

# Community led initiatives in supporting ageing and dementia research

**Professor Charles Musselwhite**  
 Head of Psychology, Aberystwyth University,

**Co-Director Centre for Ageing and Dementia Research**

**Swansea, Aberystwyth and Bangor Universities**

Twitter: @CadrProgramme

Website: [www.cadr.cymru](http://www.cadr.cymru)



Swansea University  
 Prifysgol Abertawe



PRIFYSGOL  
**BANGOR**  
 UNIVERSITY

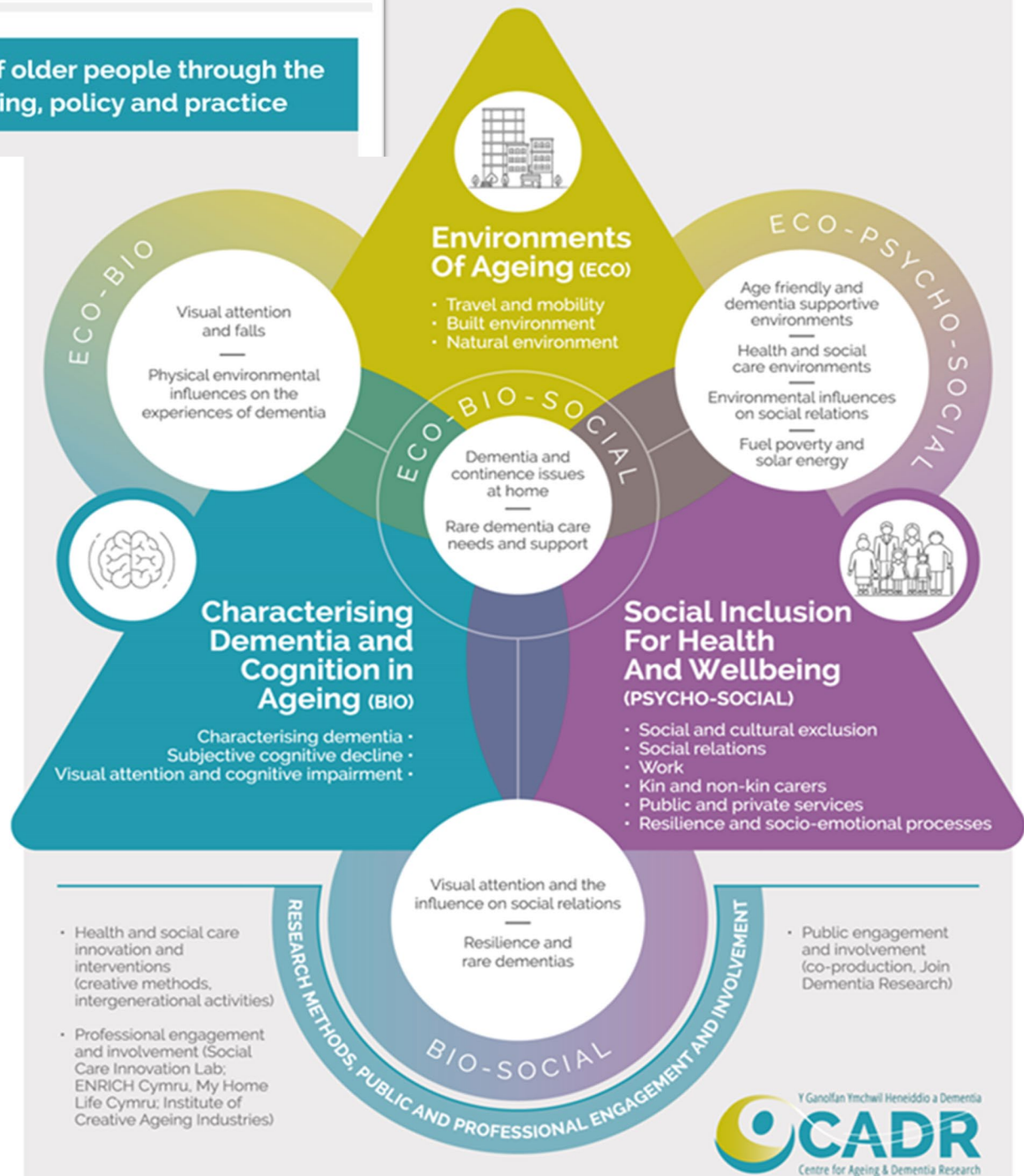


Ymchwil Iechyd  
 a Gofal **Cymru**  
 Health and Care  
 Research **Wales**



Ariennir gan  
**Lywodraeth Cymru**  
 Funded by  
**Welsh Government**

CADR aims to improve the lives of older people through the integration of research on ageing, policy and practice





## Infrastructure

We have 2 **living labs** in Wales:

- Smart Home Lab in Aberystwyth Uni
- Awen institute, Swansea Uni – mock-up of home and a meeting space



## Labs –

Experimental - auditory, driving simulator, EEG, eye tracking.

But also out on the road!



# What this allows us to do...



Swansea University  
Prifysgol Abertawe



PRIFYSGOL  
**BANGOR**  
UNIVERSITY

Involvement and engagement

Research  
Innovation  
Ageing within  
other projects

Research  
Development  
New Research  
Projects & Centres

Impact and  
engagement  
Research into  
action

Sustain and maintain a  
community

*Older people, policy, practice, third  
sector, organisations, business*



Research  
Innovation  
Ageing onto  
other  
programmes

# sunrise



## Research aim

To provide a deeper contextual understanding of a Renewable Energy transition.

## Methods

Used Participatory Video with Most Significant Change to gather villagers perspective of a new solar community building in Khuded, Maharashtra, India, (population 500/80 families)





Research  
Innovation  
Ageing onto  
other  
programmes

# sunrise



## Changes in everyday lives and activities

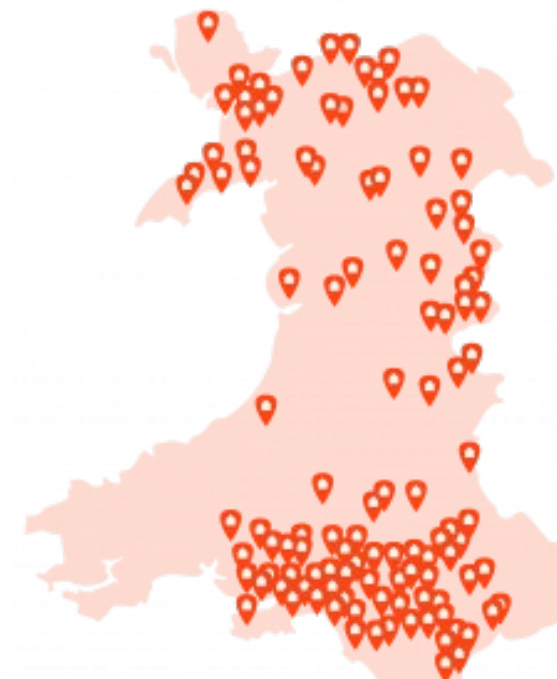
1. **Reducing time spent on everyday activities** eg rice husking and grinding (empowering)
2. **Economic opportunities:** Cash crops (jasmine) and social enterprise opportunities (bamboo crafts)
3. **Health** eg diabetes and haemoglobin testing Including public health
4. **Wellbeing** (inc. social and cultural activities)
5. **Educational opportunities** (particularly if Wifi available)
6. **Public space with consistent lighting**
7. Recommendations for the future made



Research  
Innovation  
Ageing onto  
other  
programmes



## ACTIVE BUILDING CENTRE RESEARCH PROGRAMME



- Older people different energy use
- Older housing difficult to retrofit
- Hassle of retrofitting
- New technology not intuitive to use
- Different engagement with technology
- Felt done to, rather than done with (esp in social renting sector)
- Tech didn't fit daily lives, norms and expectations.
- Care homes very different energy use

So,

- Important to bring people along
- Have demonstrators



<https://abc-rp.com/what-we-do/socioeconomics-user-engagement/>

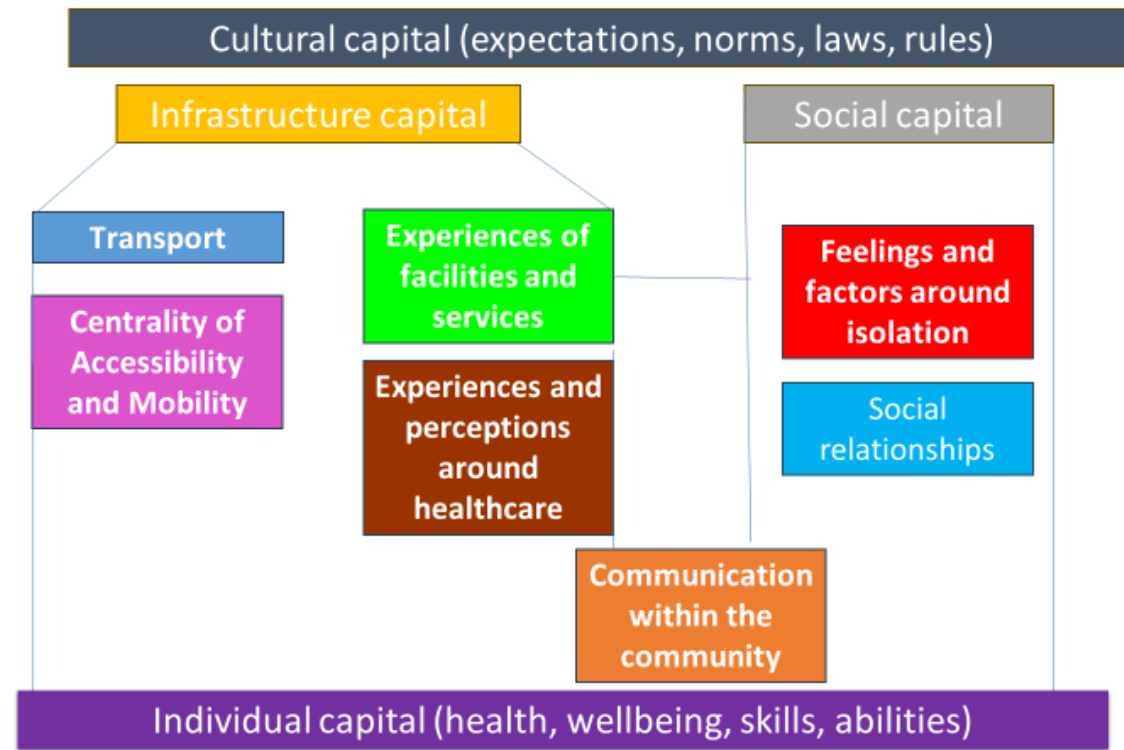


Research  
Development  
New Research  
Projects &Centres

# What makes a rural community in Wales?

## • Community works when

- Infrastructure capital
  - (somewhere to go, services, shops, leisure)
    - Fostered by
- Social capital
  - (people, sharing skills, knowledge)
    - Underpinned by:
- Culture
  - (Need to involve and understand rural needs, uniqueness of rurality, innovation, demonstrations. Planning with communities)
    - and
- Individual capital (own health, skills, abilities)
- Where communication is key (especially in the infrastructure and the social capital elements)

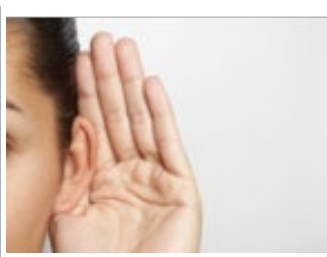




# Understanding Older and younger people's Perspectives and Imaginaries of Climate change (OPTIC): emplaced creativity to improve environments for healthy ageing







# Hearing Loss and Place (HELP)

## Project in brief

Many people as they age report difficulty hearing in certain noisy environments such as in retail on public transport even when they wear a hearing aid, leading to reluctance to go to some places. This effects health and wellbeing.

### 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)

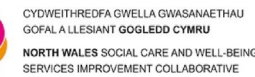




**Impact and engagement**  
Research into action

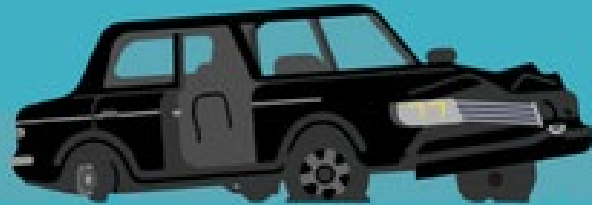
CADR has older people at the heart of what we do:

- Database of over 1300 organisations, groups and people
- Then specific groups
- Involvement and engagement group – help set our research agendas and pathways
- Lay experts' group - help make our information is relevant and can be understood by older people
- Join Dementia Research - matches volunteers interested in taking part in dementia research with researchers looking for potential participants.
- Project specific steering groups
- Work with policy and practice to deliver



# Transport and mobility

## Older Drivers: After the Wheels Stop Turning



## After the Wheels Stop Turning Campaign

Dr Amy Murray, Swansea University

Data from older people and their families, local authorities, and voluntary organisations. They want

- significant improvements to public transport,
- door-to-door transport service,
- and an infographic booklet providing advice and guidance.

Developing a 'one stop' type of webpage.

- Existing web resources being reviewed including
  - <https://olderdriversforum.com/> (UK),
  - Canada's <https://www.drivinganddementia.ca/> and
  - Queensland Uni Australia's <https://carfreeme.com.au/>

The final goal will be to design and roll out a **co-produced intervention** for driving cessation in Wales. Workshop to **co-develop website and identify tailored support**. Followed by using the findings to develop a 'one-stop' webpage. The website would be comprehensive, by bringing together examples of best practice on a global level.

**Podcasts:** Giving-up driving:

<https://www.cadr.cymru/en/podcasts.htm>

Community Transport (via THINK): <https://think.aber.ac.uk/think-podcast/>



**Impact and engagement**  
Research into action

# International and national connections



HKURBAN  
labs



**Universidade de São Paulo**



**UNIVERSITI KEBANGSAAN MALAYSIA**  
*The National University of Malaysia*



**CIRAS**  
Center for Innovation Research on Aging Society





**Impact and engagement**  
Research into action

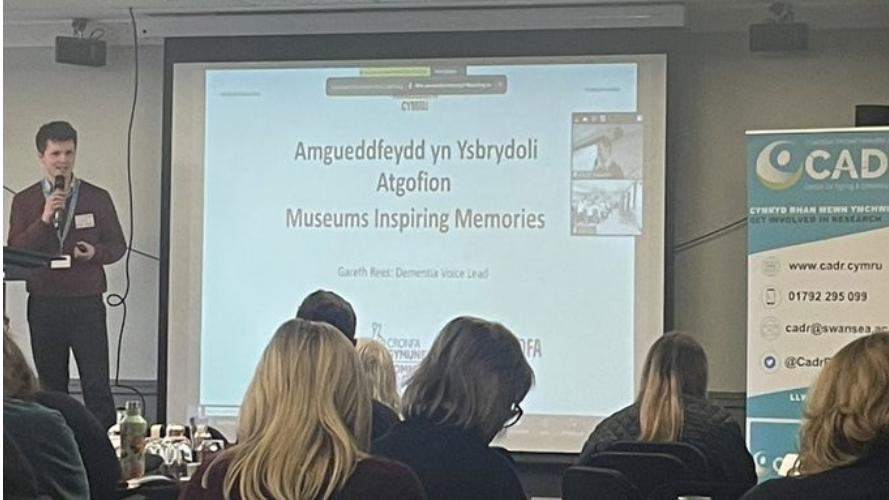
# Seminars and Annual conference

*A Decade of Impact: Transforming Ageing and Dementia Research.* Join us on Thursday, 14th November 2024, at the Radisson Blu Hotel, Cardiff



Covered a range of topics:

- Language,
- Transportation,
- Cognitive Impairments,
- Work, Health and Retirement and
- Loneliness and Isolation.



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

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



# Where next?

**We can't solve problems or see the wonderful asset that ageing is if we don't work together**

**But...CADR funding is coming to an end after 10 years.**

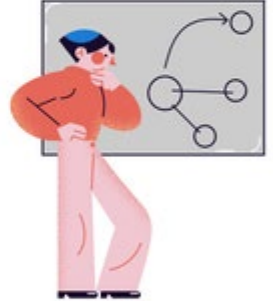
So where next for research on ageing in Wales

What we've done well:

- Brings different places together: Though we'd like more rural activity.
- Brings different sectors together: Though we'd like to support more supporting what local third sector/charities
- Brings different disciplines together
- Brings real life into what we do: Involvement and engagement
- New research
- Research onto other people's agenda
- Impact on policy and practice

## Strategy

- Make a difference but where do we place our effort going forwards?
- What are current key themes, issues in policy and practice?
- What is missing in our research?



**Professor Charles Musselwhite**

[chm93@aber.ac.uk](mailto:chm93@aber.ac.uk)

**Twitter: @CadrProgramme @charliemuss**

**Website: [www.cadr.cymru](http://www.cadr.cymru)**