

LIVING WELL AND ENHANCING ACTIVE LIFE: THE IDEAL PROGRAMME



We hope that you are well and able to enjoy the summer.

Like everyone adapting to the COVID-19 pandemic, we've changed how we work. So that we can continue our research, the IDEAL team is currently working from home. We meet to work together over the internet, and also enjoy virtual coffee breaks.

IDEAL Programme Progress

The IDEAL team has started collecting Timepoint 6 interviews. This is the final phase of the IDEAL study. If you have not been contacted yet, Anna, Sophie, or Eleanor (our friendly researchers) will be in touch soon to see if you are happy to continue taking part.

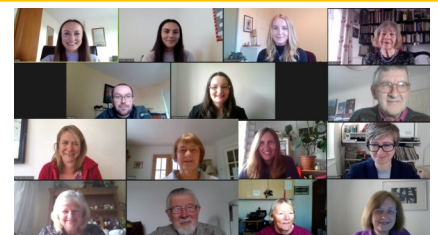
INCLUDE Update

A big thank you to everyone who took part in INCLUDE. We are currently writing up our findings. We can report that although some people have been adapting well and enjoyed the quieter time, the pandemic has had some impacts on you. People with dementia have struggled more than they did before the pandemic with self-care, memory problems, and feeling lonely. The full report will be on the IDEAL website soon. www.idealproject.org.uk

IDEAL Related Activity

Dementia Hero Award Nomination

We are proud to announce that the INCLUDE project was a finalist for an Alzheimer's Society Dementia Hero Award for Research 2021. To see a short film about INCLUDE we prepared for the award, type the following into your web browser: buff.ly/2ROD3Es



Department of Health and Social Care Meeting

Professor Linda Clare and Dr. Claire Pentecost from IDEAL met with people from Department of Health and Social Care, NHS England and Public Health England in June. They talked about the new National Dementia Strategy which sets out an action plan to improve care and services over the next five years. Linda and Claire talked about the things we've learnt from you, that can feed into the strategy. Your experiences are reaching key decision-makers and could influence national strategies.

Our work is of interest to other countries, too. Linda recently talked about IDEAL at a conference in Hong Kong. The country has a large ageing population and is creating strategies to help people age well. Your information from IDEAL is helping this team in Hong Kong think about how best to support people with dementia who live there.

Welcome

We would like to introduce three new members of staff working on the IDEAL programme:



Dr. Catherine Charwood – Cathy – is IDEAL's new Research Translation and Impact Manager. Her job is to reach new audiences with IDEAL's incredible findings. She is looking to connect with the public, and IDEAL will be running events such as a webinar series in the future. She is excited about increasing understanding of how to live well with dementia by giving a voice to the experts by experience: you. Cathy loves dancing and is attempting to learn Welsh.

Dr. Sally Stapley – Sally is an expert in carrying out conversation-based interviews. She also finds patterns in what different people say to help create evidence. Sally has been looking at the experiences of some people with dementia and their carers during the COVID-19 pandemic. She will use the information given to identify ways to help people in the future. Sally enjoys walking and exploring the countryside with her dog, Marigold.



Dr. Serena Sabatini – Serena is an expert in looking at what the numbers mean in the data that we collect from you. She is using the information you have given us over the past eight years to see what changes and patterns there are. Serena has recently completed her doctorate, so congratulations to her! She enjoys baking and making fantastic baked treats for the team!

Recent Publications:

For summaries of all IDEAL publications, please see our website

The information you give us helps us to provide new scientific knowledge. It also helps to support campaigns to improve things for people affected by dementia.

Some recent questions we have explored are:

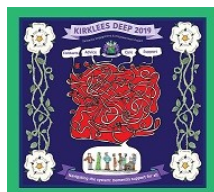
How did people with dementia and their carers living in the community cope during the first lockdown? What support did they need? This research was called the IDEAL COVID-19 Dementia Initiative (IDEAL-CDI) and looked at experiences during the lockdown.

Some people with dementia hear things that aren't there. We are looking at the information we have collected to see how this affects people's well-being.

Visit:

The Unfurlings: Banners for Hope and Change

Visit the banners at:



Bradford Industrial Museum

Thackray Medical Museum in Leeds

Home via a virtual exhibition from the Harris Museum.

Type <https://bit.ly/3dDtS1N> into your web browser to visit.

Contact Us

To get in touch with us, update your details or let us know of changes to your circumstances, please contact the IDEAL team at the University of Exeter.

You can leave a message on:
telephone number: 01392 724653
Email: IDEAL@exeter.ac.uk

We are sending you this newsletter because you have taken part in the IDEAL programme and have given us your permission to contact you.

For more information go to
www.idealproject.org.uk

You can also follow us on Twitter
[@IDEALStudyTweet](https://twitter.com/IDEALStudyTweet)

