

LIVING WELL AND ENHANCING ACTIVE LIFE: THE IDEAL PROGRAMME



We hope that you are feeling well and looking forward to sunnier days that are just around the corner.

IDEAL Programme Progress: Starting Timepoint 6

We are pleased to let you know that we will soon be contacting people about taking part in the next and final phase of the IDEAL study. This will be Timepoint 6.

Because of the ongoing restrictions due to COVID-19, the IDEAL project team in Exeter have made some important changes to the way that we will gather information from you.

At Timepoint 6, instead of being visited at home by a staff member from your local NHS Trust, you will be contacted by a researcher from the University of Exeter. The researcher will talk to you on the telephone or online to gather your information.

This research will be carried out in a very similar way to the INCLUDE study (see page 2) which you may have taken part in.

We will start to contact people still involved in IDEAL in April. You will get a call from one of the friendly IDEAL research team at the University of Exeter. The researcher will ask if you would like to take part in the next phase of the study, Timepoint 6. If so, the researcher will arrange a time to talk with you.

The researcher will talk to you and ask you questions over the telephone or in an internet video call, whichever you prefer. There will be no paperwork to fill in this time, as everything will be done by the researcher on the computer. The questionnaire is in two sections. Each section will take about an hour to complete, and you can take breaks if you need to. The two sections can be done on different days.

Researchers will be in contact in the Spring but please get in contact before then if you would like more information.

Recent Publications:

For summaries of all IDEAL publications, please see our website idealproject.org.uk/activities/papers/ or **contact us**.

We are using the information you have given us over the years to provide new scientific knowledge, contribute to policy initiatives, and support campaigns to improve things for people affected by dementia. Some topics we have covered in recent scientific papers are:

- The experiences and needs of people with dementia who are living alone, with or without good family support
- Questions clinicians could ask to help identify people with dementia who have poor psychological well-being and may benefit from more support
- Whether being able to access outdoor green and blue space (such as parks or beaches) improves quality of life for people with dementia
- Whether a positive attitude to getting older is linked to better quality of life for people with dementia

Additional IDEAL Programme Project: INCLUDE

Reflections from University of Exeter researchers Anna, Ellie and Sophie

Since September 2020, we have been conducting a new study called **INCLUDE**. The INCLUDE study was set up quickly to look into the impact that COVID-19 has had on people living with dementia and their family members or friends taking part in IDEAL. This is so that we can make recommendations about better ways of supporting people in similar situations in the future. We are very grateful to our IDEAL participants who have taken part thus far. If you have not heard from us yet, we will be in touch before the end of March 2021 to see if you would be interested in taking part.

What taking part in INCLUDE involves:

The study involves completing a questionnaire, which looks at various aspects of your life, experiences and feelings about how the COVID-19 pandemic restrictions have affected you.

How have you made the questionnaire accessible for everyone in the IDEAL study?

We are very flexible and willing to adapt how we approach the questionnaire and make the process as simple as possible for everyone.

What we have enjoyed during the study:

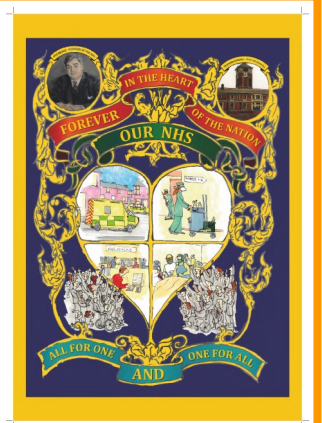
Whilst circumstances have been strange for us all, it has been great to still be able to speak to some of you, our incredible participants, who have already contributed so much to the IDEAL study. We have loved hearing about your life stories, seeing friendly faces, and having a laugh with you all. It has also been a great opportunity for us as researchers to learn and has been a pleasure to work on the study. We will be in touch with you again when we phone you for your IDEAL time 6 interview.

IDEAL Related Activity

The Unfurlings banner exhibitions were due to take place in more places across the country in 2021, starting with the Thackray Medical Museum in Leeds. Sadly, due to restrictions it has not been possible to open these yet, although they will go ahead when it is safe to do so. We are however able to share with you a link to one of the fantastic online exhibitions at the Harris Museum and a video featuring two of the artists behind the work.

Harris Museum online Exhibitions shorturl.at/ghvEF

Video about the Unfurlings banners shorturl.at/ejtuQ



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)