

LIVING WELL AND ENHANCING ACTIVE LIFE: THE IDEAL PROGRAMME



Welcome to the 12th IDEAL newsletter! We hope you are well. It's been a busy and exciting time for the IDEAL team. We hope that you enjoy reading about what we've been up to.

IDEAL Programme Progress

We have been talking to you for an amazing seven years. This is to learn as much as possible about living with dementia and how this changes over time. We have finished collecting data. The team will now be writing up the important evidence you have given us and sharing what we have learned far and wide.

A New Online Toolkit From The IDEAL Team



www.livingwithdementiatoolkit.org.uk

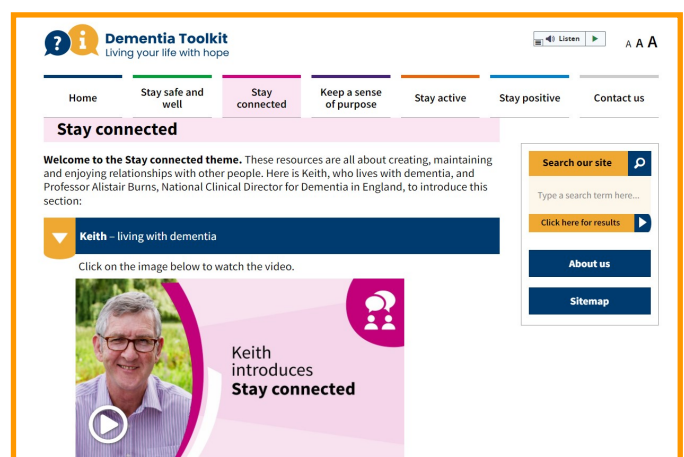
The IDEAL team have created an exciting NEW website called the Living with Dementia Toolkit. This Toolkit is designed to give you **hope** and **inspiration** through examples of real-life experiences. It also offers **ideas** to help you live life as you choose.

The toolkit was created with an enthusiastic involvement group of people with dementia and carers and is based on the five key themes which our evidence shows all contribute to living a good life with dementia.

The themes are: **Stay safe and well, Stay connected, Keep a sense of purpose, Stay active and Stay positive.**

The toolkit has lots of tips, advice, personal experiences, and wonderful videos from experts and the involvement group, such as Chris who says

“Dementia comes in cans - you can do things. And the more you do, the more you realise you can do and the more it lifts you back up.”



The ENLIVEN Project



Our colleagues in the ENLIVEN project will be working with businesses to make the benefits of outdoor activity more accessible to older people with memory problems. The team would love to hear from you about your relationship with nature and how you think it can be improved. They have set up a survey. Please use this link to access the survey: <https://www.surveymonkey.co.uk/r/HGCBD8D>

A Theatre Production & Documentary Film Based On IDEAL

The World Turned Upside Down: A play from IDEAL research

We were proud to be able to stage our theatre production in Exeter in January.

The play was called 'The World Turned Upside Down'. It engaged the audience in exploring communication challenges faced by people living with dementia. The play used what we learned in our research and the actors had sessions with our involvement group to be able to understand the experience of dementia.

Four scenarios were presented in the play, and the audience contributed to how the scene played out. They discussed ways to improve communication during real-life situations and then the actors re-staged the scene based on audience feedback. We received a lot of media attention and fantastic feedback from members of the audience.

A documentary film is being made and will be shared later in the year. If you would like to receive it, please contact us using the details below.



Updated Privacy Statement

We want to make you aware of how we are linking your IDEAL questionnaire data to NHS data <https://www.idealproject.org.uk/projects/linkage/>. We will link existing data about NHS service use to existing IDEAL questionnaire data to understand how your health needs have changed over time. We will only use NHS data if you live in England and consented to data linkage. The data linkage study will help us to answer important questions about the financial costs of living with dementia and could help change policy.

The data will be securely stored and analysed by IDEAL research team members at the London School of Economics. Please see our Privacy Policy for more details; the most relevant section is "The IDEAL project may also use your personal data in the following ways" and can be found here.

<https://www.idealproject.org.uk/takingpart/datapolicy/> or please **contact us** for more information.

Recent Publications

The information you give us helps us to provide new scientific knowledge. It also helps to support campaigns to improve things for people affected by dementia. Some recent questions we have explored are:

- What difference did the restrictions of the first lockdown in 2020 make to the lives of people affected by dementia living at home?
- How do people living with dementia make sense of the condition? Are some ways of thinking about dementia more helpful than others?
- How much does caring for someone with dementia cost? How do these costs change over time? Which things make a difference to how much dementia care can cost?

For summaries of all of our publications, visit our website.

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.

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