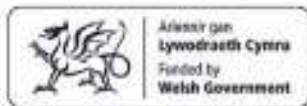




Ymchwil Iechyd
a Gofal Cymru
Health and Care
Research Wales



Arlennir gan
Lywodraeth Cymru
Funded by
Welsh Government



Y Garddian Iechyd Harciddio a Dementia

CADR
Centre for Ageing & Dementia Research

2023 - 2024 Annual report



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In a World of Research, People Make the Difference

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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. CADR brings together leading academics and researchers in age-related research, working closely with policymakers, practitioners, organisations, the third sector, charities, and older adults.

CADR employs a multidisciplinary approach, examining the biological, psychological, and social aspects of ageing while supporting the development and delivery of dementia research. Our focus areas include developing supportive technologies, fostering inclusive communities, improving housing, addressing loneliness, enhancing transport and environments, and understanding workplace dynamics. We also aim to deepen our understanding of ageing and dementia-related changes in the brain and their impact on daily life and health.

Our ongoing collaborations between Swansea, Bangor, and Aberystwyth Universities, along with the establishment of new international research networks, continue to drive new initiatives across a wide range of research topics and social and policy issues. This report highlights our progress and achievements in these areas.



It continues to be an absolute honour for us to co-direct the Centre for Ageing and Dementia Research (CADR) alongside our dedicated team of researchers, project colleagues, and the general public. Inclusion, involvement, and co-production approaches remain central to our mission. Taking pride in our initiatives and research, which unite individuals from diverse disciplines and backgrounds to improve and empower the lives of older people, ensuring our work remains bold and at the forefront of global ageing-related challenges.

CADR provides essential support and resources, enabling us to collaborate closely with charities, third-sector organisations, and businesses dedicated to improving the lives of older people. Central to our work is engaging directly with older adults to understand their choices, needs, and preferences. This approach, exemplified by our belief that 'one size does NOT fit all,' celebrates the diversity of older adulthood and recognises the importance of individual differences in real life and research design.

Amid ongoing societal challenges such as the cost-of-living crisis, climate change, and the aftermath of COVID-19—which continue to profoundly affect daily lives, especially for marginalised groups—we prioritise ensuring that older people's voices are heard. Our research includes projects that facilitate intergenerational conversations about climate change, underscoring the significant role older adults play in these critical debates.

The Winter Stories project exemplifies our commitment to highlighting these challenges. As we address these pressing societal issues, it is crucial not to overlook the needs of ageing populations. In the UK, with rising living costs and increasing expenses in social care and transport, integrating the perspectives of older people into policy discussions and decision-making processes is essential.

Additionally, a CADR research project explored the effects of climate change on older adults by fostering conversations between school children, care home residents, and community members. This project resulted in a comic book that will be distributed in schools and local communities, ensuring older people's perspectives are part of the climate change dialogue.

Furthermore, a joint report with Business in the Community (BITC) Cymru revealed an increase in older workers being pushed into early retirement due to COVID-19. The report emphasises 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.

Our extensive research programme, while focused on healthy ageing, remains agile to adapt to societal changes affecting older adults. Our work extends to understanding, enhancing, and looking at preventative measures in ageing-related environments through a lifespan approach. This is exemplified by the Welsh Longitudinal Ageing Study (WISE), led by Dr James Murray, Professor Andrea Tales, Professor Charles Musselwhite along with a UK-wide and international group. Other significant projects include international research on the relationship between hearing loss, reduced social interaction, and cognitive decline and dementia.

We also explore the role of technology in ageing. CADR is collaborating with international partners on developing SMART technology and robotics for older adults and those living with dementia. Our partnerships include a research consortium involving early career researchers and the public. Aberystwyth University's Computer Science Department has been working with Powys Council on technologies that enable older people to live independently, and CADR is collaborating with the new Centre for Adult Social Care Research, Cardiff University, to support dementia patients.

With a special focus on sensory function in ageing and dementia, our research team has established a successful group dedicated to this area. We are currently partnering with colleagues in the filmmaking industry and various charities to produce films that highlight the impact of sensory dysfunction on the lives of people living with dementia. These films aim to raise awareness and enhance treatment, support, intervention, and quality of life.

Our latest CADR conference which was hosted in Bangor, focused on wellbeing and resilience, support systems and fostering well-being in the community exemplifying our strength in bringing together diverse sectors and backgrounds. We fully support the vision of the Older People's Commissioner for Wales in making Wales the best place to grow old. Heléna Herklots, the Commissioner, opened our conference with an inspiring keynote speech. Her exceptional work during these challenging times has been truly motivating, and we look forward to continuing our support with the new commissioner.

We are proud of our two "Living Labs": the Awen Institute at Swansea University, which is a purpose-built home laboratory, collaborates with older adults and the creative industries to co-create and evaluate interventions and technologies, and the Smart Home Lab, a purpose built home and garden at Aberystwyth University, which works with businesses to develop technological solutions for independent living. We are always eager to collaborate with businesses and organisations in our labs, so please feel free to reach out to us.

As we enter the final year of our funding from Health and Care Research Wales, we are thrilled to have met nearly all our original targets ahead of schedule. Our commitment to ageing and dementia research will continue, maintaining our networks and producing world-class studies in these fields. While the future of our funding is uncertain, we remain dedicated to advancing this critical work and welcome your continued support in the year ahead and beyond.

Thank you for being part of our journey to improve lives as we age.



*Co-Director
Professor Adrea Tales*



*Co-Director
Professor Charles Musselwhite*



*Associate Director
Professor Gill Windle*

Mission & Aim

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

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

Our aim is to improve the lives of older people and 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



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 (2023-2024), are described fully in this Annual Report, and are summarised as follows.



Environments of Ageing

The OPTIC Project: OPTIC was funded by the University of Stirling Ageing and Place: Pandemic Recovery and Action on Climate Change (APPROACH) fund (£123k), as part the Social Behavioural & Design Research Programme (UK Research and Innovation).

CADR Podcast Series Highlights Major Public Health Initiative: Evidence indicates that this reduction not only decreases the risk of traffic accidents but also encourages people to walk and cycle more, thereby enhancing physical health, combating obesity, and improving mental well-being.

Characterising Dementia & Cognition in Ageing

The Welsh Crucible: Two CADR researchers Dr Emma Richards and Dr Ian Davies-Abbott have successfully secured a place on the prestigious Welsh Crucible 2023.

Hearing Loss and Place Project: Led by Dr Emma Richards and Professor Andrea Tales, the study is supported by the UK Research and Innovation (UKRI) Healthy Ageing Challenge, which promotes active, independent, and socially connected lives.

Investigation into the efficacy of eye-tracking and neurochemistry to assess cognitive status in the ageing population: The project focuses on the Visual Paired Comparison (VPC) task to assess recognition memory in the ageing population.

Social Inclusion for Health and Wellbeing in Later Life

Delivering Innovation in Social Care (DISC): A three-year social care research project funded by Health and Social Care Wales. The study aims to examine the role of social enterprise organisations (SEOs) in supporting unpaid carers to achieve positive well-being outcomes.

iSupport for Young Carers: An Adaptation of an e-health Intervention for Young Dementia Carers.

iSupport for Dementia Carers: Support is being rolled-out around the world by the WHO and the findings from this programme of work will inform both the ongoing global implementation and future international research.

Urinary Incontinence: This study addresses a gap in the current body of work regarding how women manage long-term chronic conditions and urinary incontinence, their quality of life, and the available treatments and preventions.

Research Methods & Involvement and Engagement

Involving older adults and unpaid carers in the research cycle: CADR's work is underpinned by a strong commitment to the involvement and engagement of older adults in research. Our expertise in this area is recognised both nationally and internationally.

PAAR-Network: Diane Seddon is the Health and Social Care Working Group Co-lead for the new European Cost Action, Participatory Approaches to Ageing Research (PAAR-Network), funded by the European Cooperation in Science and Technology (Horizon 2020; funding period 2023-2027).

Intergenerational Impact: In April 2024 a new strategic group on developing Intergenerational opportunities was established in Wales.

Research Advocates: The CADR Research Advocates programme is now live and actively developing, incorporating valuable feedback from both professionals and members of the public who are part of the Research Advocates team.

Core Metrics

Reporting period: **2023/2024**

Health and Care Research Wales infrastructure award to the group



Direct funding awarded

£651,492

Jobs created through direct funding



Grants won during reporting period

Grants won	Led by group	Group collaborating
Number	9	14
Value	£520,361	£1,072,268
Funding to Wales	£520,361	£188,000
Funding to group	£426,011	£18,906
Additional jobs created for Wales	5	2
Additional jobs created for group	2	1



Number of publications



Number of public engagement events



Number of public involvement opportunities

Team



**Professor
Andrea Tales**

Co-director

Professor Andrea Tales holds a personal chair in Dementia and Neurocognition.

Andrea is an elected Fellow of the Learned Society of Wales and of the British Psychological Society. Andrea is the Director of the Centre for Innovative Ageing and the Co-Director of the Centre for Ageing and Dementia Research [CADR], the School of Health and social care Research Lead and previously the Director of the Awen Institute.

Andrea has published extensively and co-ordinates an extensive ageing and dementia research network and has supervised many PhD students.



Swansea University
Prifysgol Abertawe



**Professor
Gill Windle**

Associate-director

Gill Windle (BSc; MSc; PhD) is a Chartered Psychologist and Gerontologist who specialises in interdisciplinary research. Gill leads and contributes to mixed-methods studies and intervention trials. Gill's work has been cited 4962 times, leading to an H-index of 26. She is ranked in the top 3.1% of 198,776 published authors worldwide on dementia (Source: Expertscape, November 2020). Her work has informed Welsh policy development, and in 2001 as a post-graduate research assistant she co-authored six literature reviews with Professor Vanessa Burholt to inform the development of the first Strategy for Older People in Wales.



PRIFYSGOL
BANGOR
UNIVERSITY



**Professor
Charles Musselwhite**

Co-director

Professor Charles Musselwhite, Chair of Psychology at Aberystwyth University, directs research and previously served as Associate Dean. His work applies psychology to improve connections between the environment, outdoor activities, and health, particularly in environmental gerontology. Leading 47 projects totalling £25 million, including Welsh Government-funded initiatives, he has authored numerous publications and co-directs the Centre for Ageing and Dementia Research (CADR) and the University Research Centre for Transport and Mobility.



1872 PRIFYSGOL
ABERYSTWYTH
UNIVERSITY

ADMINISTRATION TEAM



Rhian Williams
Project Manager



Kim Mepham
Marketing Manager



Owen Phillips
Involvement &
Engagement



Alex James
Administrator



Iona Strom
Administrator

BANGOR RESEARCH TEAM



**Dr Ian
Davies-Abott**
Researcher



**Dr Patricia
Masterson-Algar**
Researcher



**Dr Catherine
MacLeod**
Researcher



**Dr Catrin Hedd
Jones**
Researcher



**Dr Diane
Seddon**
Researcher



**Maria
Caulfield**
Researcher



**Kiara
Jackson**
Researcher

SWANSEA RESEARCH TEAM



Dr Aelwyn Williams

Researcher



Dr Carol Maddock

Researcher



Dr Claire Hanley

Researcher



Dr Emma Richards

Researcher



Dr Amy Murray

Researcher



Dr Merryn Thomas

Researcher



Dr Maria Cheshire-Allen

Researcher

ENRICH RESEARCH TEAM



Dr Deborah Morgan

Researcher



Leanne Brake

Researcher



Steff Green

Researcher

OPTIC

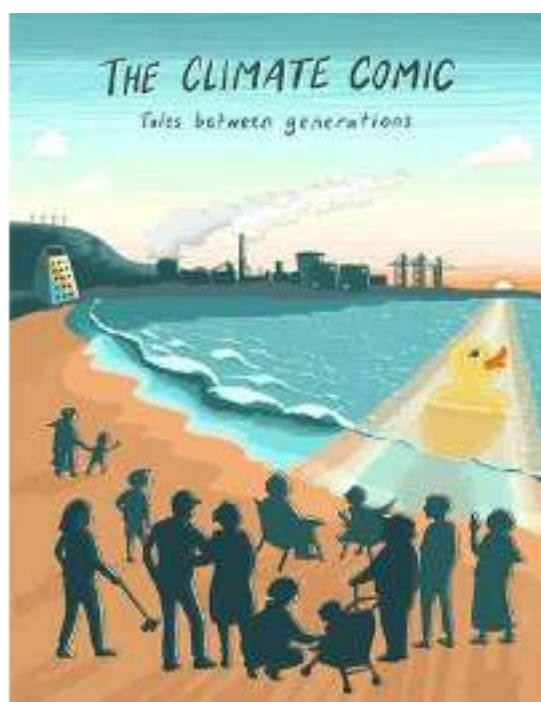
Understanding Older and younger people's Perspectives and Imaginaries of Climate change (OPTIC): emplaced creativity to improve environments for healthy ageing.

The OPTIC project sought to understand older and younger people's climate change perspectives, behaviours, and future visions so that our environments can be shaped and managed effectively for health, wellbeing and sustainability into the future.

We held intergenerational creative workshops with older and younger people in South Wales. Stories from the workshops were developed into the bilingual Climate Comic with illustrator Laura Sorvala, and can be found here: www.climatecomic.co.uk. We also carried out a survey about what works and what doesn't for intergenerational comics, and held several outreach and engagement events. These included a two-month interactive exhibition, a week-long stand at the Urdd Eisteddfod Welsh language festival, conference presentations, and visits to share the comic with participants. The project culminated in a shared learning event with older project participants, policymakers, businesses and charities.

OPTIC was funded by the University of Stirling Ageing and Place: Pandemic Recovery and Action on Climate CHange (APPROACH) fund (£123k), as part the Social Behavioural & Design Research Programme (UK Research and Innovation). It was supported by the Centre for Ageing and Dementia Research (CADR), the Awen Institute and Higher Education Funding Council for Wales (HEFCW) Research Wales Innovation Fund (RWIF) at Swansea University. We would like to sincerely thank our advisory group for guidance throughout, and the communities we had the privilege of working with. These include Newton Grange Residential Home, Oystermouth Primary School, Women4Resources, Hirwaun YMCA and Neath Port Talbot Black Minority Ethnic Community Association.

We are currently writing up the research, and working with South Wales communities to create an intergenerational climate change activity pack based on the Climate Comic. Our outreach work is ongoing, including an intergenerational climate change games event, which is described in this blog: <https://www.cadr.cymru/en/news-info.htm?id=358>. For more information, please visit our website at www.climatecomic.co.uk or email optic@swansea.ac.uk.



CADR Podcast Series Highlights

Major Public Health Initiative

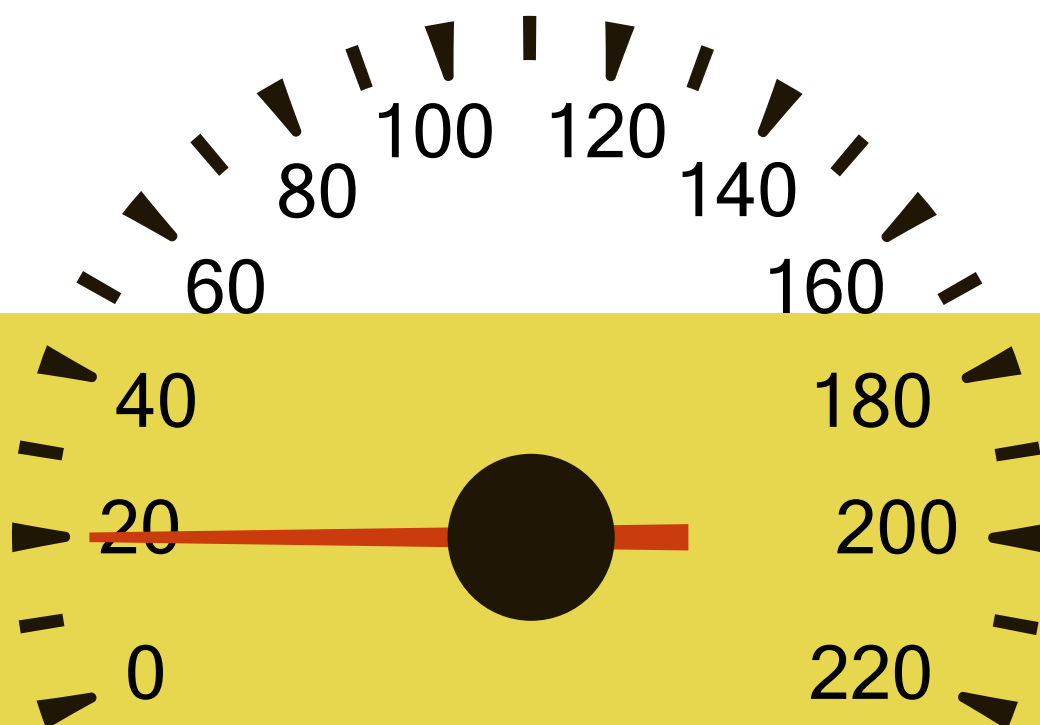
This year, CADR released a five-part podcast series featuring Dr. Sarah Jones from Public Health Wales, who discussed a significant change in Wales: reducing the speed limit on 30mph roads to 20mph. Evidence indicates that this reduction not only decreases the risk of traffic accidents but also encourages people to walk and cycle more, thereby enhancing physical health, combating obesity, and improving mental well-being.

In the long term, this change is expected to reduce the number of vehicles on the road, resulting in less environmental damage and improved air quality. Additionally, promoting active travel over car journeys is anticipated to support local shops and businesses, making them more viable.

The switch from 30mph to 20mph has a minimal impact on journey times, with urban travel increasing by just 17 seconds per mile, and potentially even less in rural areas.

Dr. Sarah J. Jones, Consultant in Environmental Public Health at Public Health Wales, stated: "Travelling at 20mph has been shown to reduce the risk and severity of crashes, produce less noise pollution, and lower fuel consumption. It encourages walking and cycling, helping to fight obesity and improve mental well-being. All of these factors are likely to enhance public health and reduce demands on health services."

Professor Charles Musselwhite, Co-Director of CADR, also contributed to the podcast, discussing the benefits of these changes for older adults.



The Welsh Crucible 2023

Two CADR researchers Dr Emma Richards and Dr Ian Davies-Abbott, and Dr Gary Christopher from the Centre for Innovative Ageing have successfully secured a place on the prestigious Welsh Crucible 2023. This is an award-winning programme of personal, professional and leadership development for the future research leaders of Wales. Funded by a consortium of Welsh higher education institutions and the Higher Education Funding Council for Wales (HEFCW), Welsh Crucible brings together thirty researchers each year in order to explore how they can work together to tackle the current research challenges facing Wales. It aims to help participants to discover: - how other early- to mid-career researchers in other disciplines are tackling the same issues as them; - how they can transfer their knowledge to the public sphere to make an impact; - the skills and attitudes that are likely to make their research more innovative; - how thinking creatively can make a difference to their work and career. Welsh Crucible is for talented early- to mid- career researchers with a minimum of three years' postdoctoral research experience (or equivalent) working in any discipline, including science, technology, engineering, medicine, arts, design, social and political science. Participants must work in Wales, either at one of the partner higher education institutions or in research and development within business, industry, or the public/third sector.



Image taken at the 2023 Welsh Crucible

Dr Emma Richards, bottom row, third from the left.

Dr Ian Davies-Abbott, middle row, eighth from the left.

Hearing Loss and Place Project

The Hearing Loss and Place (HeLP) project addresses hearing loss, a significant modifiable risk factor for dementia, accounting for 8% of all cases. In older adults, hearing loss can lead to social isolation and loneliness due to difficulties in noisy environments, despite the use of hearing aids. This limitation hinders their ability to stay active, independent, and socially connected, increasing cognitive decline and dementia risk.

The HeLP project aims to understand the challenges faced by individuals with hearing loss in noisy environments, investigating the impacts on hearing, attention, cognition, and wellbeing. Through research, interviews, and focus groups with older adults using hearing aids, the project highlights these challenges and showcases best practices in social settings. Participants also undertook tests to evaluate their hearing and attention in different noise conditions.

Led by Dr Emma Richards and Professor Andrea Tales from the University's Centre for Ageing and Dementia Research (CADR), the study is supported by the UK Research and Innovation (UKRI) Healthy Ageing Challenge, which promotes active, independent, and socially connected lives.

Achievements

- Cognitive Insights: Improved understanding of how noise affects cognition.
- Community Videos: Created videos highlighting issues faced by those with hearing loss.
- Guidelines: Developed guidelines with older adults, businesses, and researchers to improve environments in retail, hospitality, and transport.
- Hearing Insights: Gained understanding of subjective hearing experiences in noisy settings.
- Research Evidence: Enhanced evidence to guide changes for older adults with hearing loss.

Collaborations:

- Audiology department at Aberystwyth University
- Boots
- Marks & Spencer (M&S)

Future Directions:

"The project plans to work with businesses to implement guidelines, encouraging social interaction and positive hearing experiences to reduce dementia risk. Additionally, a website will be created to share findings and guidelines freely."

Investigation into the efficacy of eye-tracking and neurochemistry to assess cognitive status in the ageing population

Investigation into the efficacy of eye-tracking and neurochemistry to assess cognitive status in the ageing population, was led by PhD candidate Nicole Pickford under the supervision of Dr Claire Hanley and Dr Stephen Johnston. Nicole is a self-funded PhD student.

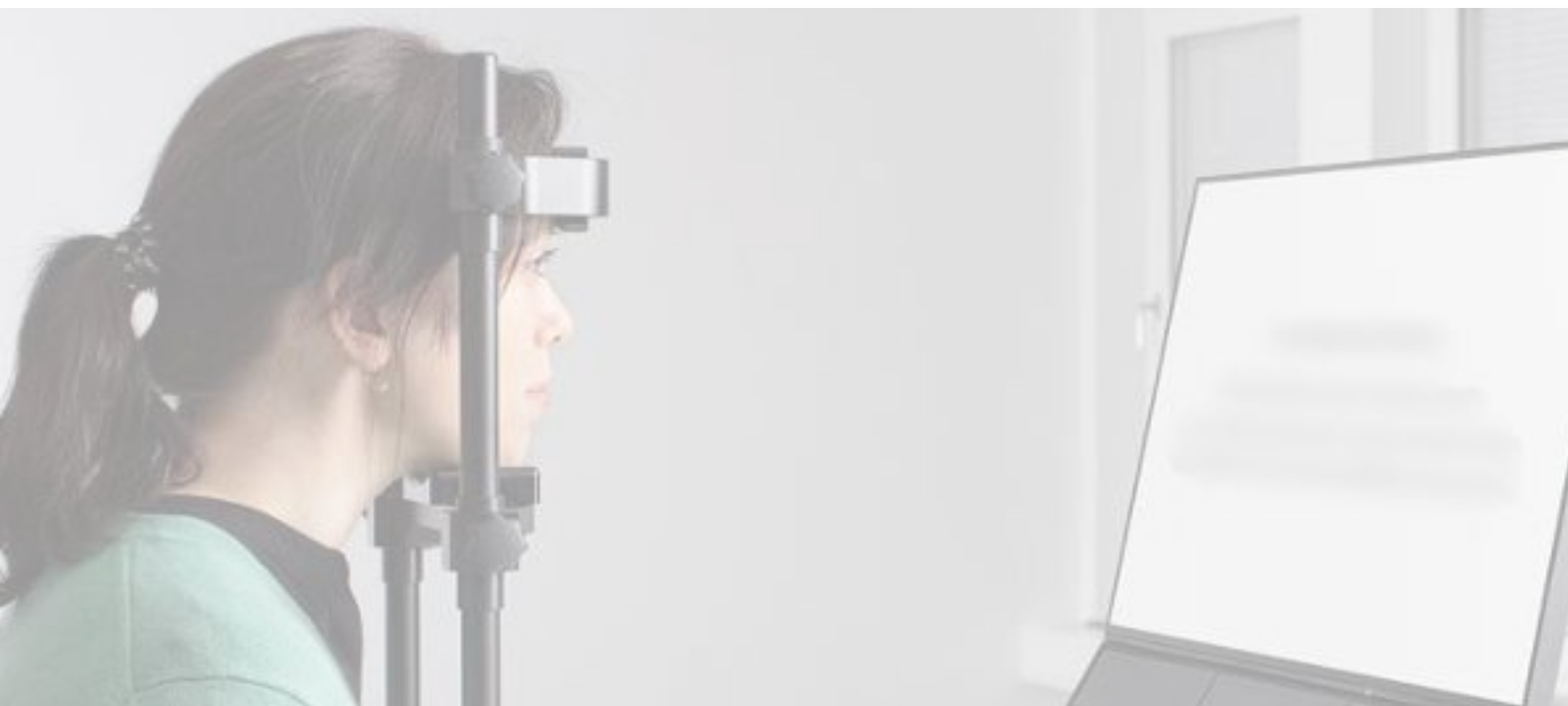
The project focuses on the Visual Paired Comparison (VPC) task to assess recognition memory in the ageing population. The VPC task involves presenting black and white clipart images in two phases: a familiarisation phase followed by a test phase, where one image is familiar and the other is novel. Eye fixation and movement data are recorded for each trial. The study aims to determine if the VPC task can identify individuals at risk of memory decline, hypothesising that at-risk individuals will spend less time looking at the novel image compared to the familiar one.

Nicole has completed data collection for the first study involving healthy older adults and those with Subjective Cognitive Concerns (SCC). Results showed that individuals with SCC had significantly longer fixation times on the novel image compared to the healthy control group.

Participants from the first study will undergo follow-up testing at 12 months to assess further memory changes. Additionally, the study will be trialled in individuals with mild cognitive impairment (MCI).

While there is no direct impact yet, the findings are expected to contribute to the prediction of cognitive impairment and neurodegeneration once published and further research is completed.

Nicole is beginning to write the manuscript on the research findings, which highlight differences in eye-tracking measures related to recognition memory tasks between those with SCC and healthy participants. This research is anticipated to significantly aid in predicting cognitive impairment and neurodegeneration.



Delivering Innovation in Social Care (DISC)

The Role of the Social Enterprise Organisations in Supporting Family Carers

The DISC research project is a three-year social care research project funded by Health and Social Care Wales, it is led by Dr Maria Cheshire-Allen, at Swansea University. The study aims to examine the role of social enterprise organisations (SEOs) in supporting unpaid carers to achieve positive well-being outcomes.

Social Enterprise Organisations (SEOs) are defined as a type of organisation that delivers services at a cost, but those costs are reinvested into the community to achieve a social mission. In Wales, the Social Services and Well-being Act 2014 (Wales) requires Local Authorities to promote SEOs to provide care and support. Family carers (unpaid), play a vital role in supporting people who require care and support to live independently at home and in their communities.

Within the research literature, it is noted that SEOs can offer a distinct response to providing care and support and are often assumed to be better positioned than for-profit organisations to deliver better-caring outcomes. This research aims to discover the role and nature of the contribution of SEOs in supporting unpaid carers with a particular emphasis on understanding co-production practice with unpaid carers. It is believed that this is the first study of its kind to attempt to map and explore SEO provision in Wales specifically concerning unpaid carers - a population group significant in size but also in terms of their role within social care markets.

The main output will be practice guidance that will inform decision-making on SEO support to unpaid carers. The guidance will respond to the findings of recent research commissioned by Social Care Wales, and focus specifically on supporting SEOs to measure the impact of their activity in relation to creating co-produced carer programmes. While providing core recommendations it will also provide a set of interlinked concepts and theories that support and underpin them. In addition, the following outputs will be delivered:

- A published (online and in hardcopy) infographic that shows current SEO provision and its role in delivering care services to carers in Wales.
- A typology of measurement frameworks that can be used to understand how to evaluate and understand SEO role in support of carers.
- Contribution to knowledge generation and theoretical framing in terms of SEO evaluation in social care.
- Primary data findings related to how SEOs and stakeholders understand and experience co-production support for carers.
- A policy bulletin will be produced that distils the key implications of findings for local and national policymakers.

iSupport for Young Carers:

An Adaptation of an e-health Intervention for Young Dementia Carers

The number of children and adolescents who care for a family member with dementia is rising. These young carers need help understanding the illness and its effects on their loved ones.

We worked with six young dementia carers (average age 13.5) and five professionals to adapt an online support tool called iSupport for young carers. Using a co-design approach, participants joined three workshops and gave individual feedback. We analysed this feedback and made changes based on structure, content, context, and language to ensure the tool was relevant and acceptable for young carers.

Based on the feedback, we made several key changes. We updated and created new case scenarios featuring young carers with a parent or grandparent who has dementia. We added illustrations showing people of different ages and ethnicities to make the content more relatable. We also simplified the text and improved its clarity by adjusting the font size, style, and using brighter colours.

These adaptations led to the creation of iSupport for Young Carers, the first e-health tool designed specifically for young dementia carers. This tool aims to support their mental health, knowledge, and caregiving skills. The success of this project opens the door for other countries and groups to adapt iSupport for Young Carers to their own cultural contexts.

I am currently working with teams in the UK (Dementia UK) and internationally to use iSupport for Young People as a starting point to generate discussions on how to increase the awareness and support available to this vulnerable group in the UK, Spain, Italy, and Brazil. To date, we have completed: 1. The translation of iSupport for Young People and the promotional short film into Spanish, Portuguese and Italian; 2. We have also produced a free short CPD online course (in English) with information and guidance for professionals and families on iSupport for Young People and how to use it to best support YDCs. We are currently in the process of disseminating these outputs and carrying out stakeholder showcase events in each of the countries. These events will collate relevant information on the contextual factors to consider when adapting and tailoring iSupport for Young People to each country's individual implementation context. We hope that this work will produce evidence to inform future research work to continue to raise awareness and develop 'fit for purpose' support initiatives for young dementia carers in the UK, Spain, Italy, and Brazil.

iSupport for Dementia Carers

NHS guidelines recommend informal carers of people living with dementia should be offered training and guidance. This is to help them develop care skills and manage their mental health, because the role can be stressful. Many carers experience mental and physical illness. The World Health Organization (WHO) recommend access to affordable, effective, well-designed, online technologies for education, skills- training and support for dementia carers. We examined whether an online self-guided training and support programme developed by the WHO called 'iSupport' was effective. Two smaller studies adapted iSupport for young carers (iSupport YP) and for South Asian carers and explored how useful, usable and acceptable the adapted versions might be ahead of any further research. Another small study explored whether carers would use a physical activity app.

iSupport is being rolled-out around the world by the WHO and the findings from this programme of work will inform both the ongoing global implementation and future international research. Given the low costs of iSupport delivery for health and social care, we produced an easy to navigate website, which now hosts iSupport for adult carers, the related Welsh version, the young carers and South-Asian adaptations and all are freely available at www.isupportdementiacarers.co.uk, and also on the WHO Global Dementia Observatory Knowledge Exchange Platform.

We are currently working with colleagues in University of Salamanca (Spain), University of Bologna (Italy) and University of San Carlos (Brazil) to 1. Translate iSupport YP to Spanish, Portuguese and Italian and 2. Explore the how we can adapt iSupport YP so it can be embedded within current service pathways in those countries.

iSupport is led by Bangor University, CADR's Professor Gill Windle is the lead investigator and Dr Patricia Masterson Algar a co-investigator with responsibility for the production of iSupport YP.



Urinary Incontinence

Elizabeth Zoe Shoemark-Sells is conducting a mixed-method qualitative study to explore the relationship between long-term chronic conditions and urinary incontinence in women aged 40 and over living in a Welsh community. This study aims to use a life-course approach to identify critical life stages and transitions that influence health outcomes, evaluating the timing, type, and order of significant early life experiences and life events as women age.

Collaborating with Fair Treatment for Women in Wales (FTWW), CADR, and the National Federation of Women's Institute in Wales, the project has had significant impact. Through FTWW's work with the Welsh government, universities, and the NHS, Zoe has engaged with various organisations advocating for older women experiencing urinary incontinence and chronic illness. CADR's support enabled Zoe to present her Literature Review findings and Methodology at the British Society of Gerontology, an opportunity crucial for a self-funding student.

This study addresses a gap in the current body of work regarding how women manage long-term chronic conditions and urinary incontinence, their quality of life, and the available treatments and preventions. The project aims to generate new knowledge about the transitions in the life cycle of these women, identifying opportunities for health promotion, preventing negative health experiences, and restoring health and well-being. This research is expected to improve intergenerational health outcomes and reduce the risk of ill health in later life, potentially generating further interest in the prevention of chronic ill health as women age.



Involving older adults and unpaid carers in the research cycle

CADR's work is underpinned by a strong commitment to the involvement and engagement of older adults in research. Our expertise in this area is recognised both nationally and internationally. Over the last twelve months we have showcased our involvement and engagement work in a book chapter, co-written with Teresa Davies:

Seddon, D., Davies, T. and Jelly, H. (2023) Working together to research the everyday lives of people living with dementia and those supporting them. Chapter 24 (pp331-338). Doing Ageing Research Together: Innovative Perspectives on Participatory Approaches. Editors, Wanka, A. and Urbaniak, A. Publisher: Routledge.

Teresa is passionate that people with lived experiences should direct research and service provision. Teresa inspires students, service providers and people affected by dementia to change their outlook on diagnosis and to challenge stereotypes.

We have also contributed to a special edition of a journal:

Hedd Jones, C., Seddon, D., Algar-Skaife, K., Maddock, C. and Watts, S., (2023) Involving older adults and unpaid carers in the research cycle: reflections on implementing the UK National Standards for Public Involvement into practice. Quality in Ageing and Older Adults. Special Edition. <https://www.emerald.com/insight/content/doi/10.1108/QAOA-03-2023-0019/full/html> [B; IF1.5].

PAAR-Network

Looking forward, there are exciting opportunities to build on our excellent work and further develop participatory approaches with older adults. Diane Seddon is the Health and Social Care Working Group Co-lead for the new European Cost Action, Participatory Approaches to Ageing Research (PAAR-Network), funded by the European Cooperation in Science and Technology (Horizon 2020; funding period 2023-2027). Diane will be working with older adults, academic and practice colleagues from several countries to develop a new international network and establish international quality benchmarks for involvement and engagement activity.

Intergenerational Impact

In April 2024 a new strategic group on developing Intergenerational opportunities was established in Wales. The group is led jointly by Mirain Llwyd Roberts the Age Friendly lead at Cyngor Gwynedd and Dr Catrin Hedd Jones at CADR and includes representation from across Wales and various different sectors. There is a long history of intergenerational activity in Wales and although its value has increasingly been acknowledged as beneficial for all ages there has been a lack of leadership, support and a clear direction in Wales. The aims of the group are to understand and scope the way forward and we will produce a business case to convey the findings and our proposed vision.



Research Advocates

The CADR Research Advocates programme is now live and actively developing, incorporating valuable feedback from both professionals and members of the public who are part of the Research Advocates team.

This programme was designed to align with the NIHR UK Standards for Public Involvement and Engagement. After receiving approval at CADR's Involvement and Engagement meeting in March 2024, the role descriptor was finalised, and the Research Advocates programme is now set for advertisement and promotion. As CADR's contract will conclude in March 2025, all relevant materials will be transferred to the Centre for Innovative Ageing (CIA) team for continued efforts.

Following thorough research into journaling options, Penzu (www.penzu.com) was chosen as the preferred tool for documenting and recording activities. To ensure inclusivity, the programme also accommodates other methods such as text reports and handwritten journals, allowing for comprehensive documentation and coding of activities by the Research Advocates.

Webinars

CADR hosts monthly webinars and seminars to disseminate research, providing a platform for knowledge exchange and public engagement. These events facilitate real-time interaction, fostering a deeper understanding of complex issues and encouraging dialogue to enhance research impact. Over the past year, CADR has led seven impactful webinars, including:

- Working Together and Learning Together - Reflections on Ageing and Dementia PhD Studies
- Climate Change Perceptions and Imaginaries in South Wales
- SUNRISE
- Creatively Ageing
- Thank You Event
- Hard to Reach and Hidden: Improving the Identification and Support for Young Dementia Carers

These webinars highlight CADR's research and measure its impact by engaging a broad audience, fostering collaborative learning, and driving the conversation on ageing and dementia.

Engaging Audiences

The Centre for Ageing and Dementia Research (CADR) leverages social media to disseminate its research due to its unparalleled ability to reach a diverse and extensive audience swiftly and effectively. By utilising platforms such as Twitter, Facebook, and LinkedIn, CADR can share its findings with not only the academic community but also policymakers, practitioners, and the general public. This broad dissemination fosters greater awareness and understanding of ageing and dementia-related issues, encouraging informed discussions and driving advocacy. Additionally, social media allows for real-time engagement and feedback, enabling researchers to gauge public interest, address concerns, and refine their communication strategies. The interactive nature of social media also facilitates collaborations and partnerships, enhancing the impact and application of CADR's research in real-world settings.

CADR also maintains a robust database of over 1,100 individuals, which is instrumental in advancing its research initiatives. This database is actively utilised to share the latest opportunities for involvement and support in various research projects, ensuring that participants are kept informed and engaged. Additionally, CADR sends out a monthly newsletter to these members, providing updates on the latest news and developments from the centre. This regular communication not only keeps members informed but also fosters a sense of community and ongoing commitment to the research and advancements in the field of ageing and dementia.

Photo Competition

In April 2023, the "Creatively Ageing" arts competition was launched to coincide with World Health Day. This initiative, a collaboration between the Centre for Ageing and Dementia Research (CADR), the British Society of Gerontology (BSG), and GenLab Collective, aimed to spotlight the intersection of art, health, and ageing, while breaking stereotypes about growing older.

The competition encouraged artists of all ages to explore the positive impact of the arts on health and well-being. Submissions included sculptures, paintings, and poetry.

A panel of judges from Amgueddfa Cymru, BSG, CADR, and GenLab Collective evaluated the entries.

First Place: Beach Project, Llys Y Seren

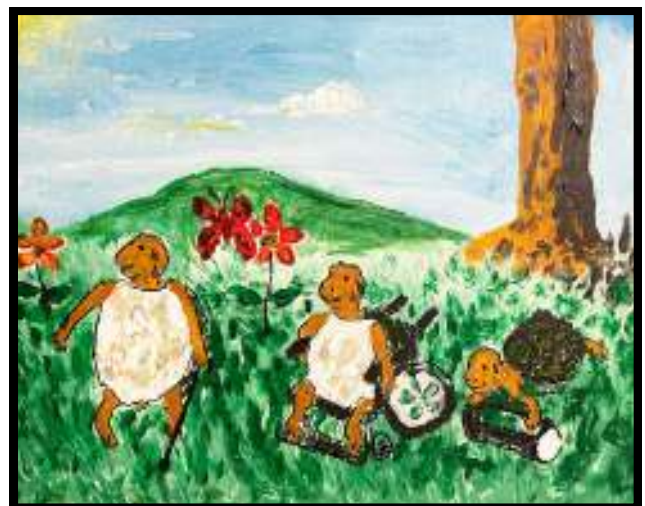
Llys Y Seren's (Port Talbot) beach project, crafted from recycled materials, highlighted creativity and sustainability. It reflected the theme of "Creatively Ageing" by emphasising nature's enduring beauty.

Second Place: Three Aged Tortoises, Mr Ong

Mr. Ong's (Singapore) painting depicted three aged tortoises, each representing a unique ageing experience. Through vibrant brushstrokes, he conveyed that age is just a number and the human spirit remains unyielding.

Third Place: What is Creatively Ageing, Carol Beaumont

Carol Beaumont (South Wales), aged 76, wrote a reflective poem titled "What is Creatively Ageing?" Her verses explored ageing as a mindset open to learning and new experiences, resonating with the audience and encouraging everyone to embrace creative ageing.



CADR Conference 2024

Well-being in Later Life

The 2024 CADR Conference, "Well-being in Later Life," gathered experts, practitioners, and community members to explore fostering well-being in later life. The event focused on building resilience, creating robust support systems, and enhancing community well-being, highlighting the impact of meaningful work with individuals and communities.

Key discussions emphasised the importance of personal and community strength, exploring strategies to help older adults adapt to changes and challenges. The role of family, friends, and community networks in supporting older adults was a critical theme, showcasing innovative support services and their positive outcomes.

Community well-being was another focus, with successful case studies demonstrating how community initiatives can enhance the quality of life for older adults. An impactful session on dementia featured personal accounts from individuals and their carers, addressing post-diagnosis challenges and providing practical advice.

The Older People's Commissioner for Wales delivered an engaging presentation, outlining support for older adults and ongoing initiatives. Attendees praised her insights as educational and supportive.

A session on hearing in noisy environments discussed difficulties older adults face and offered practical solutions, which attendees found particularly beneficial. Feedback highlighted the value of hearing from individuals with dementia and their carers, the informative presentations from the Commissioner, and the practical advice on hearing issues. The variety of presentations and speakers left attendees inspired and provided excellent networking opportunities.

In conclusion, the 2024 CADR Conference effectively addressed key aspects of well-being in later life, offering valuable knowledge and practical solutions to enhance the quality of life for older adults and fostering community well-being.

“

Lived experiences made me see the positives that can happen with the right information, advice and support

The variation of presentations. All speakers were brilliant - leaving feeling inspired, have networked and made great connections.

”



Enrich Cymru continues to grow, and we now have 35 research-ready care homes signed up to the network. As such, we have supported the development of 15 studies, with networked care homes working with researchers to develop the research. Furthermore, we have supported the recruitment of care homes to six studies, including some UK-wide studies. We continue to work with care homes to develop resources and are currently working with Pobl to co-create research awareness training for care home staff to support their research activities. Our network is now open to all staff working in care homes, residents and their families. It has been a busy year visiting care homes in the network as well as new care homes; we have also promoted Enrich Cymru more widely, and the team have attended 12 external events to promote the work of Enrich Cymru, reaching in excess of 600 attendees.



Join Dementia Research (JDR) connects people with dementia, their supporters, families (unpaid carers), and anyone interested in dementia research with relevant studies in their area.

Managed by the National Institute for Health Research, in partnership with the Alzheimer's Society, Alzheimer's Research UK, and Alzheimer Scotland, JDR recruits participants for dementia studies across Wales, England, Scotland, and Northern Ireland.

To date, over 50,000 people have joined JDR, including more than 1,500 volunteers from Wales. The studies range from clinical trials to investigations into care practices and the links between lifestyle and dementia risk. All studies have ethical approval, ensuring they are well-designed and protect participants' rights, safety, and well-being.

Many join dementia research to make a meaningful impact. For those with dementia, participation often leads to a better understanding of their condition and closer health monitoring. Many participants find the experience positive, feeling they contribute significantly to the future of dementia care, support, and treatment.

Anyone over 18, with or without a dementia diagnosis, can join. People can also register on behalf of someone else with their consent. There is no obligation to participate in any studies; individuals can simply register their interest to assist researchers in finding suitable volunteers.

CADR actively promotes JDR at public events and through our website. We have hosted several webinars in collaboration with JDR and provide operational support, including:

- Study administration (enrolling volunteers and professional staff on surveys)
- Provision development (e.g., feedback on the new JDR website interface)
- Active promotion

Through these efforts, CADR is committed to supporting and advancing dementia research in Wales.

Closure of The Centre for Ageing and Dementia Research (CADR)

The team at The Centre for Ageing and Dementia Research (CADR) is proud to announce the successful conclusion of our centre. After a remarkable 10 years of dedicated research, involvement, and engagement, we are proud of the tremendous achievements and contributions we have made. As our 10-year funding period (2x5 years) comes to a close, we reflect with gratitude on the impactful work accomplished and the lasting legacy of CADR in advancing the field of ageing and dementia research. We extend our heartfelt thanks to our funders [Health and Care Research Wales], colleagues, collaborators, and members of the public who have been involved in our work.

Over the past decade, CADR has made significant strides in research and positively impacted the lives of older adults, fulfilling our mission. We are immensely proud of the research projects made possible by Welsh Government funding, including Short Breaks for Carers, iSupport, Intergenerational Solidarity, the Awen Institute, the OPTIC project, and many others too numerous to mention here.

To celebrate the work, research, and impact CADR has achieved over the last decade, we will be hosting a final conference on November 14th, 2024 in Cardiff. We look forward to inviting everyone who has been involved in CADR, whether through collaborations or public involvement and engagement.

With the support of Health and Care Research Wales, CADR has achieved significant success. In the last five years alone, we have led and supported 63 research grants totalling £8,577,119 of funding, of which over £5 million has been accrued to Wales, creating a total of 39 jobs. We have published over 133 high-impact publications and mentored numerous Early Career Researchers (ECRs), all of whom have gone on to achieve success in the research industry through fellowships or work within other projects. Our public members have been actively involved in all stages of our research, ensuring its relevance and addressing key areas of an ageing population. Our lay summary group has transformed our research outputs into understandable and accessible summaries. CADR has also hosted four CADR conferences, with a final conference planned for November 2024.

Although CADR's current funding stream is ending, permanent staff members at Swansea, Aberystwyth and Bangor Universities will continue to work on age-related research and continue to welcome opportunities for collaboration.

Michael Bowdery, joint interim director, Health and Care Research Wales, said: 'We thank all those who have worked under the CADR banner for all their hard work, and wish the CADR researchers every success in the future.'

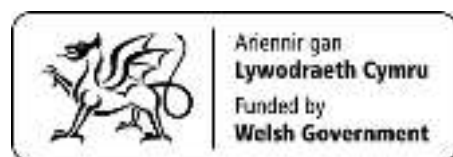
We extend our heartfelt thanks to everyone who has contributed to CADR in various capacities.

Embedding and sustaining creativity in social care practice with older people: mapping the Creative Conversations and cARTrefu approaches.	https://bristoluniversitypressdigital.com/view/journals/ijcc/7/4/article-p619.xml
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'I have never bounced back': resilience and living with dementia.	https://doi.org/10.1177/13591053221124647
Social care with older people: embedding and sustaining practice - the cARTrefu project.	https://journalofdementiacare.co.uk/article/from-deficits-to-possibilities-the-role-of-resilience
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Talking About What Matters: a scoping review exploring barriers and facilitators for implementing outcome-focused conversations.	https://policy.bristoluniversitypress.co.uk/social-work-in-wales
Exploring the use of images to support short break conversations with unpaid carers.	https://doi.org/10.1108/QAOA-11-2022-0070
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Validation of Welsh Language Dementia Assessment. Cardiff: Welsh Government.	https://doi.org/10.1186/s41687-023-00638-z
A study to explore the feasibility of using a social return on investment approach to evaluate short breaks.	https://doi.org/10.1186/s12877-023-04268-4
Involving older adults and unpaid carers in the research cycle: reflections on implementing the UK National Standards for Public Involvement into practice.	https://doi.org/10.1155/2023/4699751
Tales, A has received a publishing contract with Taylor Francis for a book about sensory, attentional and perceptual dysfunction in dementia (Sept 25th)	http://dx.doi.org/10.1017/s1460396923000390
Adaptation of an eHealth Intervention: iSupport for Carers of People with Rare Dementias.	https://doi.org/10.1016/j.jth.2023.101659
The Climate Comic. Tales between generations.	https://doi.org/10.3390/ijerph21010047
A systematic review and psychometric evaluation of resilience measurement scales for people living with dementia and their carers.	https://doi.org/10.1186/s12874-022-01747-x

Business in the Community	www.bitc.org.uk/blog/achieving-impact-on-age-at-work/	Page 2
Winter Stories	https://olderpeople.wales/resource/winter-stories/	Page 2
Climate Comic	www.climatecomic.co.uk	Page 11
Climate Blog Post	www.cadr.cymru/en/news-info.htm?id=358	Page 11
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DISC Webinar	www.cadr.cymru/en/event-info.htm?id=323	Page 16
iSupport Website	www.isupportdementiacarers.co.uk	Page 18
NIHR UK Standards for Public Involvement and Engagement	www.nihr.ac.uk/news/nihr-announces-new-standards-for-public-involvement-in-research/23830	Page 21
Penzu	www.penzu.com	Page 21
CADR Webinars	www.cadr.cymru/en/past-events.htm	Page 22
CADR Conference 2024	www.cadr.cymru/en/event-info.htm?id=314	Page 24

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



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*We would like to express our gratitude to our lay members for helping to shape this report:
John Gallenders and Jennifer Twelvetrees.*

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