



IDS-TILDA Newsletter

December 2017



ANNUAL MESSAGE PROFESSOR MARY MCCARRON PRINCIPAL INVESTIGATOR



What an exciting year 2017 has been! This newsletter highlights important events and achievements over the past year. We have much to celebrate. First, IDS-TILDA welcomed Ms. Margaret Haigh, Project Manager, in August. Margaret has a nursing background and previously worked as a researcher for the University of Western Australia, working in the field of Aboriginal and rural health.

In September, we celebrated the first ten years of IDS-TILDA and acknowledged the study's impact by launching the Trinity Centre for Ageing and Intellectual Disability. Underpinned by IDS-TILDA research, the Centre examines key issues in ageing and the life course, informing policy and debate at national and local levels.

Launched in December, the IDS-TILDA Wave 3 Report, entitled *Health, Wellbeing and Social Inclusion: Ageing with an Intellectual Disability in Ireland*, provides evidence from the first 10 years of the study. While there are some good news stories emerging, poorly managed chronic health problems and social isolation continue. As a community, we must address these inequalities.

As we move into Wave 4, I want to acknowledge the 95.5% response rate from participants in Wave 3 and to close with a word of thanks to participants, their staff and families, as well as to our volunteers and the entire IDS-TILDA Team who made 2017 such a success. I wish you a very Happy Christmas and a joyful New Year.

IDS-TILDA CELEBRATES 10 YEARS

In September, more than 300 people visited Trinity College Dublin to celebrate the 10th Anniversary of IDS-TILDA and to recognise its outstanding achievements to date. This included 150 IDS-TILDA participants.

Speaking at the event, Dr. Mairéad O'Driscoll, Interim Chief Executive of the Health Research Board, addressed IDS-TILDA participants and stated: "Not only have you been pioneers for research into intellectual disability, you have actually been pioneers for all of health research." Singer Daniel O'Donnell also sent a congratulatory video to participants.

On behalf of the entire IDS-TILDA Team, thank you for your enormous contributions over the past 10 years. We look forward to starting Wave 4 in 2018!



Above: Some of the more than 300 people who attended the 10th Anniversary Celebration of IDS-TILDA in September

2017 News & Events

TRINITY CENTRE FOR AGEING AND INTELLECTUAL DISABILITY LAUNCHED

In September, Trinity College celebrated the launch of the Trinity Centre for Ageing and Intellectual Disability which is led by Professor Mary McCarron, Director, and Dr. Eilish Burke, Ussher Assistant Professor in Ageing and Intellectual Disability. Dr. Martina Hennessy, Associate Dean of Research, welcomed attendees and said: "The Trinity Centre for Ageing and Intellectual Disability is the first dedicated Centre to investigate key issues in ageing, intellectual disability and the life course. Underpinned by IDS-TILDA, the Centre will advance world-leading research." Learn more about the Centre here: <https://www.tcd.ie/tcaid/>.



IDS-TILDA HOSTS THE 2017 INTERNATIONAL SUMMIT ON AGEING WITH AN INTELLECTUAL DISABILITY AT TRINITY COLLEGE DUBLIN

The Trinity Centre for Ageing and Intellectual Disability hosted a one-day Summit, led by national and international experts in ageing and intellectual disability. Speaking at the opening of the Summit, Finian McGrath TD, Minister of State with Responsibility for Disability Issues, noted: "The IDS-TILDA study has been at the forefront of research on ageing and intellectual disability, recognised, not only in Ireland but also internationally, as leading the way in research about the lives of people with an intellectual disability. Good data is critical for guiding policy and also for evaluating the outcomes of policy decisions. The Department of Health and Health Research Board are committed to supporting research that improves health and wellbeing." Leading with IDS-TILDA, research findings from Ireland, the United Kingdom, Australia and the United States were shared with more than 200 attendees.



Above: Finian McGrath TD, Minister of State with Responsibility for Disability Issues, joins the IDS-TILDA Team and attendees to open the 2017 International Summit on Ageing with an Intellectual Disability



Above: Dr. Martina Hennessy, Associate Dean of Research, Trinity College Dublin, welcomes more than 200 attendees to the 2017 International Summit on Ageing with an Intellectual Disability hosted by IDS-TILDA

IDS-TILDA: IMPROVING HEALTH AND WELLBEING TOGETHER

At Wave 3 of IDS-TILDA, 79% of IDS-TILDA participants were overweight or obese. Those with mild or moderate intellectual disability were more likely to be obese, as were those living in community group homes or with family. Surprisingly, 64% of IDS-TILDA participants who were objectively measured as overweight or obese in Wave 3 considered themselves to be about the right weight. Additionally, 86% of IDS-TILDA participants were sedentary or under-active at Wave 3 of the study. How can we advance healthier lifestyles?

- Eat more fruit and vegetables every day
- Replace sugar-sweetened drinks with water
- Cut down on junk food and replace snacks with lower-salt, lower-sugar and lower-fat food options
- Eat when you are hungry and watch your portion sizes
- Aim for 30 minutes of physical activity every day, if possible
- Take a swimming or dance class, or join a friend for a brisk walk, so that exercise remains fun
- Remember to check with your doctor before beginning a new exercise routine

IDS-TILDA LAUNCHES ITS WAVE 3 REPORT

More than 120 attendees joined the IDS-TILDA Team to launch the Wave 3 Report, entitled *Health, Wellbeing and Social Inclusion: Ageing with an Intellectual Disability in Ireland*. The Wave 3 report looks at how the ageing process is affecting the physical and mental health of those aged 40 years and over with an intellectual disability in Ireland. The report marks ten years since the inception of IDS-TILDA, which is the first study of its kind in Europe and the only one in the world with the ability to compare the ageing of people with intellectual disability directly with the general ageing population. Download the IDS-TILDA Wave 3 Report here: <https://www.tcd.ie/tcaid/assets/pdf/wave3report.pdf>.



Above: Professor Mary McCarron presents the ageing and intellectual disability policy landscape to more than 120 attendees at the Wave 3 Report Launch in December 2017



Above: Dr. Martina Hennessy, Ms. Margaret Haigh, Professor Mary McCarron, Mr. Tomas Gilbert and Professor Philip McCallion at the IDS-TILDA Wave 3 Report

2017 News & Events

IDS-TILDA TEAM RECEIVES AWARDS

EIT Health is a Knowledge and Innovation Community established by the European Institute for Innovation & Technology (EIT), an independent EU body set up in 2008 to promote innovation and entrepreneurship across Europe. This year, IDS-TILDA received two awards through EIT Health. The first project – Physical Activity Leader Project (P-PALs) – is a programme prompting adults with an intellectual disability to take a leadership role in promoting physical activity among their peers. This programme is in collaboration with colleagues from the Universitat de Barcelona and Age & Opportunity.



The second EIT Health award received by IDS-TILDA funds the development of a Massive Open Online Course with EIT Health, FutureLearn and Trinity Online Services. This three-week online course addresses inequalities in access to healthcare for people with an intellectual disability and demonstrates best practices in providing health assessments for patients with an intellectual disability. This course is for all allied healthcare professionals working with people with an intellectual disability. Register for the course at: <https://www.futurelearn.com/courses/health-assessment>

Juliette O'Connell, PhD student in the School of Pharmacy, received the Award for Best Oral Communication at the European Society of Clinical Pharmacy Symposium in Heidelberg, Germany. Of the 401 abstracts evaluated, Juliette's research, entitled, *Drug Burden Index and Physical Function Measures in Older Adults with Intellectual Disabilities*, was selected for the award. Juliette is working towards her PhD under the supervision of Associate Professor Martin Henman and Assistant Professor Máire O'Dwyer at Trinity College Dublin.



IDS-TILDA IS ADVANCING AGEING AND INTELLECTUAL DISABILITY RESEARCH

The IDS-TILDA Team is pleased to acknowledge the following researchers who were awarded degrees in 2017. These researchers have advanced our understanding of ageing with an intellectual disability and have contributed significantly to the IDS-TILDA study. Congratulations to:

- Eimear McGlinchey, PhD
- Caoimhin Mac Giolla Phadraig, PhD
- Sinead Foran, PhD
- Niamh Mulryan, MD
- Claire O'Dwyer, MSc

IDS-TILDA supports career development for researchers at all stages. To learn more about research opportunities, please contact Ms. Margaret Haigh, Project Manager, at dstilda@tcd.ie.

2017 IDS-TILDA CHRISTMAS CARD DESIGN

The 2017 IDS-TILDA Christmas Card was designed by Ms. Julie Carol. On behalf of the IDS-TILDA Team, thank you to Julie for the lovely artwork which has been shared widely.



KEEP IN TOUCH

You can reach the IDS-TILDA Team at:

Phone: (01) 896 3186

Email: dstilda@tcd.ie

Website: <http://www.idstilda.tcd.ie/>

Twitter: @idstilda

Address: IDS-TILDA, Trinity College Dublin,
2 Clare Street, Dublin 2