A Centre for Research in Ageing and Cognitive Health at the University of Exeter (REACH)

Led by: Professor Linda Clare
REACH Members

- REACH (formerly at Bangor University) is a new centre based at the University of Exeter since March 2015.

Professor Linda Clare: l.clare@exeter.ac.uk
- Dr Sharon Nelis (Senior Research Fellow/Project Manager: IDEAL) s.m.nelis@exeter.ac.uk
- Dr Catherine Quinn (Senior Research Fellow: IDEAL) c.quinn@exeter.ac.uk
- Dr Aleksandra (Ola) Kudlicka (Research Fellow/Trial Manager: GREAT) a.kudlicka@exeter.ac.uk
- Dr Anthony Martyr (Research Fellow: IDEAL) a.martyr@exeter.ac.uk

New and Future Appointments in 2015:
- Epidemiologist/Statistician (IDEAL)
- PhD student funded by the Alzheimer’s Society (CFAS)
- REACH Centre Postdoc

.... Others to follow
Research in Ageing and Cognitive Health

Our research focuses on the following themes:

• Maintaining cognitive health and promoting well-being in later life.
  • (e.g. AgeWell, INDIGO, BANC, CFAS-Wales)

• Living well with cognitive impairment and dementia.
  • (e.g. IDEAL, BANC, NeuroSKILL, MIDAS)

• Developing interventions to help manage dementia-related disability.
  • (e.g. GREAT, CORD-PD, SMART, RESERVE-DSD)

• Improving quality of care for people with dementia.
  • (e.g. AwareCare)
Living well with cognitive impairment and dementia: The IDEAL study

• IDEAL - Improving the experience of Dementia and Enhancing Active Life

• Aims to:
  • identify changes that could result in improved well-being, life satisfaction and quality of life for people with dementia and carers.
  
  • provide information about the way in which well-being, life satisfaction and quality of life are affected by social capitals, assets and resources (e.g. social networks, neighbourhood, income etc.).
  
  • find out about the challenges posed by dementia, and the ways in which people adjust to and cope with these challenges.
The living well with dementia model the IDEAL study is testing.

- **CAPITALS, ASSETS AND RESOURCES**
  - Past situation
  - Social and environmental resources
  - Relationships and interactions
  - Psychological traits and attitudes

- **ADAPTATION**

- **LIVING WELL OUTCOMES**
  - Well-being
  - Life satisfaction
  - Quality of life
  - Participation in activities
  - Expression of positive emotions

- **ACCESS TO/USE OF SERVICES**

- **CHALLENGES**
  - Psychological state
  - Physical health and physical activity
  - Life events
  - Dementia-related challenges
Living well with cognitive impairment and dementia: The IDEAL study

• IDEAL is:
  • a large 5-year longitudinal cohort study.
  • recruiting 1500 people with dementia and approx. 1050 carers.
  • funded jointly by the ESRC/NIHR.

• Inclusion criteria:
  • Any clinical dementia diagnosis (AD, VaD, mixed, PDD, DLB, FTD etc.).
  • MMSE score of 15 or above.
  • People living in their own homes at inclusion to the study.

• IDEAL employs mixed methods:
  • Questionnaires
  • Brief cognitive assessments
  • Open-ended questions
  • Data linkage (at Time 2)
  • A qualitative interview between Time 2 and Time 3 (n=50)
Living well with cognitive impairment and dementia: The IDEAL study

- Recruitment and data collection by NHS research networks in 29 sites in England, Scotland and Wales.
- Currently there are 529 people with dementia and 469 carers recruited into IDEAL.

- Time 1 assessment (baseline) started July 2014
- Time 2 assessment (12 month follow-up) starting July 2015
- Time 3 assessment (24 month follow-up) starting July 2016
Living well with cognitive impairment and dementia: The IDEAL study impact strategy

• To increase the potential for, and possibility of, living well with dementia for people with dementia and carers of people with dementia
• To provide evidence that contributes to the development of policy and supports effective targeting of resources
• To provide evidence that contributes to the development of practice and helps to optimise the information, services and care offered to people with dementia and carers of people with dementia
• To increase public understanding and awareness of the condition and support the development of dementia-friendly communities
• To contribute to building research capacity in the dementia field within the social sciences, to stimulate theoretical and methodological developments, and to provide a unique resource for dementia researchers
Living well with cognitive impairment and dementia: The IDEAL study

The IDEAL protocol has been published:


- **IDEAL collaborators:**
  - Alzheimer’s Society (James Pickett)
  - Bangor University (John Hindle)
  - Brunel University London (Christina Victor)
  - Cardiff University (Ian Rees Jones)
  - Innovations in Dementia (Nada Savitch)
  - King’s College London (Robin Morris & Mike Kopelman)
  - London School of Economics and Political Science (Martin Knapp & Cate Henderson)
  - The Research Institute for the Care of Older People (Roy Jones)
  - University of New South Wales (Jeanette Thom)
  - University of Sussex (Jenny Rusted)
Welcome to the website of the IDEAL research project

Improving the experience of dementia and enhancing active life: living well with dementia - The IDEAL study

The IDEAL research project focuses on people who have difficulties with memory, thinking or behaviour, that may have been described as dementia or an associated condition, and on the family members or friends who provide support.

The aim of the IDEAL project is to find out what makes it easier or more difficult for people to live well with dementia, and what can be done to help more people to live well with dementia. This ESRC-funded project started in January 2014 and will run for five years.

To find out more about the background to this study go to the About IDEAL page

Latest news

April 2015
- The IDEAL project is recruiting a Research Project Support Officer and a Project Administrator/PA. Closing date is 29 April 2015.
  For more information go the Exeter University job pages.
- Always group member on the BBC
  Keith Oliver, who is part of the IDEAL project Always group, appeared on the Victoria Derbyshire show on BBC 2 talking about living with dementia.
Developing interventions to help manage dementia-related disability: GREAT

• GREAT - Goal-oriented cognitive Rehabilitation in Early-stage Alzheimer’s and related dementias Trial

• GREAT:
  • aims to determine whether goal-oriented cognitive rehabilitation is a clinically-effective and cost-effective intervention for people with dementia and their family carers.

  • will deliver 10 individual cognitive rehabilitation sessions over 3 months, followed by 4 maintenance sessions over 6 months.
Developing interventions to help manage dementia-related disability: GREAT

• GREAT is:
  • a multi-centre, single-blind randomised control trial.
  • recruiting 480 people with dementia and their carers.

• GREAT inclusion criteria:
  • A clinical dementia diagnosis of AD, VaD, or mixed.
  • MMSE score of 18 or above.
  • A carer that is willing to participate.
  • If taking AchEI medication, they must be stable on the medication for at least 1 month.

• GREAT is recruiting in eight sites in England and Wales.
• By the end of April 2015, 331 people had consented to take part in the study and 272 had been randomised.
Developing interventions to help manage dementia-related disability: GREAT

• GREAT flowchart:

Baseline assessment ➔ Randomisation (n=480) ➔ Cognitive rehabilitation (n=240) ➔ Treatment as usual (n=240) ➔ Post-intervention assessment (3 month) ➔ Follow-up assessment (9 month)

GREAT employs:

During assessments:
Neuropsychological tests, including tests of memory, attention and executive function.
Questionnaires (including DEMQOL, Self-efficacy, HADS, EQ-5D).
The Bangor Goal Setting Interview.

Cognitive rehabilitation:
10-weekly goal-directed therapy sessions over 3 months and 4 maintenance sessions over 6 months.
Developing interventions to help manage dementia-related disability: GREAT - Impact

• Cognitive rehabilitation creates an opportunity to equip people receiving the diagnosis of dementia and their family carers to manage the disease effectively and to live well with dementia.

• The GREAT study will provide definitive evidence about whether a particular type of non-pharmacological treatment, goal-oriented cognitive rehabilitation (CR), is a clinically-effective and cost-effective intervention for people with early-stage Alzheimer’s disease, vascular or mixed dementia and for their caregivers, such as friends and family members.

• We will work with NHS colleagues and the Alzheimer’s Society to identify options for wider implementation beyond the end of the trial and to ensure that this intervention approach is made available to those who may benefit from it.
Developing interventions to help manage dementia-related disability: GREAT

- GREAT recruitment began in April 2013 and continues until March 2016.
- Results to be available mid-2017.
- The GREAT protocol has been published:

GREAT collaborators:
- Bangor University (Bob Woods)
- Cardiff University (Antony Bayer)
- Jackie Pool Associates (Jackie Pool)
- King’s College London (Mike Kopelman & Anne Corbett)
- London School of Economics and Political Science (Martin Knapp)
- The Research Institute for the Care of Older People (Roy Jones)
- University of Bradford (Jan Oyebode)
- University of Manchester (Alistair Burns & Iracema Leroi)
Welcome to GREAT

Goal-oriented Cognitive Rehabilitation in Early-stage Alzheimer's and Related Dementias:

Multi-centre Single-blind Randomised Controlled Trial (GREAT)

The GREAT trial (short title: Living Well with Memory Difficulties) is a large multi-centre trial led by Professor Linda Clare, who developed the cognitive rehabilitation approach for people with memory difficulties and led the pilot study. The trial is co-ordinated from the University of Exeter and is taking place in eight areas in England and Wales. The trial will provide definitive evidence about whether goal-oriented cognitive rehabilitation is a clinically-effective and cost-effective intervention for people with early-stage dementia and their family, friends and/or carers.

The study is funded by the Health Technology Assessment Programme of the National Institute for Health Research (HTA reference 11/15/04), as part of the £22 million investment announced by the Government to fund leading-edge research into the cause, care and prevention of dementia.
Some recent REACH publications:


