carbon technology fitted to their homes to understand the ways in which low to zero carbon homes (Active Buildings) modify our energy, behaviours and social practices.

CADR was involved in determining social, health and well-being and economic benefits of these homes for an ageing society in order to inform future policy and design.

We interviewed 14 households, held a number of group interviews with staff working on the projects as well as analysing data from surveys issued to the occupants before and after the technology was fitted, trying to understand the positives of the process as well as highlighting any barriers.

Most people were satisfied with the technology fitted, however, some homes had ongoing problems such as the works were disruptive and intrusive and took longer than planned; unfortunately delays were due to Covid restrictions and supply issues. The main themes from tenants and staff were communication issues, including ongoing communication after the works had finished; information given to householders was too technical; the purpose of monitoring and sensors had not been explained; there were difficulties using the heating control App, as well as issues around the size and location of the technology. Some complained about background noise caused by the technology; lights from sensors in bedrooms were disturbing their rest.

Some of the recommendations are:

- **Work on empty homes when fitting new technologies**
- **Landlords to walk householders through their homes, showing where technology will be provided and the benefits**
- **To support people to use the heating control App and offer digital training**
- **Ensure there is a key contact or team responsible to answer queries and concerns**
- **Suggest improved staff training so they can better advise householders**

The findings will be submitted in a report to Welsh Government.

**Project funded through the Engineering and Physical Sciences Research Council (EPSRC) as part of the UK Research and Innovation (UKRI) Transforming Construction Challenge,*

SUNRISE

The Strategic University Network to Revolutionise International Solar Energy (SUNRISE) project is coming to a close with the culmination of the near completed construction of SUNRISE's first solar-powered demonstrator building in Khuded, a rural village in Maharashtra, India. Khuded, although connected to the grid has an unreliable and unaffordable electricity supply. Most residents therefore rely on burning fuels such as kerosene and firewood that not only contribute to greenhouse gas emissions but also can have adverse impacts on health. The SUNRISE building will generate and store clean, reliable, off-grid electricity to be shared by the community.

To make sure that the building was not only considered as a technological solution to the issues identified but was also reflective of community needs our social science researchers in collaboration with The Tata Institute of Social Sciences (TISS) worked with local NGO Keshav Shrusthi to carry out participatory activities with local residents and have compiled a prebuild survey report that involved community surveys and arts-based interviews that have identified community needs. This involvement will ensure that the building provides technologies that are both wanted and needed by the community.

"We are aiming to maintain our research activities post build. We want to discover if the design and functions as planned do meet the community needs in an equitable way."

SUNRISE received an award from Swansea University for "Outstanding International Impact of Research and Innovation" in 2022.

**SUNRISE is funded by GCRF (Global Challenges Research Fund), through UK Research innovation (UKRI).*

CADR PHOTO COMPETITION

CADR began its annual photo competition in which the theme was "A Walk on The Wild Side" Older people defying ageing stereotypes. We had some fabulous entries submitted and are lucky enough to be able to use these throughout our work at CADR. Following on from the continued success of this initiative we will be launching the next competition in collaboration with the Wales Cross-Party Group on Intergenerational Solidarity in April 'Moments in time; Stronger together' looking at connections and friendships made between people of all ages including younger and older people in the community.



Research Advocates

In September 2021 we established a new Research Advocate programme, working with our public members to inform and drive our research and intervention activities. We have had three meetings to date with our latest meeting (March) we discussed what an Advocate meant and co-designed a role profile. We are working together to co-create a Research Advocate induction package. This will give our members the tools they require to be comfortable and confident in promoting health and care research, as well as disseminating our research activities.

Dementia Friends

This year, two members of the CADR support team participated in Dementia Friends Champion training, enabling them to deliver Dementia Friends sessions to raise awareness and increase the number of people in Wales who can recognise the challenges faced by those living with dementia and how they can make small changes to help.

This has been a great chance to meet people with an interest in dementia as well as promote our research opportunities to get involved.

To date, CADR has delivered Dementia Friends sessions to 56 people, ranging in ages from 5 years old and up, supporting intergenerational relationships. We hope to build on this and support Welsh Government's plan to make Wales a Dementia Friendly nation.

Memory Walk

Some of the CADR team and their families participated in the Alzheimer's Society Memory Walk, Cardiff in 2021, raising over £400.



ENSURING LONG-TERM COLLABORATIONS

CADR is committed to enhancing collaborative links with the NHS and policy-makers, facilitating the translation of our research into practice and working together to establish research priorities and improve services for older people in Wales.

We have good relationships with the Public Service Boards in Wales, and are helping local authorities plan age-friendly and dementia supportive communities.

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

Local Area Co-ordinators

This year, the CADR team launched an outreach project to further our connections with people working within communities across Wales. Through research we found and contacted over 90 councils and volunteer organisations. We introduced CADR and shared our hopes that councils and volunteers organisations would take an active role in sharing our research opportunities with their audiences through their local area co-ordinators (job title varies across counties). Following the initial outreach, the CADR team had online meetings with 17 councils and local organisations. These conversations quickly turned into shared interests and how we can all work collaboratively. This outreach project is ongoing and is hugely beneficial to CADR. Through local area co-ordinators, we are able to meet people who may be interested in research but are digitally excluded.

Join Dementia Research (JDR)

JDR helps people with dementia, their supporters and families (unpaid carers), or anyone interested in dementia research to be matched to research studies taking place in their area. The studies available are a mixture of clinical trials, others looking to improve understanding of care and support practice and looking into links between lifestyle and dementia risk. CADR supports the Welsh portfolio of studies and has over 1500 Volunteers from Wales signed up. If you are interested in learning more about the service and how you could get involved, please visit the website: <https://www.joindementiaresearch.nihr.ac.uk/>

Join Dementia Research is making a real difference to dementia research.

ENRICH CYMRU

The ENRICH Cymru Network (jointly hosted by CADR and Health and Care Research Wales Support and Delivery Centre) was established to improve the lives of residents and staff in Care Homes across Wales by developing and facilitating a network of 'research ready' Care Homes. The network promotes the exchange of ideas and knowledge and encourages the co-creation of research concepts which is relevant to the current issues in the Care Home sector.

ENRICH Cymru considers Care home managers, staff and residents as the experts in research. Research is improved when care homes are involved in setting questions, deciding how to collect information and making choices about what is important to them.

ENRICH now has 31 care homes signed up to the network and we are in discussion with two large care home groups with regard to signing up additional homes. The network has supported a number of studies including three PhD studies, two of which are funded by Health and Care Research Wales.

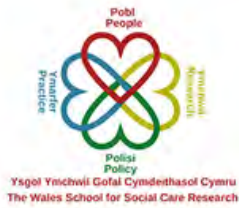
We have recently employed a new ENRICH Cymru Research Manager who is updating the strategic direction and future work plan of the program. Now that current Covid restriction has eased our research facilitators will be able to re-engage with our current care homes signed up to the network as well as attend face to face meetings with new care homes across Wales to gather intelligence on how ENRICH can further support research in care homes.



**See Resources Page*

COLLABORATIONS

A very warm thank you to all of those we have collaborated with us over the past year.



Gofal Cymdeithasol Cymru
Social Care Wales



Get there together
A resource to support the people of Wales across their communities.



Dementia Friendly
Swansea.org



The UK Network
of Dementia Voices



ENRICH
Enabling Research In Care Homes



Changing
perceptions
of dementia
Newid
canfyddiadau
o ddementia



LOOKING FORWARD

After the Wheels Stop Turning

Getting our research out into the real world to make a difference is demonstrated in our approach to impact, an example of which is our upcoming campaign “Older Drivers: After the Wheels Stop Turning”. Drawing upon Dr Amy Murray’s PhD research findings on informal support people received when giving up driving, we aim to help older people by raising awareness of the challenges they face when they stop driving and helping them prepare for the change, as well as support councils and voluntary services across Wales by highlighting what is needed by older people and those around them throughout the process of giving up driving.

In 2022, we will co-produce with older adults a key information leaflet and host our first ever podcast discussing this topic.



Intergenerational Activity

Stephanie Green, Dr Deb Morgan and Dr Catrin Hedd Jones are members of the Wales Cross-Party Group on Intergenerational Solidarity, a group formed to promote unity and understanding between generations. As part of this work, CADR has joined up with members of this party and the Older Persons Commissioner Office (OPC) to run a national photography competition which will be launched during the International Intergenerational week (25th April – 1st May) and will close end of July. The competition ‘Moments in time; Stronger together’ is focused on Communities Connecting – where age is not a barrier for building new and positive relations in the community. We are hoping to showcase the winning entries at the Senedd later in the year.



PUBLICATIONS

Older adults' use of technology as a "tool" for social participation: The barriers to use and implications for the digital divide"

<https://doi.org/10.1017/S0144686X21000490>

Living in a care home during COVID-19: A case study of one person living with dementia.

<https://doi.org/10.1108/QAOA-02-2021-0024>

Dementia care from behind the mask? Maintaining well-being during Covid-19 pandemic restrictions

<https://pubmed.ncbi.nlm.nih.gov/33893693/>

Making personalised short breaks meaningful: A future research agenda to connect academia, policy and practice

<https://doi.org/10.1108/QAOA-10-2020-0050>

Prioritising transport barriers and enablers to mobility in later life: A case study from Greater Manchester in the United Kingdom

<https://doi.org/10.1016/j.jth.2021.101085>

Reaction time decomposition as a tool to study subcortical ischemic vascular cognitive impairment

<https://doi.org/10.3233/JAD-190889>

The Trails Making Test. Does a Single Trial Reflect Performance Capability?

<https://doi.org/10.21926/obm.neurobiol.2102100>

'We have been left to go it alone': the wellbeing of family carers of older people during the 2020 COVID-19 pandemic in Wales.

<https://doi.org/10.2307/j.ctv1tqcwr7.11>

'Planning, commissioning, and delivering bespoke short breaks for carers and their partner living with dementia: challenges and opportunities'

<https://doi.org/10.1111/hsc.13533>

New insights on the genetic etiology of Alzheimer's and related dementia. Nature Genetics.

<https://doi.org/10.1101/2020.10.01.20200659>

Common variants in Alzheimer's disease and risk stratification by polygenic risk scores

<https://doi.org/10.1038/s41467-021-22491-8>

PUBLICATIONS

We're happy as we are": the experience of living with undiagnosed dementia and of psychosocial barriers to seeking a dementia diagnosis

<https://doi.org/10.1017/S0144686X21001495>

Exploring the impact of Covid-19 on the care and quality of life of people with dementia and their carers: a scoping review

<https://doi.org/10.1177/14713012211053971>

When One Health meets the UN Ocean Decade: global agendas as a pathway to promote collaborative interdisciplinary research on human-nature relationships

<https://doi.org/10.3389/fpsyg.2022.809009>

Accessibility and Informational Barriers to an Age Friendly Railway

<https://doi.org/10.1108/QAOA-02-2021-0015>

Improving Older People's Lives Through Digital Technology and Practices

<https://doi.org/10.1177/23337214211036255>

UK Ageing index: benchmarking the situation of older people in Wales

<https://gov.wales/uk-ageing-index-benchmarking-situation-older-people-wales>

People with cognitive impairment are missing out on sight and dental checks

https://doi.org/10.3310/alert_47765

Cultural and societal motivations for being informal caregivers: a qualitative systematic review and meta-synthesis

<https://doi.org/10.1080/17437199.2022.2032259>

'Rekindling couplehood' using a multisensory suitcase of memories: A pilot study of people living with moderate dementia and their partners

<https://doi.org/10.1017/S0144686X21001926>

Do home modifications reduce care home admissions for older people? A matched control evaluation of the Care & Repair Cymru service in Wales

<https://doi.org/10.1093/ageing/afaa158>

PUBLICATIONS

Intégrer la mobilité résidentielle dans une politique de maintien à domicile : une recherche exploratoire d'un service d'accompagnement au pays de Galles.

<https://www.cairn-int.info/journal-retraite-et-societe-2021-2-page-141.htm?contenu=resume>

Weaker connectivity in resting state networks is associated with disinhibited eating in older adults

<https://doi.org/10.1038/s41366-021-01056-1>

'No-one was clapping for us': Care, social justice and wellbeing during the Covid-19 pandemic in Wales

<https://doi.org/10.1332/239788221X16316408646247>

The effects of age-bias on neural correlates of successful and unsuccessful response inhibition"

<https://doi.org/10.1016/j.bbr.2022.113877>

What a difference a break makes: a vision for the future of short breaks for unpaid carers in Wales. This report prioritises areas for Welsh Government investment in short breaks.

<https://carers.org/downloads/wales-pdfs/carers-trust-road-to-respite-report.pdf>

There's nothing pedestrian about being a pedestrian: Designing spaces to encourage walking in later life

<https://www.emeraldgrouppublishing.com/opinion-and-blog/theres-nothing-pedestrian-about-being-a-pedestrian-designing-spaces-encourage>



RESOURCES

Winter Stories Report

Page 09

<https://olderpeople.wales/wp-content/uploads/2022/05/Winter-Stories-Eng.pdf>

UK Ageing Index: Benchmarking the Situation of Older People in Wales

Page 15

<https://gov.wales/uk-ageing-index-benchmarking-situation-older-people-wales>

Dementia and the Welsh Language

Page 18

<https://www.cadr.cymru/en/news-info.htm?id=284>

What a Difference a Break Makes

Page 18

<https://carers.org/downloads/wales-pdfs/carers-trust-road-to-respite-report.pdf>

Cruse Bereavement Evaluation

Page 19

Report - www.cruse.org.uk/wp-content/uploads/2022/05/Bangor-University-_Cruse-bereavement_-report.pdf

Video: <https://youtu.be/52YPv7fSVCw>

CADR 2021 Annual Conference - Shaping Environments; Shaping Lives

Page 21

<https://www.cadr.cymru/en/event-resources.htm?id=1>

CADR App

Page 22

Download via Google Play Store:

<https://play.google.com/store/apps/details?id=com.eaziapps.cms.android607ee200e8d67&gl=GB>

Download via Apple App Store:

<https://apps.apple.com/gb/app/centre-for-ageing-and-dementia/id1587334161>

Adapt Tech, Accessible Technology

Page 22

<https://www.open.ac.uk/health-wellbeing/projects/adjust-tech-accessible-technology-atat>

Join Dementia Research

Page 26

<https://www.joindementiaresearch.nihr.ac.uk>

ENRICH Cymru

Page 27

<https://www.cadr.cymru/en/enrich-cymru.htm>

CONTACT DETAILS

Thank You

Thank you to our wonderful CADR members for your participation and support over the last year.

A special thanks to Carol Beaumont, Helen Barney, and John Gallanders for taking the time to help shape and design this report with us.



Centre for Ageing and Dementia
Research, Talbot Building,
Singleton Campus, Swansea
University, SA2 8PP



01792 295099



cadr@swansea.ac.uk



@CADR_Programme



@ CADR Cymru



@ CADR Cymru



@ CADR Cymru

DOWNLOAD THE CADR APP
ON **IOS** AND **ANDROID**
LLWYTHWCH I LAWR AP CADR
AR **IOS** AC **ANDROID**

