

Centre for Ageing and Dementia Research (CADR)



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



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government



Y Ganolfan Ymchwil Heneiddio a Dementia

Centre for Ageing & Dementia Research

2022 - 2023 Annual report



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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 age related research, and working closely with policy, practice, organisations, third sector and charities and older adults themselves.

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

In September 2022, our Associate Director, Professor Gill Windle was invited to join the World Health Organisation's Global Network for Long Term Care.

Our ongoing collaboration between Swansea, Bangor and Aberystwyth Universities, and the set-up of new international research networks, continues to lead to new initiatives across a wide range of research ideas and social and policy issues as will be evidenced in this report.



Directors' Statement

It continues to be an absolute honour for us to co-direct the Centre for Ageing and Dementia Research along with our excellent group of researchers and project colleagues. We feel that we are doing things differently at CADR by placing inclusion, involvement and co-production approaches at the heart of what we do. We draw together people working across different disciplines in order to improve the lives of older people. Further, CADR allows us the resources to work closely with wonderful people in charities, third sector organisations and businesses, that on a day-to-day basis work tirelessly to improve the lives of older people. Working closely with older people themselves is at the heart of what we do, to understand their needs and to help shape our research to be relevant, meaningful and impactful.

Although we have a programme of research, with an overarching focus on healthy ageing, we know how important it is to keep our research responsive to changes in society that might affect the lives of older people on a day-to-day basis. Times are hard at the moment; the cost-of-living crisis and the long shadow of Covid continue to impact on all of our daily lives. This is especially true for those who are already marginalised or excluded from taking part in society, who may face inequalities around health and community. Over the last few years we have identified challenges to an ageing population of living through lockdowns in our Winter Stories work.

This year, CADR's joint report with Business in the Community (BITC) Cymru identified that Covid has led to an increase in older workers being pushed out of work into early retirement. The work concluded that if Wales is to remain economically competitive it is essential that we maximise the opportunities for, and get the most from, our older workers.

We have worked with designers of new sustainable technology in homes to make sure their technology is fit for an ageing population.

We are delighted to continue our international collaborations. We continue our links with The Center for Innovative Research on Aging Society (CIRAS) at the National University of Chung Cheng. Their work is similar to that of CADR but in a very different culture and they have set up seven "Aging Community Engagement Living Labs" in the three neighbouring counties of Yunlin, Chiayi and Tainan, in Southern Taiwan. In addition, we hosted a delegation of gerontology scholars from Malaysia, representing Universiti Kebangsaan Malaysia, Universiti Sains Malaysia and Universiti Putra Malaysia who attended the annual CADR conference, with Prof Dr Devinder Kaur Ajit Singh (Universiti Kebangsaan Malaysia) presenting on transportation and mobility challenges in Malaysian older adults.



Professor
Andrea Tales
Co-director



Professor
Charles Musselwhite
Co-director



Professor
Gill Windle
Associate-director

Directors' Statement

Continued...

Our CADR conference this year was a reminder of just how we bring research together with policy and practice, with presentations, delegates and stalls from a variety of organisations and groups. Further, Prof Dr Kaur Ajit Singh's presentation also related to one of our current campaigns aiming to make a difference to older people's mobility - "Older Drivers: After the Wheels Stop Turning", which aims to increase awareness around the lack of support and guidance for older drivers after they have been told they must stop driving or have made their own decision to surrender their licence. The campaign is being launched to help older people by raising awareness of the challenges they face when giving up driving, as well as supporting 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. Another international collaboration involved a visit to CADR by colleagues from Helsingborg University Sweden, who are working with us to investigate sensory and perceptual function in older people living with dementia.

We continue to work hard to make all of our lives better as we age and very much support the vision of the Older People's Commissioner for Wales making Wales THE best place in the world to grow old in.

The Research Excellence Framework (REF) is a UK-wide exercise undertaken every seven years to assess the quality of UK research and to inform the selective distribution of public funds for research by the four UK higher education funding bodies. The REF outcomes are used to calculate public funding for universities' research and inform the allocation of around £2 billion of funding per year. Researchers submit their work to different topic areas, called a 'unit of assessment' (UoA). As part of the most recent REF (2021) Professor Gill Windle led the submission of an impact case study 'Innovations in Dementia Care: Positive Impact of Visual Art Interventions'. This consolidated research conducted by CADR researchers. This was one of three case studies submitted to UoA Allied Health Professions, and was rated world leading and internationally excellent.

<https://results2021.ref.ac.uk/impact/098b153c-7db3-4bea-af4e-cf3281856db4?page=1>

CADR researchers (Gill Windle, Diane Seddon, Patri Masterson-Algar and Catherine Macleod) had individual research outputs submitted into the REF assessment which contributed to the submission to UoA Allied Health Professions being ranked 15th overall in the UK. 95% of this submission was classified as world leading and internationally excellent.



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.

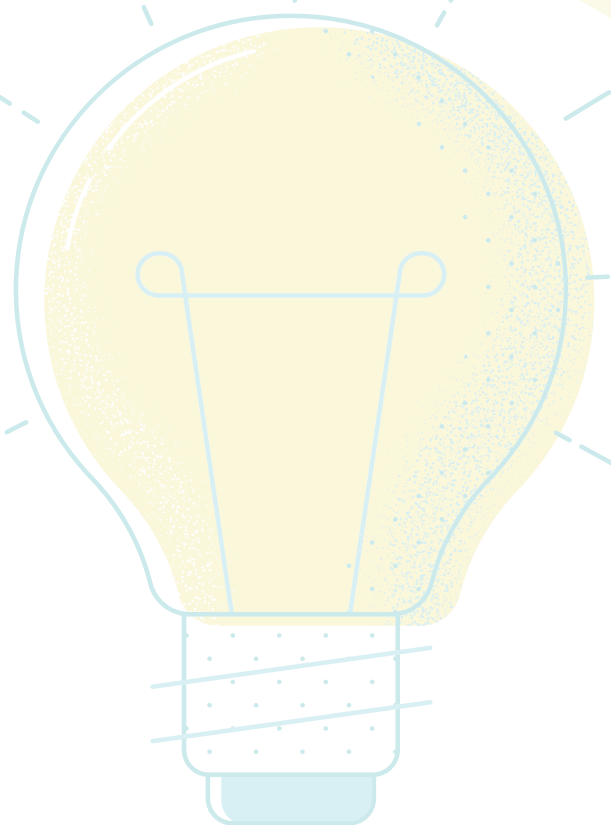
AIM

Our aim is to improve the lives of older people, people living with dementia 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





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 (2022-2023), are described fully in this Annual Report, and are summarised as follows.



Work Package Highlights

Environments of Ageing

This year we have:

- Collected and analysed data over a 12-month period for the "After the Wheels Stop Turning" campaign. Findings expressed a need for significant improvements to public transport, a door-to-door transport service, and an info-graphic booklet providing advice and guidance.
- Launched and completed phase one of the OPTIC ('Understanding Older and younger people's Perspectives and Imaginaries of Climate change') project.
- Participated in India's first 'active building' project which comprised of carrying out field activities for the SUNRISE project, co-production of a participatory video with 13 members from the village of Khuded.

Characterising Dementia and Cognition in Ageing

This year we have:

- Secured £100,000 of funding to support the creation of dedicated spaces for older adults with hearing loss. Helping people remain active, productive, independent, and socially connected across generations for as long as possible.
- Collaborated with Audiologists from the NHS and members of the public to co-design a public health animation to promote the importance of hearing loss and the links it has with dementia.
- Worked on a research project looking at sustainable food products for healthy ageing in collaboration with Business Innovation Centre (BIC) and five Welsh SMEs to trial six innovative products optimised for older adult health via fortification.
- Set up a Dementia and Sensory Function Network and research group in order to raise awareness, collaborate on research ideas and make a positive impact in this area.

Social Inclusion for Health and Wellbeing in Later Life

This year we have:

- Secured £159,572 of funding from The Economic and Social Research Council (ESRC) to find whether the impact of living in areas with a greater mix of ages has an impact on people's health and wellbeing.
- Successfully recruited 352 carers to the main randomised controlled trial, exceeding recruitment targets for the iSupport project.
- Developed an online survey for people living with, or caring for someone living with dementia in Wales about their experiences of a dementia diagnosis and their support experiences. Findings to be shortly published.
- Worked in partnership with Swansea Dementia Hwb, looking at the role of third-sector organisations in supporting unpaid carers of people living with dementia.

Engaging Public and Professionals in our Work

This year we have:

- Supported the implementation of a national policy committed to recognise, value and help unpaid carers to live well and achieve personal well-being outcomes.
- Collaborated with the Cross-party Group on Intergenerational Solidarity, to establish and promote solidarity and understanding between generations. Celebrating and highlighting the strength of connections - 'where age is no barrier'.
- Developed a second booklet for 'Knowledge is Power', focused on useful advice on living with dementia.

Core Metrics

Reporting period: 2022/2023

Health and Care Research Wales infrastructure award to the group



Direct funding awarded

£760,648

Jobs created through direct funding



*Figure includes additional funding to support the delivery of ENRICH Cymru

Grants won during reporting period

Grants won	Led by group	Group collaborating
Number	14	2
Value	£1,339,822	£2,237,064
Funding to Wales	£1,306,822	£504,255
Funding to group	£801,666	£83,692
Additional jobs created for Wales	13	3
Additional jobs created for group	8	1



Number of publications



Number of public engagement events



Number of public involvement opportunities

Meet the Team



Project Manager
Rhian Williams



Marketing & Comms
Kim Mephram



Involvement &
Engagement
Owen Phillips



Administrator
Charly Cope



Administrator
*Iona Strom



Dr Amy Murray



*Dr Emma Richards



*Dr Merryyn Thomas



*Dr Maria Cheshire-
Allen



*Dr Patricia
Masterson-Algar



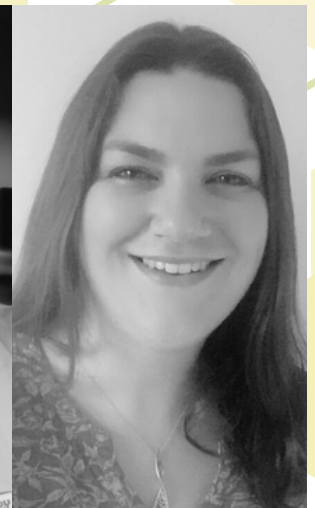
*Dr Sondra
Butterworth



Maria Caulfield



*Kiara Jackson



*Dr Catherine
MacLeod

Theme Leads

Environments of Ageing



Prof Charles
Musselwhite

*Dr Ian Davies-
Abbott

Characterising Dementia and Cognition in Ageing



Prof Andrea
Tales

*Dr Claire
Hanley

Social Inclusion for Health and Wellbeing in Later Life



*Prof Gill
Windle

*Dr Martin
Hyde

*Prof Norah
Keating

Research Methods, Public and Professional Engagement and Involvement



*Dr Diane
Seddon

*Dr Catrin
Hedd Jones

*Steff Green

*Dr Deborah
Morgan

Environments of Ageing

After the Wheels Stop Turning

The 'Older Drivers: After the wheels stop turning' campaign is based upon findings from Dr Amy Murray's PhD research (funded by Swansea University, which explored the process of driving cessation in later life, with a specific focus upon informal support. Giving up driving has been previously highlighted as a difficult experience for older adults, largely resulting in negative outcomes. To further explore and understand the role of informal support across the experience of giving up driving, Dr Murray undertook individual semi-structured interviews with older drivers and ex-drivers (n=15), and their family, friends, and wider community members (n=15) within South Wales.

Findings from this research revealed driving cessation, along with the element of informal support, to be a complex phenomena, holding multiple meanings for participants. This included a range of practical and psycho-social outcomes, which were both positive and negative. Loss was identified as a key theme for older drivers, as well as their informal support network members. Often, these findings were inter-linked, demonstrating the complexity of experiences among older people, and those who may support them.

Based upon the conclusions of Dr Murray's PhD research, the need for innovative and tailored support interventions to help those affected by no longer being able to drive was highlighted.

In response, the 'Older Drivers: After the wheels stop turning' campaign was launched in May 2022. This aims to help older people and their informal support networks, acknowledging and raising awareness of the challenges they face around giving up driving. The campaign is also aimed at supporting 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.

Online data was collected over a 12 month period. In total, 37 members of the public participated, with the majority of respondents (22) aged between 61 and 80. 11 councils and voluntary organisations that support older people in Wales also completed the survey.

Findings around preferred support interventions for giving up driving include: significant improvements to public transport, a door-to-door transport service, and an info-graphic booklet providing advice and guidance.



Environments of Ageing

Understanding Older and younger people's Perspectives and Imaginaries of Climate change

'Understanding Older and younger people's Perspectives and Imaginaries of Climate change' (OPTIC) is a one-year project funded through the Healthy Ageing Social, Behavioural and Design Research Programme (SBD RP), funded by UK Research and Innovation (UKRI, £123,000).

Environments in which older people live, work and take recreation are essential to health and wellbeing. However, through climate change, threats are emerging in previously hospitable environments. It is essential we understand older and younger people's climate change perspectives, behaviours, and future visions so that living, working and recreational environments can be shaped and managed effectively for health, wellbeing and sustainability into the future.

The first stage of our project was to set up an Advisory Group, who co-developed the research design, linked us with communities, and helped anticipate intergenerational dialogue. Next, to explore everyday issues with people who use a range of 'environments of ageing', to date, we held five workshops in South Wales. A total of 55 older and younger people took part in the workshops. One session was carried out with community growers on an urban street, one with a youth club and men's shed organisation in a post-industrial town, one with a primary school and care home in a coastal village, another with a BAME (Black, Asian and Minority Ethnic) women's walking group in an industrial coastal town, and another with a farming family on rural Gower.

During the workshops, we used creative methods (games, comic-creation, mobile and on-line interviews, storyboarding) to encourage inter-generational conversation, articulate intangible values, and explore change, by making the familiar strange and forcing us to linger and to notice. Workshops were audio recorded, and the stories from sessions are currently being developed into a bilingual comic book by Illustrator Laura Sorvala.

Laura is using the results of a survey that we carried out in January and February with members of the public (N=98) to incorporate readers' preferences for intergenerational comic styles.

The comic will be shared as hard copies, via a website, social media, and at 2 interactive exhibitions.

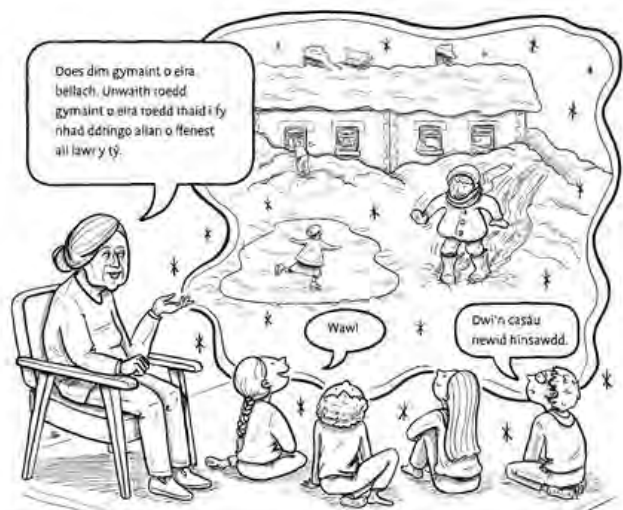


Illustration by Laura Sorvala <https://www.laurasorvala.com/>

SUNRISE - The Strategic University Network to Revolutionise International Solar Energy

Between 2010 and 2022, the Indian and UK governments funded the APEX Consortium (2010-17) and the SUNRISE network [*https://www.sunrisenetwork.org/](https://www.sunrisenetwork.org/) (2018-22), which brought together leading research teams from India and the UK to develop materials and technologies for solar energy as well as other energy applications and their translation into demonstrators and into commercially viable products. The SUNRISE solar energy demonstrator building was handed over to the community (July 2022) and officially launched in October 2022.

The new building called the Solar OASIS is India's first 'active building'. (An Active Building uses a range of integrated renewable energy technologies to generate, store and release electricity.) Aspects of the building design and functionality were co-designed with the villagers in Khuded.

As a social science team (with Tata Institute of Social Sciences-TISS) we have now completed our field activities. A [*participatory video](#) has been co-produced with 13 members of the village, revealing their perspectives of the building since its construction.

Dr Carol Maddock, associate of CADR and a researcher based at the Centre for Innovative Ageing, Swansea University, is invited to present the research findings with TISS colleagues at a symposium at IIT Kanpur (India) in April 2023 focusing on the food-water-energy nexus IIT Kanpur. The aim is to demonstrate how knowledge could be transferred, and how lessons learnt could ensure similar approaches to public participation/co-production to extend to the Water, Energy Food Nexus. Dr Maddock will also be presenting sections of the community film and additional research findings at the Visual Methods Conference in Rome in May 2023 and also at the British Academy (BA) summer showcase in London in June 2023.

The SUNRISE collaboration aims to transcend into a N2NZ network (Network to NetZero) with the addition of new partners. The network will be working on developing solutions to tackling the nexus of energy with food and water sectors, by (i) developing integrated clean technology solutions to decarbonize these sectors, (ii) capacity building, (iii) outreach and (iv) creating business opportunities. In this regard, the network has already conducted three scoping exercises and a meeting in Swansea University to determine the challenges that could be taken forward.

In the context of the climate crisis and the transition to Net Zero and to review and consolidate the 'Grand Challenge' outputs from the three N2NZ virtual summits, pave the pathways for future work and provide networking opportunities. In addition, we will also visit certain rural demonstrators as a part of IIT Kanpur's research activities relevant to the water-energy-food nexus.



SUNRISE is funded by GCRF (Global Challenges Research Fund), through UK Research innovation (UKRI, circa £6m)

Characterising Dementia and Cognition in Ageing

Hearing Loss and Place

CADR was awarded £100,000 to support the creation of dedicated spaces for older adults with hearing loss. There is essential evidence and understanding around the importance of creating appropriate, social, sustainable, and resilient neighbourhoods, places, and environments for older adults with hearing loss. The study, led by Dr Emma Richards and Professor Andrea Tales, is being supported through the UK Research and Innovation (UKRI) Healthy Ageing Challenge, which aims to help people remain active, productive, independent, and socially connected across generations for as long as possible. Over five years, the challenge fund will invest up to £98 million in healthy ageing, enabling businesses, including social enterprises, to develop and deliver beneficial products, services, and business models. As part of this, CADR will increase understanding of the difficulties people with hearing loss experience such as hearing conversations in a variety of noisy and distracting places, such as shops, cafes, and public transport.

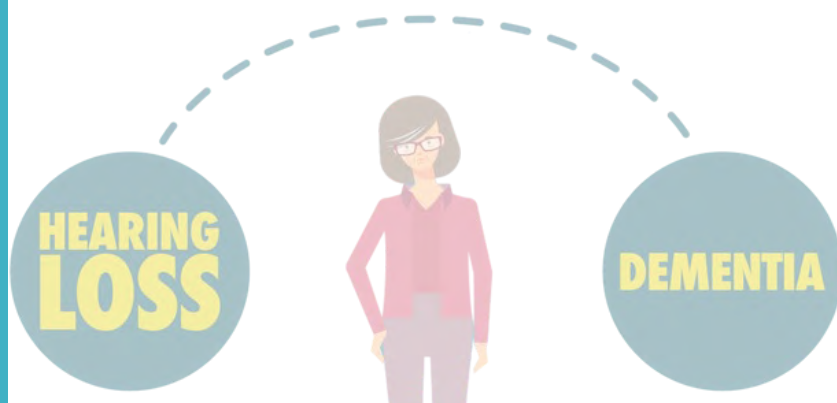


They will also look at how this noise affects not only hearing, but how it affects attention, cognition, wellbeing, and social interaction. This evidence will form the basis of addressing the problem, raising awareness of the issue amongst the public, retail and travel sectors, and the need to make hearing loss-related changes to environments.

Hearing Loss and Dementia

It's no secret that as we age, our ability to carry out everyday activities may decrease. A contributory factor may be a change in hearing. The impact of hearing loss is often underrated. When hearing loss occurs, some people may withdraw from everyday conversations, leading to the possibility of isolation. Our brains need stimulation from talking to others. Evidence shows that there can be a link between hearing loss and dementia. Research suggests that by managing hearing loss with hearing aids, the risk of dementia can be reduced. This year, CADR has collaborated with Audiologists from the NHS and members of the public to create a public health *animation to promote the importance of hearing loss and the links it has with dementia.

Professor Andrea Tales said, "This co-produced animation is based on research evidence and is designed to raise awareness of the importance of addressing hearing loss allowing people to make positive choices. Raising awareness allows people to more freely talk about the issues and to let people know that it's ok to contact their GP and audiologist to talk about it."



Characterising Dementia and Cognition in Ageing

Sustainable food products for healthy ageing

CADR is collaborating with Drs Rochelle Embling and Laura Wilkinson, Swansea University, who are leading on a research project looking at sustainable food products for healthy ageing, in collaboration with Business Innovation Centre (BIC) and five Welsh SMEs, to trial six innovative products optimised for older adult health via fortification.

Using cutting-edge consumer insight techniques to understand product acceptability (broadly defined). After successfully completing the project, we were able to (1) return insight to the SMEs about their products, (2) confirm feasibility of the methods (particularly important for the use of eye tracking and Virtual Reality supermarket) in their context, and (3) increase fundamental understanding of the drivers of older adult consumer acceptability of fortified products. Dissemination of the findings will be via an industry-facing 'playbook' as well as academic peer reviewed journal articles, and presenting at various conferences for industry special interest groups.

Funded via the Welsh Government Covid recovery fund (£249,466).

Dementia and Sensory Function Network

Professor Andrea Tales and Dr Emma Richards have set up a Dementia and Sensory Function Network and research group (including members of the public and early career researchers, currently 50+ members) in order to raise awareness, lead research and make a positive impact in this area. Related to this initiative is the funding (UK WIN funding of £10,000) awarded to Drs Emma Richards and Clive Thomas to host a visit to Swansea from a research team in Sweden.

Members of CADR, together with Kimberley Littlemore (Producer at eHealth Digital Media), were co-nominees and finalists at the Alzheimer's Society Hero Awards, in Birmingham earlier this year for the *series of films produced by Kimberley about living with dementia.

Social Inclusion for Health and Wellbeing in Later Life

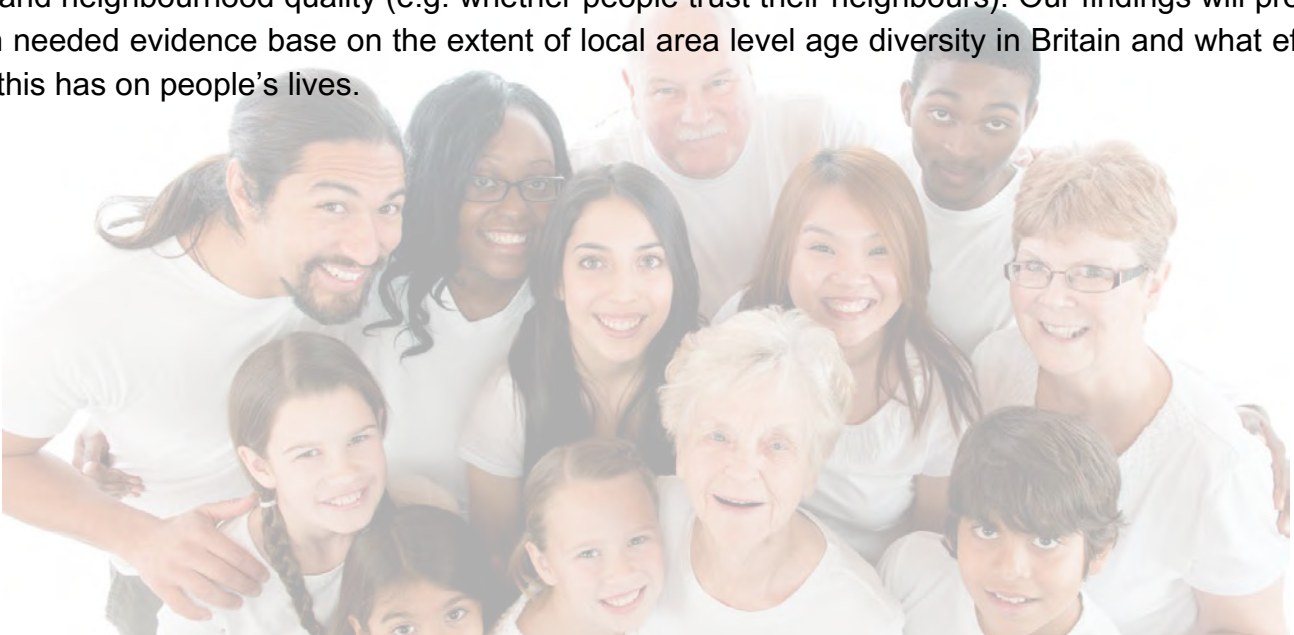
Age Diversity -

The Impact of living in age diverse areas on health and wellbeing

There is *evidence that Britain is becoming more and more generationally divided. A major part of this is that the places where we live have become increasingly 'age segregated'. This means younger people tend to live in places where there are more younger people and older people tend to live in places where there are more older people. Deep generational divisions can have implications for social cohesion and effective societal functioning. Policy makers are concerned that this could have negative health, economic, social and political costs.

Indeed, a recent report by the *Resolution Foundation estimated that age-segregation could cost the UK economy £6 billion per year. However, there is currently no research in Britain that has been able to directly test whether living in areas with a greater mix of ages has an impact on people. By linking information on the number of people in different age groups at the local level with information from a long running survey, our project (funded by The Economic and Social Research Council ESRC, £159,572, Led by Dr Martin Hyde) will be the first to do this. We will create a new measure, called the 'area level index of age diversity', for all the residential areas in Great Britain (these are called Lower Super Output Areas in England and Wales and Data Zones in Scotland). Unlike existing measures which tend to focus just on younger versus older adults, this new measure will use information from people of all ages to get a better idea of the mix of age groups in an area. The first thing we intend to do with this information is to produce a series of maps of Britain to show which local areas are more or less age diverse.

This information will be very useful for local government, councils, city planners and the like. Once we have done this, we will then link our new measure of age diversity to information on around 50,000 people living in Britain who have been part of a long running study (called the *UK Household Longitudinal Survey). This will enable us to see whether living in areas that have people from a wide (or narrow) range of age groups impacts on people's health (e.g. whether the person has an illness or chronic condition), wellbeing (e.g. loneliness), civic participation (e.g. whether someone volunteers or not), and neighbourhood quality (e.g. whether people trust their neighbours). Our findings will provide a much needed evidence base on the extent of local area level age diversity in Britain and what effect (if any) this has on people's lives.



Social Inclusion for Health and Wellbeing in Later Life

Technology for dementia carers

‘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. This project, funded through National Institute for Health and Care Research (NIHR, £1,480,000), is led by CADR's Associate Director, Professor Gill Windle, along with an excellent team of experts across three nations - Wales, Scotland and England. The project has successfully recruited 352 carers to the main randomised controlled trial, exceeding recruitment targets. It is due to complete early 2024.

Products freely available at the end of the study will include:

- iSupport for carers in the UK with audio function (English and Welsh)
- iSupport for young carers (English and Welsh)
- iSupport for carers of people with rare dementias
- iSupport for South Asian carers (Urdu, Gujarati, Bangali)
- Hard copy versions (digital exclusion)
- Short video/Continued Professional Development (CPD) for professionals



Social Inclusion for Health and Wellbeing in Later Life

How do people living in Wales experience their diagnosis of dementia?

The Dementia Action Plan for Wales (2018) includes aims for optimal person-centred services. Wales is largely rural, and our earlier research found this can impede access to services ([*Roberts et al., 2022](#)). Suitable support for people living with rarer dementias can also be limited, which may be exacerbated by place of residence. As part of the work programme of The Economic and Social Research Council-National Institute for Health and Care Research (ESRC-NIHR, January 2019 £4,431,885) funded Rare Dementia Support (RDS) Impact Study, Dr Jen Roberts and Professor Gill Windle are examining the aims of the dementia action plan around diagnosis.

An online survey was developed for people living with, or caring for someone living with dementia in Wales. The survey explored diagnosis and post-diagnostic support experiences, and any differences as a function of type of dementia (typical/rare), and rurality (rural/urban). The research also gains insight from people living with dementia and their carers around how the process may be improved.

Preliminary findings

71 people responded (people with dementia, n=10; carers/family members, n=61); living in rural/semi-rural (n=37) and in urban/suburban (n=34) areas. The study gained experiences from people affected by both rare (n=17) and typical (n=54) dementias.



Photo: Dr Jen Roberts, left, with expert panel

The research is now being finalised for publication and dissemination. As a result of her work, Dr. Jen Roberts chaired a round-table meeting in Wales for Alzheimer's Cymru and her contributions earned her a prominent place in an expert panel discussion at the Alzheimer's Society Annual Conference, London, May 2023.

Dr Roberts' expertise in researching the experiences of dementia diagnosis in Wales, and representing their voice, will significantly contribute to discussions, providing valuable insights and perspectives.

Social Inclusion for Health and Wellbeing in Later Life

Exploring the role of the third sector in supporting unpaid carers of people living with dementia

Working in partnership with Swansea Dementia Hwb, CADR researcher Dr Maria Cheshire-Allen hosted an event to present findings of her research, looking at the role of third-sector organisations in supporting unpaid carers of people living with dementia. The 'Driving Innovation in Social Care' (DISC) project aimed to explore how third-sector organisations work to support people and their carers living with dementia. Funded through Higher Education Funding Council for Wales (HEFCW) via Research Wales Innovation Fund (RWIF, £16,423), Maria undertook a series of focus groups and interviews with individuals and organisations in Swansea to understand how third-sector organisations deliver innovation and support unpaid carers. The findings from the pilot project supported the development of a larger research project proposal that will look at this question across four case study areas in Wales. Maria explains:

"Having volunteered with Swansea Carers Centre for several years I heard about the work of the Dementia Hwb and spent some time at the Hwb seeing first-hand the work the staff and volunteers were doing there. It was so impressive and invaluable for people. Before working as a researcher, I had a career in the third sector, so with this experience and the opening of the Dementia Hwb I started thinking about putting a grant together looking at the Hwb as an example of the third sector delivering innovative support for unpaid carers of People Living With Dementia (PLWD). I was delighted to receive the RWIF award to work in partnership with the Dementia Hwb to explore innovation and support for people living with dementia and their families and carers."

The work also enabled a new partnership arrangement between CADR and Dementia Hwb, with a memorandum of understanding agreed and developed that will support partnership working between the organisations going forward.



Engaging Public and Professionals in our Work

Making short breaks meaningful – research to connect academia, policy, and practice

Wales has the highest percentage of unpaid carers in the UK. CADR members have a longstanding interest in the experiences and support needs of unpaid carers. This includes research and practice development activities to innovate short breaks, both for unpaid carers and the people they care for. Research has looked at the added social value of creative short break options ([*Prendergast et al., 2022](#)), explored how best we can co-create, commission, and deliver short breaks for unpaid carers supporting someone living with dementia ([*Caulfield et al., 2021](#)), and investigated how short break needs change and evolve over the course of caregiving ([*Caulfield et al., 2022](#)). The research findings remind us of the importance of focusing on personal outcomes and understanding what short break outcomes matter most to people. They also remind us about the need to build on the positive aspects of caring relationships and how a short break might help to support these, though of course remembering that caring can be extremely challenging. Findings highlight the interdependent wellbeing of unpaid carers and those they care for and the need to make short breaks a positive experience for both. The benefits of taking a break together are illustrated.

Our research is supporting the implementation of national policy commitments to recognise, value and help unpaid carers to live well and achieve personal wellbeing outcomes. The What a Difference a Break Makes report ([*Seddon et al., 2021](#)) sets out a research-informed vision for creative short breaks. It presented a set of key principles to inform future short break options and it prioritised areas for future investment and practice development in Wales. A key recommendation from this work was the establishment of a national short breaks fund for unpaid carers to support the timely delivery of bespoke short breaks. In April 2022, the Welsh Government announced a £9 million investment in a new short breaks fund for unpaid carers across Wales. Short breaks will be resourced through two funding streams - Ar Amser, which is a third sector funding stream, and a second stream which will be available via the Regional Partnership Boards. CADR researchers are pleased to be working in partnership with Carers Trust Wales, who are the national coordinating body for the short breaks fund, on a new three-year study (£40,000) to evaluate the reach and impact of this fund. A mixed method study will be



completed, collecting quantitative data from unpaid carers before and after they have taken their short break, as well as quantitative data from short break delivery partners. Qualitative data will include Most Significant Change stories, where unpaid carers and those they care for reflect on the difference the short break has made for them. The work will be guided by an Expert Reference Group that includes unpaid carers and people with care and support needs.

Engaging Public and Professionals in our Work

Intergenerational Collaborations



"Both younger and older groups can often feel marginalized and cut off from decisions that are made on their behalf, so both groups will benefit if they join together to speak with one voice." – MS Delyth Jewell

"Bringing generations together not only helps provide solutions to health and social issues experienced by the ageing population, it also moves the needle towards mutual understanding, knowledge sharing and a more equitable society where everyone is included." – Professor Kieran Walshe, Director of Health and Care Research Wales

CADR and the Cross-party Group on Intergenerational Solidarity, which was established to promote solidarity and understanding between generations, launched a photo competition in April 2022 to celebrate and highlight the strength of our connections - where age is no barrier.

The competition formed part of the Cross-party group's work on tackling ageism. *Research commissioned by the Welsh Government in 2019 showed activities that bring different ages together to take part in meaningful and engaging activities can reduce social isolation, improve older adults' health, and increase children's confidence and understanding of ageing and dementia.

The competition attracted entries from across Wales and the panel of judges included representatives from Assembly members, Older People's Commissioner's Office, Youth Parliamentary group and CADR.

The winning entries were announced at an event in the Senedd hosted by CADR, and *audio descriptions of the context of the images were recorded to accompany the 2023 CADR Calendar. The images were also exhibited at the seven National Museums of Wales, supported by Amgueddfa Cymru.

The competition has inspired other nations to launch similar competitions in Singapore and Brazil as part of the International intergenerational week. The importance of working in partnership was also highlighted within the intergenerational week with a *webinar hosted by CADR which included guest speakers from England, Ireland, Scotland, Singapore and Wales.

CADR will continue to work with partners to tackle ageism and promote the importance of intergenerational relationships to build networks and challenge stigma within Wales and internationally.

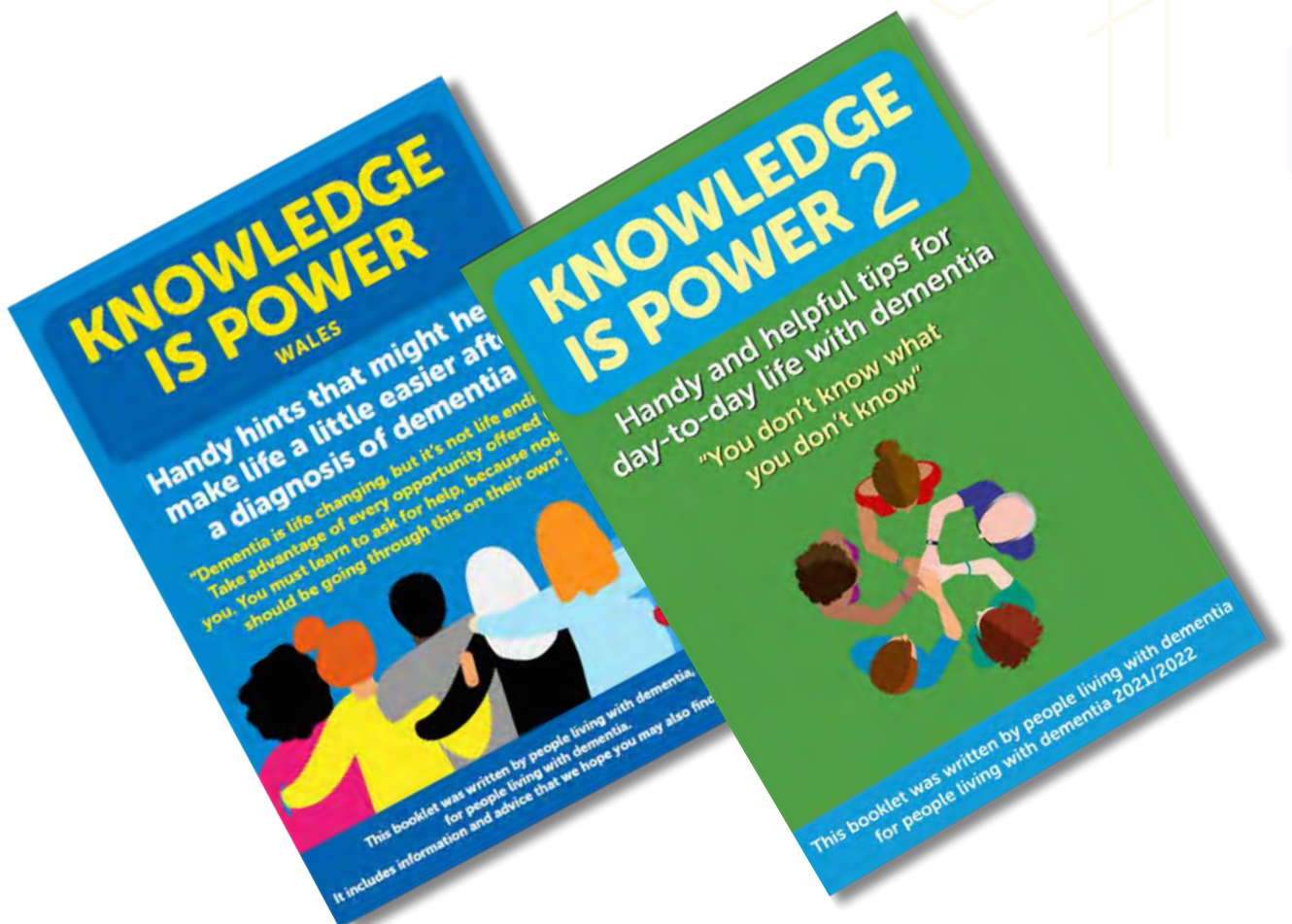
Engaging Public and Professionals in our Work

Knowledge is Power

The *Knowledge is Power booklet continues to develop with a second booklet released in 2022 focused on useful advice on living with dementia. The first Knowledge is Power booklet has also been revised in 2023 with updates from Caban members and the Welsh version has a new name Mae Grym mewn Gwybodaeth.

Over 8000 copies have been printed and distributed across Wales with excellent feedback including Kelly Minchin, the Community Team Leader for an Older Person's Mental Health Team in Swansea, describing the booklet as "a really good resource that puts all the information we like to give out as post-diagnostic support in a very reader-friendly and concise way".

The bilingual series have also contributed to the Welsh Government's *'More than just words campaign', 2022 - 2027 in Wales, to ensure that residents have equal access to information in Welsh and English at the point of contact. The *booklet has inspired a version in Scotland in both English and Scots Gaelic and a version for England is under development through the Developing Evidence Enriched Practice (DEEP) network, which involves people living with dementia sharing their knowledge to increase awareness and understanding.



Public Involvement and Engagement

Webinars/Seminars

CADR has continued to hold monthly events both in person and online to promote the research we are involved in. The webinars/seminars are attended by the general public, professionals and academics, reaching 280 people this year in attendance overall. Our events have covered a range of topics including: dementia, short breaks for carers, intergenerational relationships, housing, and reminiscence therapy. All our events have been recorded and are available to watch via our website.



Social Media

As always, social media is prominent in our marketing strategy, to promote research opportunities and share content which has been created by CADR and our collaborators. This content reaches academics, policy makers, practitioners, and the general public. Following on from the 2022 photo competition, CADR collaborated with Amgueddfa Cymru to showcase “Moments in Time; Stronger Together” with a roadshow which spanned the seven National Welsh museums. Due to the social media strategy which ran alongside this, CADR has built new relationships in Scotland and Singapore, both of whom have interests in creating their own competitions based on CADR’s original campaign.



@CADR_Programme



@CADR Cymru



@CADR Cymru



@CADR Cymru

Public Involvement and Engagement

CADR Photo Competition

The 2022 CADR Photo Competition “Moments in Time; Stronger Together”, was our biggest competition to date. To align with the GLOBAL Intergenerational Week 2022, CADR in collaboration with the Welsh Cross Party Group (CPG) on Intergenerational Solidarity asked our networks to send in photos which captured the connections and friendships made across the generations. **“Communities Connecting – where age is not a barrier for building new and positive connections in the community”**. The top three winning entrants were invited to attend a launch event in the Senedd where a selection of the images was on display, before they toured the seven Amgueddfa Cymru - National Museums in Wales, to encourage a greater understanding of the benefits for all ages to share experiences.

We will be launching the next competition in collaboration with the British Society of Gerontology (BSG), focusing on the arts. The theme of the competition will be “Creatively Ageing” (which includes paintings, sculptures, photography, graphic art, dance, poetry, drama etc), with the aim of raising awareness of the arts and how involvement in these can benefit health and well-being.

Arts and dementia research were selected as a case study report, ‘Innovation National: On Common Ground’, to highlight CADR’s partnerships with local authorities and care homes in an article titled, ‘Art, imagination, age and dementia’. This recognises the ‘civic mission’/community partnerships embedded in our research, from working in partnership with charities, private companies and local authorities.

CADR is committed to breaking the stereotypes of ageing.

The arts competition will have a four-nation approach as well as a global aspect through collaborations with *Genlab Collective in Singapore, and will be launched on 7th April 2023 to coincide with “World Health Day”.



Public Involvement and Engagement

CADR Conference 2023

Wales – A good place to grow old; Inclusivity across the life course

On 28th February 2023, CADR held its 3rd annual conference (since 2020) and our 1st in person/hybrid event since the pandemic.

Held at the Village Hotel in Swansea, with over 100 delegates attending the conference in-person and 30+ in attendance online, the conference discussed the importance of inclusivity across the life course and what makes Wales a great place to grow old. Talks included topics such as Language is Power, Transportation, Cognitive Impairments, Work, Health and Retirement, and Loneliness and Isolation. Our varied line up of presenters included representative from the Older People's Commissioner's office, Age Cymru, Amgueddfa Cymru, Cwm Taf Morgannwg Mind, as well as international representatives from Universiti Kebangsaan Malaysia. The conference was opened by Keynote speaker Delyth Jewell MS and closed with remarks from Professor Judith Phillips, Deputy Principal Stirling University and Director for the Healthy Ageing Challenge Fund delivered by UK Research and Innovation (UKRI).

This year, CADR invited a number of exhibitors to the event, with stands to promote their work. This was a great way for delegates to find out what is happening across Wales, and to network and build relationships with other organisations. We created a quiz for both in-person and online delegates to find out more about the exhibitors, with two prize winners at the end receiving gifts from all ten of the exhibitors.

As well as this, CADR invited the team from the *Awen Institute to share their latest work on "Virtual Reality" and its benefits – allowing delegates to test out the equipment. We also provided a quiet room, which allowed people to take a break or learn more about the OPTIC project and get creative with trying their hand at making a short comic about climate change.

*The event was recorded and can be watched online.



Great event and loved the surprise gift of tea and biscuits in the post!

Overall, it was once again a fantastic event!

Public Involvement and Engagement

Research Advocates

The Research Advocates programme, set up with a number of our public contributors back in 2021, has been meeting regularly to inform the programme agenda, co-creating a role descriptor and an induction programme as well as identifying resources required to support new and existing members.

Our Research Advocates volunteer their time to help spread the word about health and social care research to everyone and promote co-design in all aspects of the research process.

Raising awareness about our research opportunities and encouraging others to get involved will help researchers and health and social care professionals understand more about the lived experiences of those who take part. This will help shape the research focus as well as identify key issues that are both relevant and timely.

The Research Advocates programme is almost ready to be publicised, helping us promote and attract a wider range of volunteers to be part of the CADR network. There will be a dedicated page placed on our website for more information of how to get involved and join the programme as well as a section showcasing our members.

Lay Summaries

CADR works with members of the public to assist us with one of our key activities: “Publish and disseminate research findings and lay summaries”.

Our aim is to make research findings more accessible to all, as often academic research can be quite technical and difficult for non-experts and people who do not have prior knowledge about the subject to understand and “unpick” the key findings.

Members of the public create lay summaries (a brief summary of a research project, written in plain English, free of jargon and acronyms, and any technical terms explained), and are the means to 'translate' academic research into a more understandable and actionable format. These are distributed and publicised via the CADR website, the CADR app, social media platforms and also available in printed format. To promote maximum accessibility, CADR is also running a programme to present our lay summaries in *video and audio formats.

CADR is actively seeking new members of the public for both the Research Advocates and Lay Summaries programmes.

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. Members of CADR sit on regional and national committees, contributing to policy and practice development for carers, people living with dementia and older people.

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

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

We work closely with third sector organisations to identify new and emergent areas of research that support healthy ageing and reflect the changing needs of older people, carers, non-paid carers, and services in Wales. Recently signing a memorandum of understanding with the Swansea Dementia Hwb, strengthening relationships between academics and the community.

The past 12 months has seen us busy with our international collaborations, to name a few:

The Bangor team hosted visiting fellow, Emanuela Bezerra Torres Mattos, an academic occupational therapist from Sao Paulo University, Brazil, exploring dementia support for carers. After meeting with a number of researchers and visiting local services who provide support for dementia carers, Emanuela plans to develop support groups for dementia carers in Sao Paulo.

The Swansea team hosted academics from Malaysia, representing Universiti Kebangsaan Malaysia for a week visit across south and mid Wales sites. Presenting at the 2023 CADR conference, Prof Dr Devinder Kaur Ajit Singh, shared her research on transportation and mobility challenges in Malaysian older adults.

CADR continues relations with the Center for Innovative Research on Aging Society (CIRAS) at the National University of Chung Cheng, who have set up seven "Aging Community Engagement Living Labs" in three neighbouring counties of Yunlin, Chiayi and Tainan, in Southern Taiwan.

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.

ENRICH Cymru



ENRICH Cymru is the centralised support infrastructure that provides opportunities for the involvement of the care home community in local and national research studies. ENRICH Cymru is the conduit between the research and care home communities, helping researchers understand the barriers and facilitators to undertake research in care homes. We work closely with National ENRICH networks in Scotland and England, attending quarterly meetings as well as representing ENRICH Cymru at the devolved nations ENRICH group. We are co-hosted by CADR and the Health Care Research Wales Support and Delivery Centre.

There have been some staff changes, with both facilitators moving on to new posts, and recruitment of a new facilitator. An important part of the ENRICH Cymru team is the advisory group, which has representation from academia, Social Care Wales, Care Home Forum, the Welsh Government, DEEP, National ENRICH and lay members. The advisory group are an active and committed group that has met quarterly and supported the re-bid application that was submitted in November 2022. We are pleased to announce that the network has received further funding from the Welsh Government of £246,680 and will be extended until March 2025.

Key achievements

- We have supported 10 studies and three PhD studies with recruitment.
- ENRICH Cymru has held a consultation exercise with a few care homes/providers to identify what is important to them.
- Undertaken a priority ranking exercise with key stakeholders, care homes, and members of the public on the future of ENRICH Cymru, which 117 people responded and contributed to. As well as undertaking a scoping exercise with ENRICH in Scotland and England.
- We have developed collaborative working arrangements with Developing Evidence Enriched Practice (DEEP), Social Care Wales, Care home forum, CADR, and other funded infrastructure groups. We have engaged in joint planning workshops to join activities and support forming deeper connections.
- We have also met with a number of researchers developing care home research to offer advice and guidance.

Collaborations

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



Looking Forward

Influencing CADR themes through university research institutes

Ageing has been confirmed as a research theme for The Faculty of Medicine, Health and Life Science (FMHLS), where CADR sits. The decision was made in May 2022 to establish “Research Institutes (RIs)” through community-based conversations, hence a “bottom-up” approach to widen staff engagement. The institutes aim to be up and running in 2023.

The CADR team in Bangor held the first college-wide ‘health wellbeing and resilience in later life’ Research Alliance meeting on 17th January 2023 at Bangor University, reaching into different schools and new colleagues. The aim of the alliance will be to: build research capacity to address and progress research around health, wellbeing, and resilience in later life.

Taking research further - 'After the Wheels Stop Turning Campaign: Phase Two'

Dr Murray is currently in the process of collating the information received from the initial survey set-up, using this as the basis to inform phase 2 of the campaign. The next step is to provide support based on findings so far, through a ‘one stop’ type of web-page. The webpage would be comprehensive, bringing together examples of best practice on a global level. This would provide the opportunity for users of the website to review the information provided, adding further grounding for a tailored support intervention in Wales. After 12 months, the intention is to hold a workshop, inviting those respondents who have taken part, to gather their thoughts and ideas about what support intervention would work. Furthermore, findings from phases 1 and 2 of the campaign will be used to apply for grant funding. The final goal will be to design and roll-out a co-produced intervention for driving cessation in Wales.

Leading the way with the 'Journal of Global Ageing'

Dr Martin Hyde will be leading the editorial team on a new and exciting Journal of Global Ageing (JoGA), which is being launched by the British Society of Gerontology (BSG) and published in association Policy Press later in 2023/24. This journal will be a first for the BSG and aims to be a transdisciplinary journal (integrating the perspectives of multiple disciplines in order to connect new knowledge and deeper understanding to real life experiences), which is committed to advancing our understanding of the global processes of ageing. The intention is to create a space for the ageing research community around the world to communicate new ideas, findings, perspectives and research directions from all world regions. This is a great achievement for CADR and highlights that we are thought leaders in the field of ageing.

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Resources

SUNRISE

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Website: <https://www.sunrisenetwork.org/>

Participatory Video: <https://www.youtube.com/watch?v=B2hZPdIOjy4>

Hearing Loss & Dementia

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Animation: <https://youtu.be/NZxq6LVZUU>

Dementia and Sensory Function Network

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Film Series: <https://www.medic.video/dementia>

Age Diversity

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Bridging the generational divide in the UK:

<https://www.oecd.org/unitedkingdom/bridging-the-generational-divide-in-the-uk.htm>

Resolution Foundation report

<https://www.resolutionfoundation.org/publications/an-intergenerational-audit-for-the-uk-2022/>

UK Household Longitudinal Survey: <https://www.understandingsociety.ac.uk/>

Technology for dementia carers

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iSupport Website: <https://dsdc.bangor.ac.uk/isupport-for-dementia-carers.php.en>

How do people living in Wales experience their diagnosis of dementia?

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Roberts et al. 2022: <https://doi.org/10.1017/S0144686X2300003X>

Making short breaks meaningful – research to connect academia, policy, and practice

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Prendergast et al., 2022: <https://doi.org/10.1080/13607863.2022.2098921>

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Intergenerational Collaborations

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Research commissioned by Welsh Government, 2019

<https://gov.wales/key-mechanisms-intergenerational-practices-effectiveness-reducing-loneliness-social-isolation>

Audio recordings of winning photo entries <https://youtu.be/AzlaL5-zrj4>

Recorded webinar Building Intergenerational Partnerships

<https://youtu.be/8G2gKHVq-HU>

Resources

Knowledge is Power

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Booklet: <https://dsdc.bangor.ac.uk/products-created.php.en>

More than just words Campaign:

<https://www.gov.wales/sites/default/files/publications/2022-07/more-than-just-words-action-plan-2022-2027.pdf>

CADR Photo Competition

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Our arts and dementia research <https://dsdc.bangor.ac.uk/search-results.php.en?q=Art%2C+imagination%2C+age+and+dementia%E2%80%99>

Genlab Website: <http://www.genlabcosg.org>

CADR Conference 2023

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Awen Institute Website: <https://aweninstitute.com>

Recorded Event: <https://www.cadr.cymru/en/event-resources.htm?id=72>

Lay Summaries

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Lay summary example: <https://youtu.be/52YPv7fSVCw>



Thank You

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

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

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