

# ABC 2019

Ageing Better Conference, UWE Bristol, 2<sup>nd</sup> July 2019

## Schedule

09:00	Registration (coffee)
09:30	Introduction
09:40	Session 1: Care and Interventions
10:25	Session 2: Community
11:15	Break (coffee)
11:25	Session 3: Technology
12:10	Lunch
13:00	Session 4: Mobility*
13:45	Session 5: Strategy
14:20	Rounding up
14:30	End

## Session 1: Care and Interventions

Dr Nikki Cotterill

Title

Hidden in plain sight – incontinence in older adults

Position

Associate Professor in Continence Care, Department of Nursing & Midwifery

Summary

Incontinence is a significant issue for individuals, and health and social care. Over 14 million adults experience bladder control problems and 6.5 million have bowel control difficulties in the UK...that we know about. These symptoms impose significant decrements on quality of life and independence, and increase in prevalence among older adults, yet help-seeking is notoriously poor. The impact of these symptoms at a later stage of life can be significant with isolation, loneliness and reduced activity all risks to both physical and mental health. Incontinence is a predictor of mortality in older adults and commonly a precipitating factor for admission to nursing and residential care. Pro-active management can make demonstrable improvements to patient outcomes and I am establishing a programme of research at UWE to explore this further.

Recent publications

Cotterill, N., Sullivan, A., Norton, C., Wilkins, A., Weir, I., Kilonzo, M. and Drake, M. J. (2018) Conservative interventions for urinary or faecal incontinence, or both, in adults with multiple sclerosis (Protocol). Cochrane Database of Systematic Reviews.

Abrams, P., Andersson, K.-E., Apostolidis, A., Birder, L., Bliss, D., Brubaker, L., Cardozo, L., Castro-Diaz, D., O'Connell, P., Cottenden, A., Cotterill, N., de Ridder, D., Dmochowski, R., Dumoulin, C., Fader, M., Fry, C., Goldman, H., Hanno, P., Homma, Y., Khullar, V., Maher, C., Milsom, I., Newman, D., Nijman, R., Rademakers, K., Robinson, D., Rosier, P., Rovner, E., Salvatore, S., Takeda, M., Wagg, A., Wagner, T. and Wein, A. (2018) 6th international consultation on incontinence.

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\* Please note this is a change of title from the original schedule. Mobility now replaces Design.

Recommendations of the international scientific committee: Evaluation and treatment of urinary incontinence, pelvic organ prolapse and faecal incontinence. *Neurourology and Urodynamics*, 37 (7)

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Dr Gary Christopher

Title

Confronting the Existential Threat of Dementia: An Exploration into Emotion Regulation

Position

Ageing Well Lead (PSRG), Senior Lecturer (Ageing and Dementia)

Summary

The focus here will be dementia as an existential threat both to people diagnosed with the condition and to their carers. Dementia not only gradually erodes our most fundamental abilities, it does so at a time of life when the resources of individuals, couples, and families are already stretched. While over time, many people who are living with dementia can adapt to their diagnosis and acknowledge its impact on them, for others, it remains too threatening and painful to do this. New ways of intervening to boost psychological resources will be discussed in light of their ability to support people in facing the existential threat of dementia.

Recent publications

Cheston, R. & Christopher, G. (2019). *Confronting the Existential Threat of Dementia: An Exploration into Emotion Regulation*. Palgrave.

Cheston, R., Dodd, E., Hart, I., & Christopher, G. (2019). The recall of dementia-related and neutral words by people with dementia: The ironic process of thought suppression. *International Journal of Geriatric Psychiatry*.

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Emily Dodd

Title

Piloting a nostalgia-based reminiscence intervention

Position

Trial Manager

Summary

Nostalgia has been shown in non-clinical populations to enhance key psychological resources such as self-esteem, meaning in life and social connectedness that act as buffers against distress arising from threat to the self. Our studies with a dementia population shows that such psychological resources can be also be enhanced through a nostalgia induction in this clinical population. Reminiscence therapy (RT) is a widely used intervention for people with dementia. This involves the discussion of past events and activities. However, a recent review concluded there was little evidence for the therapeutic benefit of RT. We hypothesise that the active component in RT is drawing on particularly nostalgia-based memories. We have piloted a small study with people living with dementia and their carers based on nostalgic memories, the findings of which will be discussed in this presentation.

### Recent publications

Umar Ismail, S., Cheston, R., Christopher, G., & Meyrick, J. (2018). Nostalgia as a psychological resource for people with dementia: A systematic review and meta-analysis of evidence of effectiveness from experimental studies. *Dementia*, 1471301218774909.

Ismail S, Christopher G, Dodd E, Wildschut T, Sedikides C, Ingram T, Jones R, Noonan K, Tingley D and Cheston R (2018) Psychological and Mnemonic benefits of nostalgia for people with dementia *Journal of Alzheimer's Disease* 65(4) p1327-1344

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Dr Nicola Holt

Title

Can colouring improve the mood and concentration of older adults? Developing a research study

Position

Senior Lecturer in Psychology

Summary

Colouring has been advocated as a wellbeing activity for older adults (e.g., Alzheimer's Society, 2018) and colouring books and activity packs specific to this population abound (e.g., Active Minds, 2018). Despite this, no research has examined the efficacy of colouring for older adults. This paper will outline the potential benefits and use of colouring for older adults and will share current research plans to evaluate its efficacy. The proposed research will conduct a cross-over controlled trial to test the immediate impact of colouring on mood and cognition, and will evaluate the impact of a ten-week-long colouring intervention on longer-term wellbeing.

### Recent publications

Holt, N. J., Furbert, L. and Sweetingham, E. (In press). Cognitive and affective benefits of coloring: Two randomized controlled crossover studies. *Art Therapy: Journal of the American Art Therapy Association*.

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Bethan Evans

Title

The relationship between anxieties related to dementia and recall of self-referent dementia statements in adults without cognitive impairment

Position

MSc student

Summary

Fears about developing dementia are widespread and have been termed "Dementia Worry". A phenomenon labelled the Mnemic Neglect Effect (MNE) suggests that adults manifest selective forgetting for information that threatens the self. Older-adults have been found to manifest the MNE for dementia-related information, whilst younger-adults have not. Fifty participants aged >18 were assessed for levels of general anxiety, how threatened they feel by Dementia and how fearful they are of developing Alzheimer's Disease (AD). These participants were presented with 24 self-

referent statements about dementia, 12 were threatening to the self and 12 were not. Participants completed a recall and recognition task for these statements. Results have not yet been analysed. It is hypothesised that those who feel threatened by Dementia and fearful of AD, will recall and recognise less high-threat statements than those who are less fearful, even when general anxiety is controlled for.

Recent publications

N/A

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## Session 2: Community

Dr Jennie Ferrell

Title

Older Adults as a Community Resource: The Benefits of Intergenerational Contact on the 'Middle Generation'

Position

Senior Lecturer in Developmental Psychology, Programme Leader BSc Psychology at UWE

Summary

Research on intergenerational contact has found that activities shared among multiple generations can be beneficial for the health and wellbeing for older adults and can increase positive attitudes in children toward aging and older people, however, the perspectives of and effects on the generation in the middle, including parents/carers, are not often studied. In this ongoing study, the intergenerational playgroup model is explored as a way to engage parents in activities that may decrease isolation and enhance the sense of self, viewing the older adults involved as a source of support and partners in building meaningful interactions for mothers of young children rather than just the recipients of the benefits of these interactions. Themes emerging from qualitative interviews of mothers participating in an intergenerational playgroup will be discussed, and include a broader discussion of how intergenerational activities, such as in a university context, can benefit the 'middle generation'.

Recent publications

A qualitative study on parent perceptions of intergenerational playgroups (in prep); An evaluation of a hyperlocal community grandparent-toddler playgroup (in prep)

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Dr Mike Chase

Title

Needs-led or crisis-driven journeys? How a contemporary dementia pathway is experienced by both sides of the 'fence'

Position

Senior Lecturer in Social Psychology

## Summary

How are dementia pathways implemented and experienced in the UK, and what are the core barriers to 'better' integrated practice? We undertook a pragmatic mixed-methods analysis of a single dementia pathway to inform our understanding of these two important questions. The study incorporated interviews with people with dementia, carers and practitioners (n= 61); service participant observations and practitioner shadowing (n= 33), and a review of service performance metrics. We identified a 'double whammy' scenario: i) an ineffective, disjointed dementia-support pathway, and ii) people and families affected by dementia only willing and able to engage with services when crisis hits. In my talk, I briefly expand on these core findings before opening up discussion on the challenges we face in moving from fragmented, crisis-resolution dementia pathways to integrated and preventative ones.

## Recent publications

Chase, M., Peters, B., Khan, S., Lloyd, C., & Weir, K. (2016). Needs-led or Crisis-driven Journeys: A review of the Dementia Services Pathway in Portsmouth. [Internal report for Portsmouth Health and Social Care Commissioners; used to restructure Dementia Services local to Portsmouth, UK].

Chase, M., Lloyd, C., Peters, B., Weir, K. & Chase E. (In submission). 'The two sides of a dementia pathway': A mixed-methods analysis of barriers to integrated service provision and access. Health & Social Care in the Community.

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## Linda Sumpter

### Title

From dependence to interdependence: What works when engaging partners and families in the reablement of older people, for whom and how?

### Position

PhD student

## Summary

Reablement is a person-centred intervention helping individuals learn or relearn skills necessary to remain living in their homes following a change in health. Since 2010 the UK Government has made substantial investments in reablement with a view to reducing pressure on primary and secondary health and social care services.

International research into this relatively young intervention suggests that it holds significant potential for an ageing population. Although NICE Guidelines advise involving families in all the main stages of reablement, research into this aspect of it is scarce.

Drawing on a synthesis of existing literature as well as primary research conducted with a council-run reablement service in England, this PhD study is employing a realist research methodology. It aims to uncover relationships between the contexts, mechanisms and outcomes associated with engaging partners and families in reablement in order to advance theories on how longer-term benefits of the intervention could be maximised.

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## Sheila Mackintosh

### Title

National Review of the Disabled Facilities Grant in England - evidence to change policy and practice.

### Position

Research Fellow

### Summary

The Disabled Facilities Grant (DFG) provides funding to improve the homes of older and disabled people and families with disabled children. It is a mandatory grant that is means tested. The legislation is 30 years old but over the years changes to guidance and regulation have allowed it to be used in more flexible ways.

The review examines the way it is currently being delivered and how it needs to change to enable more joined-up action across housing, health and social care. It also needs to support more people to live in suitable housing so they can stay independent for longer.

The presentation looks at the key findings and recommendations. It also considers how to implement changes to policy and practice when services are under pressure and the government distracted.

### Recent publications

Mackintosh, S., Smith, P., Garrett, H., Davidson, M., Morgan, G. and Russell, R. (Nov 2018) Disabled Facilities Grant and Other Adaptations - Main Report and Summary. Available at: <https://www.gov.uk/government/publications/disabled-facilities-grant-and-other-adaptations-external-review>.

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## BAB Community Navigators

### Title

Lessons learned from Bristol Ageing Better Community Navigation service

### Position

Volunteer Community Researchers

### Summary

We are community researchers who have been tracking the development of the 'Bristol Ageing Better' Community Navigation service. This is a service that offers free signposting and support to people over 50 who may want to feel more connected to their community. We look at some preliminary results from our longitudinal research and outline the challenges faced by local services to deliver on the government's End Loneliness' strategy.

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## Session 3: Technology

Dr Timothy Senior

Title

Open Ecosystem Innovation

Position

Researcher and Social Entrepreneur

Summary

In the health arena, open innovation approaches strive to address real-world complexity through multi-stakeholder activities better-able to respond to complex health needs. I will present an 'open ecosystem innovation' approach, one that explores the full implications of what it means to be 'open' in a health innovation context. This approach points to a configuration of open activities that are maximally sensitive to: 1) knowledge diversity in innovation work; 2) the consequences of adopting an open-orientation across all stages of innovation programming; 3) the value of deepening and broadening the targets of innovation activity; 4) the role of mediation in supporting cross-sector partnerships; and, 5) the importance of operating in an adaptive and sustainable manner in the long-term. To these ends I will discuss the Dementia Connect project (<http://dementiaconnect.dcrc.org.uk>) and a new organization I am founding outside of academia to enable innovative cross-sector partnerships.

Recent publications

Senior TJ (2019) Open to All: Dementia, Creativity, and Open Ecosystem Innovation. *Front. Sociol.* 4:10.doi: 10.3389/fsoc.2019.00010

Senior TJ (2019) Dementia Connect: Designing an Innovation Hub for Dementia and Creativity. Bristol: University of the West of England. Available online at: [https://dementiaconnect.dcrc.org.uk/wp-content/uploads/dementiaconnect/DC-Report-A4-AW\\_Senior\\_lowRes.pdf](https://dementiaconnect.dcrc.org.uk/wp-content/uploads/dementiaconnect/DC-Report-A4-AW_Senior_lowRes.pdf)

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Dr David Western

Title

The Living Lab - A Facility for the Development and Evaluation for Future Home Technologies

Position

Wallscourt Fellow in Health Technology

Summary

The Living Lab is a one-bedroom apartment based at UWE's Health Tech Hub. It offers the local health tech industry and researchers a facility for testing and developing new products in a home environment. It is equipped with a suite of sensors, under continual development, to support this activity and explore new possibilities for assistive home technologies. This talk will focus on the possibilities and ethical considerations around the use of camera-based motion tracking in the home to monitor health and promote independence. David will also describe the overall network architecture of the Living Lab and how users can integrate their own systems to maximise the availability and convenience of data extraction from their study.

## Recent publications

Western, Neild, Jones, and Davies Smith. Personalised Tremor Profiling to Identify Clinically Relevant Changes in Multiple Sclerosis. BMC Medical Informatics and Decision Making, Under review, 2019.

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## Session 4: Mobility

Alice Stephenson<sup>1</sup> and Dr Chris Alford<sup>2</sup>

Title

CAVs can keep you living – an overview of the Flourish ‘driverless cars’ project

Position

<sup>1</sup>Postgraduate Researcher, <sup>2</sup>Associate Professor

### Summary

UWE has been at the centre of the Innovate UK £5.5M funded project – Flourish. Many ‘connected and autonomous vehicle’ or ‘CAV’ projects have been funded but this is the only one built around older people, and those with age related impairments – perhaps the population who will most obviously benefit from staying connected and mobile, giving them the potential to engage with the community and keep living rich rewarding lives.

UWE has been responsible for running the journey simulator and real CAV trials with over 100 older people from the Bristol area participating in this co-design project. Together developing an adaptable control panel (HMI) and demonstrating the potential for human state monitoring with unobtrusive psychophysiological measurement and eye tracking. These provide information about the CAV users’ experience and wellbeing, and can be developed for use in real time environments to support remote health monitoring as well as linked to CAV controls.

## Recent publications

Voinescu, A., Morgan, P. L., Alford, C., & Caleb-Solly, P. 2018. Investigating older adults' preferences for functions within a human-machine interface designed for fully autonomous vehicles. Presented at: International Conference on Human Aspects of IT for the Aged Population, Las Vegas, NV, USA, 15-20 July 2018. Human Aspects of IT for the Aged Population. Applications in Health, Assistance, and Entertainment, Vol. 10927. Springer Verlag (Germany) / Springer Verlag (Germany): Computer Proceedings, pp. 445. (10.1007/978-3-319-92037-5\_32)

Eimontaite, I., Voinescu, A., Alford, C., Caleb-Solly, P., & Morgan, P. (accepted). The Impact of Different Human Machine Interface Feedback Modalities on Older Participants' User Experience of CAVs in a Simulator Environment. 10th International Conference on Applied Human Factors and Ergonomics, July, 2019

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Dr Ian Shergold

Title

What will older people do with a driverless car?



Position

Research Fellow

Summary

The Flourish project is a recently completed three year study of what older people want from autonomous vehicles – a project unique in this focus. In particular, it has focussed on self-driving cars capable of undertaking all elements of the driving task for you. Such vehicles potentially re-open the door for mobility for those that no longer drive, or have problems with conventional transport. Through workshops and focus groups with 240 people aged from their 50s to their 90s, and simulator and live-vehicle trials with almost 100 participants, the project has explored mobility needs and aspirations in respect of autonomous vehicles. Drawing on this data, the presentation will briefly explore what benefits older people foresee in having such vehicles, the sorts of journeys they think they might make in driverless cars and some of their thoughts about how they will want to interact with this new technology.

Recent publications

Shergold, I. (2019) Taking part in activities, an exploration of the role of discretionary travel in older people's wellbeing. *Journal of Transport & Health*, 12.pp. 195-205. Available from: <http://eprints.uwe.ac.uk/39280>. In preparation: Shergold, I. Mobility solution or new grey divide: an analytical review of the role of self-driving cars in an ageing society.

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## Session 5: Strategy

Dr Nigel Harris

Position

Director of Innovation and Growth, WEAHSN

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Prof. Olena Doran

Position

Associate Dean (Research), Faculty of Health and Applied Sciences

Nicola Temple

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