News and Events

Save the date!

‘Town & Gown’ Event

The C4AR ‘Town and Gown’ Event will be held on 27th September 2018 at Lancaster Town Hall. The theme is ‘Ageing and Technology for Health’. Last year’s event ‘Dementia and The Imagination: Arts and Design for Health’ was a great success and brought researchers together with the worlds of theatre, art and design. The event showcased the work of experts Prof. John Keady from Manchester University, as well as Profs. Christine Milligan and Paul Rodgers from Lancaster University. We also heard from Pam Schweitzer, MBE about ‘Making Theatre from Memories’ and ‘A Life More Ordinary’ from Gil Graystone, the Dukes Theatre.

Defying Dementia Day

Why not come to the ‘Defying Dementia’ Day, a repeat of the very successful event last year, but with a greater emphasis on ageing well to enable us to live well into older age and ‘defy dementia’.

Dr Penny Foulds, Honorary researcher at Lancaster University and founder of the Defying Dementia campaign said “This meeting will be a unique opportunity to bring together everyone in the North West with an interest in dementia and ageing - staff and volunteers of dementia/ageing associations, people living with dementia, older people, clinicians, care professionals and scientists - to share and learn from one another.”

Once again, the day will host a variety of talks, which will last 25 minutes allowing 5 minutes for questions, and the day will conclude with a speaker panel discussion.

There will be activities for everyone, including those people living with dementia and their families, including reminiscence, colouring workshops and arts and craft activities.

Saturday 22nd September
9.15am - 3.30pm.

#defyingdementia

Welcome to Lancaster!

Professor Carol Holland

Carol has recently joined us from Aston University in Birmingham and is very much enjoying the Lancaster fresh air! Carol will be joining Christine Milligan as Co-Director of C4AR.

Her research emphasises combined effects models of ageing with a focus on prevention of cognitive decline, frailty, depression, mobility reduction and isolation and loneliness. Examples of current work include a pilot intervention to test out guidelines that came out of the earlier stages of the EU funded FOCUS project aimed at reduction of frailty, and a longitudinal study of impacts of moving to supported living retirement villages (with ExtraCare Charitable trust).

Her work evaluating the health and psychological impacts of moving to socially accessible supported living retirement villages and the impacts on costs for health and social care has been widely cited by housing and government sources.

Contact Carol by email: c.a.holland@lancaster.ac.uk
Project News!

The FOCUS Project

Prof. Carol Holland and Dr Holly Gwyther from C4AR have been working on an EU funded project known as FOCUS which aimed at finding ways of reducing frailty in older adults.

FOCUS Dissemination Event

The findings of the FOCUS project were presented to a group of over thirty researchers, participants, staff from ExtraCare villages and the general public on 25th May 2018. Overall people were very positive about having taken part in the study and had enjoyed the experience. One said, “It makes you think about the different aspects of your health and so it makes it a bit clearer what you need to consider or change.”

If you would like to become involved in research at Lancaster University, please join the C4AR research panel.

The key message is that frailty isn’t inevitable and that you can turn it around!

The full video ‘Fighting Frailty, Turning Life Around’ is available to watch on YouTube at: https://www.youtube.com/watch?v=_tOqbiqIQTo

Improving Dementia Care

The Improving Dementia Care team at Lancaster University are conducting two ESRC/NIHR Neighbourhoods and Dementia Programme (lead University of Manchester) studies:

Study 1: Developing a Core Outcome Set (COS) for people living with dementia at home in their neighbourhoods.

Our study has sought to find the most important outcomes from the perspective of people living with dementia who access health and social care in the community (nonpharmacological interventions). The use of Core Outcome Sets help researchers to overcome the high variation of outcomes and outcome measures used in studies. For example, many studies measure the same outcome but use different instruments to measure these. This makes it difficult to compare studies to see what interventions work best. There can also be a lack of agreement of what outcomes are of importance, especially from the point of view of some stakeholders.

We have worked with people living with dementia and carers to ensure their views are represented. In the most recent phase consensus was gained from key stakeholders (people living with dementia, care partners, health & social care professionals, policy makers & researchers) on the importance of outcomes in a two-round Delphi survey and consensus workshop. The Delphi survey was made accessible to people living with dementia through extensive consultation with people living with dementia in the study design. Thirteen outcomes have been identified as ‘core’ from a total of 54. The next phase of the study will involve a systematic literature review to see what outcome measures exist for the core outcomes.

The Improving Dementia Care team conducted a consensus meeting on 22 March 2018.

Study 2: DEMTRAIN: Evaluating the evidence base for dementia training in NHS hospitals.

The DEMTRAIN study is evaluating the impact of dementia training in acute NHS hospitals in England for staff, organisations and people living with dementia and their carers using a mixed methods approach: it includes surveys, interviews, field observations, case-study design, which have been developed with close involvement of people living with dementia.

DEMTRAIN is presently conducting a staff survey on training, recruiting staff from across 24 hospitals. This survey will look at dementia knowledge and attitudes, as well as staff strain and organisational culture of a diverse group of staff in a hospital setting. DEMTRAIN is also fortunate to have the support of Angela Rippon CBE, co-chair The Prime Minister’s Champion Group on Dementia Friendly Communities and Alzheimer’s Society Ambassador, who has...
recorded a short film about the DEMTRAIN study as a member of the DEMTRAIN advisory group. The video is available on twitter (www.bit.ly/DEMTRAIN) – we urge you to take a look and please retweet.

Evidence to the Communities and Local Government Committee (CLGC) enquiry on Older People’s Housing

Carol recently gave evidence to the Communities and Local Government Committee on housing and health for older people. The committee focused on the impact of housing, and mainstream and age-friendly homes before moving on to retirement villages, multigenerational homes and the design of older people’s housing.

Carol described her research evaluation with the ExtraCare Charitable Trust of the impacts of residents moving in to their supported living retirement villages and noted a shortage of suitable accommodation for older adults. Carol described the impact of poor quality housing on older adults’ physical and mental health, but also noted the social difficulties encountered by older adults in inaccessible accommodation.

Health Innovation: Digital Whyndyke Garden Village

Plans for Whyndyke Garden Village (WGV) – one of ten NHS England’s Healthy New Towns with a focus on active and healthy living and ageing, have moved a step closer. The 1,400-home project is moving into the next planning stage following the signing of an agreement known as “Section 106”.

Lancaster University is leading the Digital Health Infrastructure planning and development theme. The university is also a member of the WGV Board.

For more information on how to engage with the WGV, contact Professor John Goodacre j.goodacre@lancaster.ac.uk or Professor Sumi Helal s.helal@lancaster.ac.uk.

Smart House

Plans have been approved for creating a Lancaster University Smart House by renovating an existing property into a smart house facility to showcase at-home digital health technology addressing a range of diseases and conditions including long-term conditions and “life-style diseases”.

Digital informatics and cybernetic platforms are going to be developed by Health Innovation: Digital as part of the smartening and instrumentation of the house. Renovation design and fundraising are currently underway. The smart house will be situated in the south-eastern border of the Health Innovation Campus. The house is expected to be ready by December 2018.

For more information, contact Professor Sumi Helal. s.helal@lancaster.ac.uk

Awards

Professor Christine Milligan led a team of researchers from the Centre for Ageing Research who, together with their local NHS partners, the Lancaster Health Hub and Industry partners, won the Lancashire Care Foundation Trust Research and Innovation Award, 2018 for their work on the Lancashire Care Innovation Alliance (LCIA) Test Bed.

Over the last two years, the Test Bed has been looking at the health impacts and cost effectiveness of using combinatorial health technologies to support older people with long-term conditions to better manage their own health care at home and reduce hospital admissions. The Test Bed was announced by NHS England as one of seven prestigious Test Beds in the country, and brought £1.7million into the local economy. The project ran until June 2018.

The research team recently launched their Evaluation Report at an event on June 28th with attendees from the LCIA partnership, NHS England, the National Evaluation Team, Industry, patients and carers.

Congratulations to Christine and the evaluation team including Dr Tom Palmer (Maths and Stats), Dr Ceu Mateus (Health Economics), Dr Sandra Varey (DHR), Ms Alejandra Hernandez (DHR) and Dr Mandy Dixon (Lancaster Health Hub).
Continuing Learning Group

Active Ageing on the Bay

On 23rd May, the Lancaster University Continuing Learning Group (CLG) ran a special community-orientated event in Morecambe entitled ‘Active Ageing On The Bay’. The event looked at a range of worthwhile themes such as activity for fun in later life, boating as a positive activity for those with cancer, Alexander Technique to create good postural habits, Yoga for suppleness and the benefits of gardening.

The afternoon, which began with a lovely sociable lunch of complimentary home-made soup and sandwiches, was a great success. The talks were interesting, with some participation by attendees, and there was lots of very useful information around healthy living.

Well done to the Steering Group members who invested their time and effort to make the event a great success!

Dr Michelle Swainson presented at the Morecambe CLG event and also during the lunchtime lecture series.

This talk was on “Should fitness be a clinical vital sign”.

The CLG Research Circle runs every Wednesday afternoon during term times. Participants can choose to take part in one of the discussion groups focused around C4AR projects, Open Lectures – where older learners have a chance to attend a selection of undergraduate lectures in a variety of subjects or Personal Research Studies.

If you would like to join the Seniors Learners Forum and learn about events at Lancaster University, or other news, please email:

seniorlearners@lancaster.ac.uk

Conferences

European Population Conference, Brussels 2018

Dr Qian Xiong presented a poster about her work on Hukou and Social Participation among older people in China at European Population Conference 2018 in Brussels on 8 June 2018.

Cognitive Aging Conference, Atlanta 2018

Professor Carol Holland presented a poster about her research on social-cognitive mechanisms of loneliness at the biennial Cognitive Ageing Conference in Atlanta in May 2018.

British Society of Gerontology Annual Conference

The BSG are holding their annual conference in Manchester from 4-6th July 2018. This year the theme is ‘Ageing in an Unequal World’.

Several members of C4AR will be attending including: Prof Carol Holland, Dr Qian Xiong, Dr Holly Gwyther, Dr Faraz Ahmed and Dr Hazel Morbey. Enjoy the conference everyone and we look forward to hearing about it in the next newsletter!

C4AR Research Panel

The Centre for Ageing Research now has a research panel.

The C4AR panel is a database of people who are interested in helping C4AR by taking part in research studies and attending C4AR events. If you sign up for the C4AR panel, we will send you invitations to research studies and events. Being part of the panel does not mean you have to accept any of the invitations, so the choice is all yours.

Information and updates about the panel can be found on our website http://wp.lancs.ac.uk/c4ar-panel/.

You can also reach us on 01524 593309 or c4ar-panel@lancaster.ac.uk.