



4th Newsletter | May 2022

Project News



The D-Care project will finally conclude at the end June 2022, some months later than originally planned, as coronavirus made changes unavoidable. We are pleased to announce that all the project deliverables have been achieved plus some additional intellectual outputs - a detailed self-assessment online methodology and an additional online course.

And the team finally made it to San Sebastian for the JST, rescheduled for May 2022. An excellent meeting hosted by Cebanc, it was most pleasant to meet again in real life after 2 ½ years (the kick-off meeting, Perugia, was in November 2019 – it seemed a lifetime ago). We have had several online Zoom meetings since but it was impossible to meet in person. The final project meeting will take place in Patras June 22.

Smart Socks

Yes – you did read that correctly! Dr Zeke Steer wanted to help after seeing his great-grandmother suffering with dementia. The socks, which track heart rate, sweat levels and motion, enable carers to intervene before things escalate.

Dr Steer worked at Bristol Robotics Laboratory to find a solution and develop a mobile phone app.

Dr Steer said: "The foot is actually a great place to collect data about stress, and socks are a familiar piece of clothing that people wear every day." The socks look and feel like normal socks, do not need changing and are machine-washable. They provide a steady stream of data to carers, who can easily access their patient's metrics on an app.



Social Isolation – potentially another coronavirus problem.

As reported this month by the University of Cambridge, social isolation is linked to lower brain volume in areas related to cognition and a higher risk of dementia. The study found that social isolation was linked to a 26% increased risk of dementia, separately from risk factors like depression and loneliness.

The study looked at over 460,000 people across the United Kingdom with an average age of 57 at the beginning of the study who were followed for nearly 12 years before the pandemic. Of those, almost 42,000 (9%) reported being socially isolated, and 29,000 (6%) felt lonely. During the study, almost 5,000 developed dementia.





AUXIBA Event – San Sebastian

In a very interesting and emotional day, the III Intergenerational Edition of the Máximo Goikoetxea-Lotzen Saria Award took place in a packed hall of the San Sebastián Aquarium on 20th of May. The conference, which was also broadcast via streaming, was presented by the architect and patron of Aubixa Fundazioa, Marijo Moreno.

The inaugural act was carried out by the President of the Foundation, Lurdes Ubetagoyena, who welcomed the attendees and outlined the contents of the conference, accompanied by the Director of Biosciences of TKNIKA, Mari Jose Barriola, organizers of the conference together with Aubixa Fundazioa and with the support of Laboral Kutxa.

The topic of the event was Mental Health after Covid, and several Presentations were delivered by professionals in mental health and by people of different ages who have struggled with their mental health along the Covid period. It was a very emotional and interesting event with a high participation by young people.



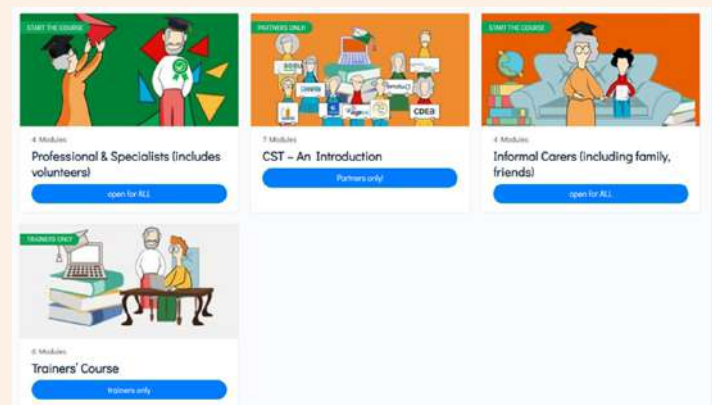
Piloting the online Professionals Course

The online training course for professional carers (which includes volunteers) is completed and available to anyone who registers. A participant is required to sign in by giving their email address (it's important we check that you are a real person and not a robot).

The piloting was completed by at least 122 people (not everyone tells the partners they are participating in the training!). Feedback was good, with people saying that they found it intuitive and easy to read and learn and were very happy to partake in the course. All countries were able to pilot the Professional Course, which followed the earlier Trainers Course.

Of course not everyone enjoys online e-learning; some feedback mentioned this. The course allows a workshop to be delivered as an introduction (and possibly as a finale). Both Greece and the UK preferred to deliver a workshop.

Another course available is the CST Introduction course was designed to aid partners learn about CST, as Covid prevented the initial joint training at the appropriate part of the project. Partners created the online training to help each other, but of course, it can now be available to anyone.





MULTIPLIER EVENTS

All countries have held events designed to disseminate the information about the project; the ME in Spain was reported in the last newsletter. Since then others have been held.

Dementia Awareness Week, May 2022 in UK, was chosen as a good time to hold the ME. A presenter from Dementia Friends was invited to join the UK partner in delivery. About 20 people attended during the afternoon and showed interest in volunteering and also the D-Care project; following the event, some of them signed onto the online training.

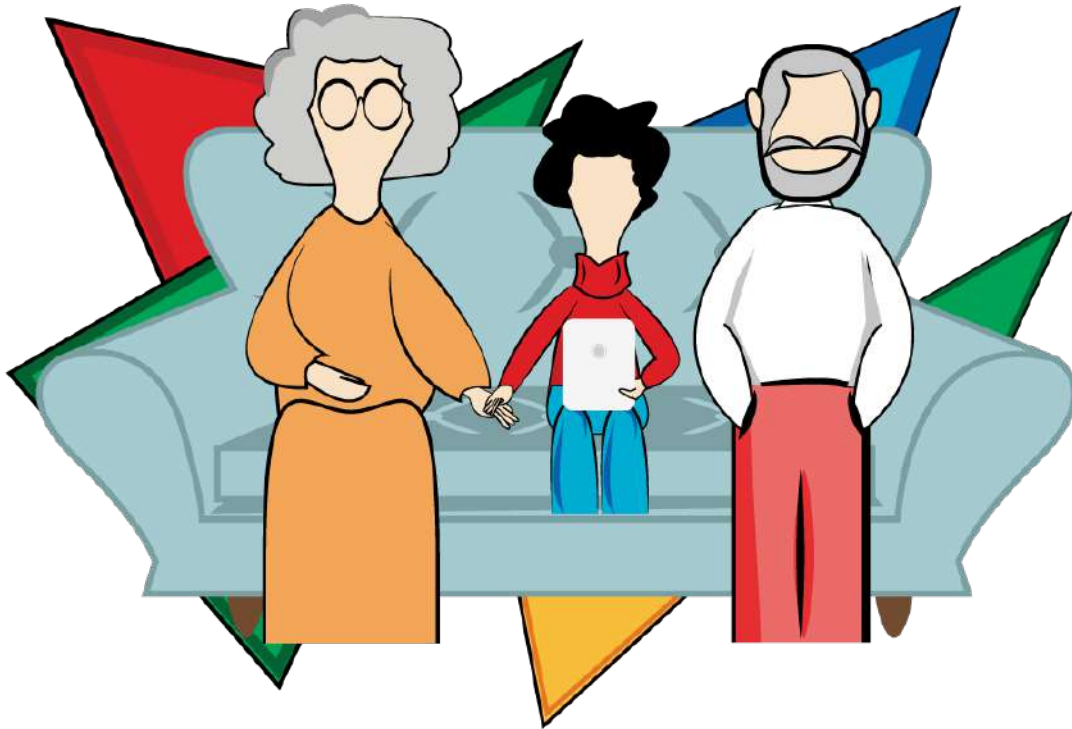


How 'Old People's Home for 4 year olds' might force a rethink in social care

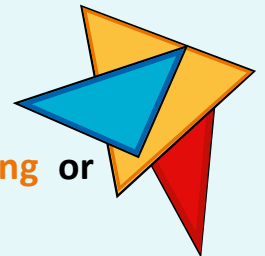
Last summer in the UK, Channel 4's 'Old People's Home for 4 Year Olds' – which brought together on camera a group the heart-warming results of an experiment designed to tackle increasing isolation of older people in our communities by pairing 11 residents at St Monica Trust in Bristol with 10 pre-schoolers. It was repeated in the winter.

Whilst the impact of young children and older people sharing daytime care facilities had already been shown to be generally positive, this was the first experiment in the UK to measure the impact of intergenerational interaction on health and happiness of the older group of lively toddlers with elderly residents at a care community. Results were significant. After just three weeks there were noticeable improvements in residents' measurement scores and by the end of the trial 80 per cent of participants showed improvements.

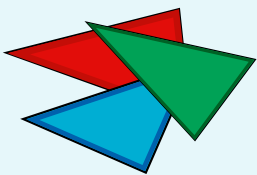




Follow us on Facebook <https://www.facebook.com/dcare.training> or



visit our homepage at <https://dcare.training/> for more!!



Partners

