

2025



Seasonal Greetings

from Prof. Mary McCarron and
the TCAID Team

As we look back on an extraordinary year at the Trinity Centre for Ageing and Intellectual Disability (TCAID), I am struck by the scale, ambition and purpose of our work — and most importantly, the impact it continues to have on the lives of people with intellectual disabilities. From progress in IDS-TILDA Wave 6 — now engaging more than 800 participants across Ireland and on track to be our largest wave yet — to new advances in cancer care, dementia, women's health, bone health and policy reform, 2025 has been nothing short of phenomenal. Our collective effort, grounded in science, collaboration and inclusion, continues to amplify the voices and rights of people with intellectual disability and shape national and international policy and practice. This year has also been a moment of growth and change — welcomed, celebrated and embraced as part of our evolving community. I am delighted to welcome new members to the TCAID team: Dr Omid Khazaei, Dr Liz Farsaci, Stella Roney and Laura Hunt. We also extend a warm welcome to visiting colleagues Hoda Tayebi Hillali and Pedro Kammer, and to new adjunct staff Dr Rosemary Gowran and Dr Pat Fitzpatrick. We also acknowledge those who have moved into new professional chapters. As I always say: nobody leaves TCAID — they remain part of our story and our future. We should be immensely proud of the many achievements celebrated within these pages. Together, these milestones reflect a vibrant, expanding research ecosystem built on values of dignity, evidence, inclusion, and community. As we look ahead, we feel the excitement building for 2027, when Trinity College Dublin will host the IASSIDD World Congress. This will be a defining moment — a global gathering that will showcase research excellence, lived experience, innovation and leadership in intellectual disability. Preparing to bring the world to Dublin fills us with pride, anticipation and purpose. My heartfelt thanks to every member of our TCAID family — staff, students, collaborators, funders, partners, and above all, people with intellectual disability and their families, who inspire our work every day. I wish you all a very peaceful Christmas and a joyful New Year.

Message from our Co-Director, Prof. Éilish Burke



As we reflect on an exceptionally busy and rewarding year, I am immensely proud of the achievements of our research centre. Our work continues to shine a light on ageing and intellectual disability, generating knowledge that is not only advancing science but also transforming the lives of people with intellectual disability. The impact of our research continues to inform practice, influence policy, and amplify the voices of people with intellectual disabilities and their families. This is what drives us as we endeavour to make meaningful change through research with purpose, passion, and integrity. Thank you to everyone who has contributed to yet another outstanding year at the Trinity Centre for Ageing and Intellectual Disability.

Message from our Associate Director, Dr. Eimear McGlinchey



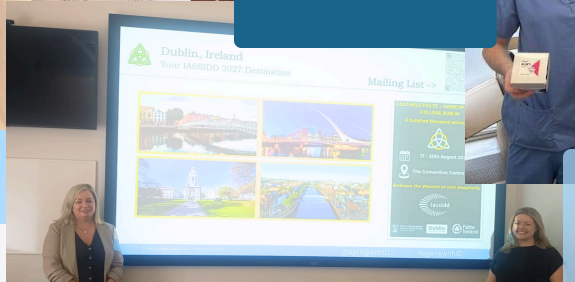
This year has been a genuinely rewarding one for the Centre, thanks to the dedication, warmth, and collaborative spirit of an exceptional team. It has been a privilege to work with colleagues who care so deeply about the people at the heart of our work and who consistently support one another in that effort. I am really looking forward to continuing this journey together in the year ahead and to all that 2026 will bring.

Message from our Associate Director, Dr. Martin McMahon



As we enter another year, I want to sincerely thank everyone who has so generously given their time to our research. In particular, I am grateful to participants with intellectual disabilities, their families and supporters, whose shared experiences have been central to highlighting their unmet needs. I also thank our colleagues in TCAID and the many partners we work with daily for their continued dedication and support. I hope you all have time to rest and recharge, and I look forward to 2026 as we continue to advocate for people with intellectual disabilities.





Research Highlights

IDS-TILDA Flagship Project Update

We commenced Wave 6 of IDS-TILDA this year, and over half of the interviews have now been completed, a significant milestone and a huge credit to our dedicated field researchers.

We are engaging with over 800 participants from across Ireland. Sincere thanks are extended to services in Cork and Donegal, whose support was invaluable in our targeted recruitment approach. A total of 155 new participants were recruited for Wave 6, with the majority aged 40–49 and having a mild to moderate level of intellectual disability.

Our retention rate stands at 94%, reflecting both the dedication of our research team and the strong commitment of participating services to the project.

In August, we delivered an immersive two-day training programme for our field researchers. Public and Patient Involvement (PPI) contributors played a central role in shaping and delivering this training, ensuring it was grounded in lived experience. At IDS-TILDA, lived experience is recognised as expertise, and meaningful involvement of contributors remains a core value of our work.

Data collection for Wave 6 is progressing as planned and is on track for completion in early 2026.



The IDS-TILDA Health Fair commenced in October, and will continue through to mid-2026. Led by Professor Éilish Burke, with Jean Moynihan as Nurse Manager, Laura Hunt as Research Nurse, and Kieva Leslie providing administrative support, the Health Fair is a core component of IDS-TILDA.

Objective health measures were first introduced in Wave 2 in response to findings on sedentary behaviour, obesity, and mental health, and have continued to evolve into a highly successful, non-invasive, person-centred assessment programme. Building on previous waves, Wave 6 introduces several innovative measures, including gait analysis, bone density screening using Echolight technology, dried blood spot collection, gut and oral microbiome sampling, and an expanded cognitive assessment.

The participant experience has also been enhanced through a redesigned, sensory-informed waiting area, developed in consultation with an occupational therapist. By combining objective assessments with self-reported data, the Health Fair continues to generate valuable evidence to inform research, policy, and service planning for people ageing with an intellectual disability.

Research Highlights

Bone Health Screening: A Game Changer for People with Intellectual Disability



New research from IDS-TILDA at Trinity College Dublin has improved osteoporosis detection in people with intellectual disability, who often cannot access traditional DXA scans. Professor Éilish Burke and Anne Power, Wexford Residential Intellectual Disability Service introduced Echolight, a portable bone scanning device, allowing assessments in clinics, homes, or residential settings.

A recent feasibility study showed high completion rates and low anxiety among participants. The device is now endorsed by the Irish Osteoporosis Society and funded by the HSE, offering a promising alternative to improve bone health and prevent fractures in this vulnerable population.

Bringing Minds Together: Exploring Cognitive Stimulation Therapy for Adults with Intellectual Disabilities

Trinity College Dublin, in partnership with Avista, shared findings from a pioneering study on Cognitive Stimulation Therapy (CST) for adults with intellectual disabilities. The study explored the feasibility and impact of CST on cognitive health and quality of life, particularly for those at increased risk of dementia, such as people with Down syndrome.

The study provided practical insights for implementing CST in real-world settings, highlighting the potential of structured, evidence-based approaches to enhance wellbeing and support cognitive function.



Trinity21: Launching the TCD Down Syndrome Research Network



Trinity College Dublin hosted the inaugural Trinity21: The TCD Down Syndrome Research Network meeting, in collaboration with the Down Syndrome Research Group (DISCO). The event brought together clinicians, academics, and researchers from across Trinity to showcase diverse work spanning paediatrics, immunology, clinical practice, ageing, dementia, biobanking, and education.

The Network strengthens cross-disciplinary collaboration, supports joint research, translates evidence into policy and practice, and builds a connected, University-wide research community. Lived experiences were highlighted by participants, reinforcing their central role in shaping research priorities.

The meeting concluded on a high note with inclusive catering from Together: Café, a training café run by young adults with Down syndrome, exemplifying impactful enterprise in action.

Events, Conferences & Knowledge Exchange



Breaking Barriers: Enhancing Cancer Care for Individuals with Intellectual Disabilities

The Trinity Centre for Ageing and Intellectual Disability (TCAID) hosted Breaking Barriers, the first conference in Ireland focused on improving cancer care for people with intellectual disabilities. The event brought together over 200 participants — including people with lived experience, clinicians, researchers, policymakers, and advocates — to explore cancer risk, screening access, early detection, ethics, and inclusive policy.

Minister Hildegard Naughton and Professor Brian O'Connell opened the conference, emphasising the need for research-informed policy. Accessible summaries from PPI advocates ensured inclusive engagement throughout the day. Sessions showcased practical strategies and national initiatives to reduce healthcare barriers and improve outcomes.

The programme also featured a national art competition, with works giving personal insight into lived experiences of cancer and inclusion. TCAID looks forward to building on this momentum to strengthen cancer care equity for people with intellectual disabilities.

Trinity College Dublin hosted a workshop for +35 members of the COST Action: Cancer Understanding Prevention in Intellectual Disabilities European Research Network, funded by the European Cooperation in Science and Technology. This network aims to improve cancer screening and care for people with intellectual disabilities.

IDS-TILDA in Action: Improving Health and Wellbeing Across the Lifespan

Trinity College Dublin, in collaboration with the Brothers of Charity Limerick, hosted a series of webinars and in-person workshops translating findings from IDS-TILDA, the Irish Longitudinal Study on Ageing in Intellectual Disability, into practical guidance for care.

Sessions covered topics including oral health, brain health and dementia, medications, musculoskeletal health, women's health, and end-of-life care. In-person workshops focused on frailty and comprehensive health assessment, providing hands-on skills to support quality of life for older adults with intellectual disabilities.

This programme offered clinicians, researchers, and caregivers an opportunity to connect research to practice and improve care outcomes.



Events, Conferences & Knowledge Exchange



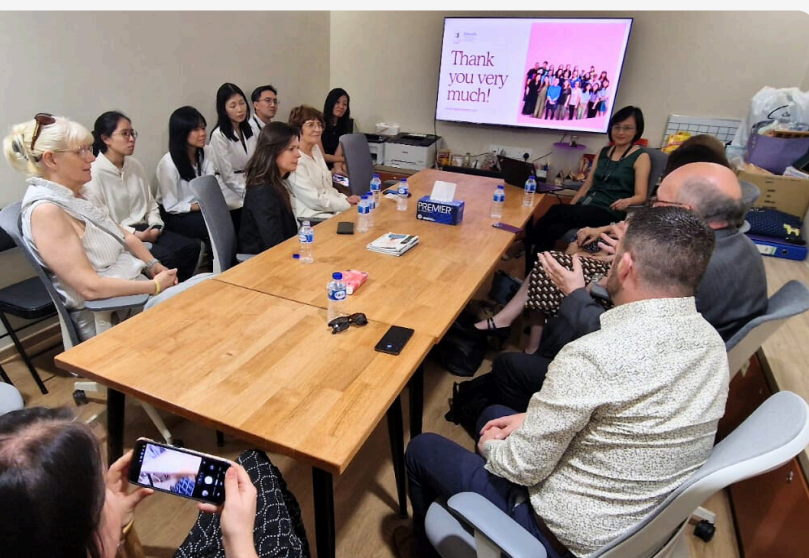
IASSIDD 5th Asia-Pacific Congress

Person-centricity as an Approach to Well-being of People with Intellectual and Developmental Disabilities

Members of the IDS-TILDA and Trinity Centre for Ageing and Intellectual Disability (TCAID) team played a prominent role at the IASSIDD 5th Asia-Pacific Congress in Singapore, which focused on Person-centricity as an Approach to Well-being of People with Intellectual and Developmental Disabilities. Professor Mary McCarron, Professor Éilish Burke, Dr Martin McMahon, Dr Eimear McGlinchey and Ms Margaret Haigh represented Trinity College Dublin across a range of presentations and workshops addressing ageing, health equity and end-of-life care for people with intellectual disabilities.

Professor Mary McCarron co-led a pre-conference workshop with Professor Philip McCallion, Senior Advisor to TCAID at Temple University, on the design and implementation of effective services for ageing persons with intellectual and developmental disabilities. The workshop addressed the challenges posed by a growing ageing population of people with intellectual disabilities, particularly the risk that person-centred, community-based supports may be lost as individuals develop dementia. Drawing on perspectives from Ireland and the United States, the session highlighted evidence-based approaches to assessment, dementia care planning, caregiver support and later-stage dementia care that are more appropriate than traditional ageing or nursing home services.

The congress programme also featured presentations from the team on key areas of health and care. Ms Margaret Haigh presented findings from an exploration of end-of-life care for people with intellectual disabilities using framework analysis. Dr Martin McMahon contributed to an international roundtable on addressing inequities in cancer prevention and diagnostics for adults with intellectual disabilities, sharing insights from the CUPID COST Action. Professor Éilish Burke presented research on inclusive bone health screening using Echolight REMS technology, demonstrating innovative approaches to improving access beyond standard DXA screening.



IDS-TILDA Contributes to IDHealth Forum on Integrated Intellectual Disability Care

The IDS-TILDA team participated in the IDHealth Forum on Intellectual Disability Health in Singapore, engaging with Ministry representatives and health system leaders on building integrated, person-centred care. Trinity researchers shared Irish policy and practice experience informed by IDS-TILDA, contributing to cross-country dialogue with Singapore and Australia on health equity, dementia, and service integration for people with intellectual disabilities.

Events, Conferences & Knowledge Exchange

International Collaboration: Academic Stay in Sydney

Prof Mary McCarron recently completed a highly impactful academic visit to Sydney, Australia, where she was hosted by Adjunct Associate Professor Mary-Ann O'Donovan and colleagues at the Centre for Disability Studies and the University of Sydney. The visit brought together leading clinicians, researchers, policymakers, and advocates across intellectual disability, ageing, and dementia to share evidence, shape policy, and strengthen international collaboration.

Across a rich programme of lectures, workshops and institutional engagements, Prof McCarron contributed to a range of events including the Intellectual Disability Health and Ageing Policy Roundtable, held at the National Centre of Excellence in Intellectual Disability Health, where she presented the journey and impact of IDS-TILDA.

The roundtable convened senior leaders and organisations across Australia, including the University of Technology Sydney, the Australian Government Department of Health and Aged Care, Achieve Australia, Down Syndrome Australia, the NIB Foundation, Monash Health, the Australian Commission on Safety and Quality in Health Care, the South-Eastern Sydney Local Health District, the Council for Intellectual Disability, and Side by Side Advocacy, alongside individuals with lived and family experience.

In addition to the roundtable, Prof McCarron delivered multiple keynote talks and seminars – including sessions on leadership, data-driven approaches to ageing and intellectual disability, and translating research into clinical and policy impact. These engagements drew on IDS-TILDA's extensive evidence base and showcased Ireland's leadership in dementia, cancer, ageing, and health inequalities in intellectual disability.

The visit marks a significant strengthening of international collaboration between TCAID and partners in Australia, creating new opportunities for joint research, knowledge exchange, and policy influence. We are deeply grateful to Adjunct Associate Professor O'Donovan for her invitation and partnership, and to all institutions who contributed to such an energising and productive stay.



THE UNIVERSITY OF
SYDNEY



CDS
Centre for
Disability
Studies



Move and Groove for Happy Bone Health



The Move & Groove for Happy Bone Health event brought together people with intellectual disabilities, carers, advocates, researchers, and the TCD Sports team to explore how movement supports lifelong bone health. The event combined accessible learning with adapted physical activity in a welcoming and inclusive environment.

The programme included contributions from an expert-by-experience, interactive activities such as Bone Bingo, and an adapted dance session designed for all abilities. Co-production, easy-read resources, and meaningful participation were central throughout the day.

The event was supported by PPI contributors, the Trinity PPI Festival Fund, and TCD Sports. A highlights video, funded by the PPI Ignite Office and produced as part of the PPI Festival, captures key moments from the day.

IDS-TILDA Research Shared at Menopause Awareness Event



To mark Menopause Awareness Month, an event titled “Embrace Your Mojo” was held at the Springfield Hotel, Leixlip, for service users and staff of St John of God Community Services. The event focused on menopause awareness and women’s health and was led by Fiona Forde, Donna Hughes, Lynn Galligan/Tully, and Louise Buckley.

The programme featured a range of contributions promoting wellbeing and empowerment, including a sound bath, chair-based exercise, and education on breast health delivered by BreastCheck Ireland. The atmosphere throughout the day was positive, supportive, and engaging.

Recent findings from IDS-TILDA Wave 5, alongside doctoral research, were shared to support discussion on women’s health and menopause. A key message was the importance of open conversations about menopausal experiences with family, carers, and healthcare professionals. Audience discussion highlighted the emotional impact of menopause and reinforced the value of shared understanding and support.

Policy Impact

Broken Systems and Too Little Money: Informing the Future of Disability and Ageing Policy

The Trinity Centre for Ageing and Intellectual Disability (TCAID) convened a high-level policy roundtable, *Broken Systems and Too Little Money: How Will We Meet the Needs of Ageing People with an Intellectual Disability?*

The discussion brought together senior policymakers, regulators, service leaders, researchers, clinicians, and advocates from Ireland and internationally. Attendees included representatives from government departments, the Health Service Executive, regulatory bodies, national advocacy organisations, and universities, alongside people with lived experience and family members. This breadth of perspectives enabled discussion across policy design, service delivery, regulation, and rights-based practice.

A central focus of the roundtable was the question of what constitutes a fair, sustainable, and rights-based model of care for ageing populations with intellectual disabilities—particularly for those who wish to age in place within their communities. The absence of simple solutions underscored the need for coordinated policy action across health, housing, social care, and disability services.

By creating a space for open dialogue between evidence, lived experience, and policy leadership, the roundtable contributed directly to ongoing national conversations on disability reform, ageing policy, and service sustainability. Insights from the event will inform future policy engagement, research priorities, and cross-sector collaboration aimed at supporting long-term, person-centred solutions.



Policy Impact

Launch of the TCAID Policy Lab

TCAID has launched the TCAID Policy Lab, a space where research meets action, bringing together people with intellectual disabilities, family members, community partners, and academics to co-create policy.

The Policy Lab aims to ensure that people with intellectual disabilities and their families are central partners in shaping policy, rather than remaining on the sidelines. It is grounded in evidence from IDS-TILDA and demonstrates impact by documenting how IDS-TILDA findings have informed national and international policy over time.

The Lab is guided by a clear ethos: placing people at the centre, translating research into action, working collaboratively across disciplines and sectors, and supporting ageing with dignity and pride. It reflects TCAID's commitment to community-centred, collaborative, applied, and impact-driven policy work.

A strong example of this impact is IDS-TILDA, whose findings have been cited in 89+ policy documents drawn from 42+ sources, including government departments, intergovernmental organisations, and think tanks, across 15+ countries.



A new Research-to-Policy Steering Group has been established to connect IDS-TILDA evidence more directly with national policy priorities. The group will help shape how data is translated into action through focused briefs, events and strategic direction — strengthening the impact of IDS-TILDA findings for government and services



An Roinn Leanaí, Míchumais
agus Comhionannais
Department of Children,
Disability and Equality

RESEARCH +
EVALUATION



Rialtas na hÉireann
Government of Ireland

National Human Rights Strategy for Disabled People 2025-2030



Department of
Children, Disability
and Equality



“I am beyond delighted that Ireland’s Human Rights Strategy for Disabled People recognises the profound unfairness faced by people with disabilities in accessing oral healthcare. Ireland has the best data on oral health for people with intellectual disabilities in the world; I am glad to have contributed to the evidence and advocacy that helped bring us to this point, alongside so many colleagues and partners who have worked tirelessly to make oral health a rights issue in Ireland”

Dr. Caoimhin MacGiolla Phadraig, Assistant Professor in Public Dental Health, School of Dental Science

IDS-TILDA evidence underpins national priority actions on oral health for people with intellectual disabilities.

‘Priority Actions 2025-2026 include:

19.1 Publish the National Oral Health Policy Implementation Plan 2025-2027.

(Department of Health)

19.2 Address poorer levels of oral health, particularly among those with intellectual Disabilities’

Funding and Awards

New PhD Students



Ms. Iara Faria Synnott

Understanding Activities of Daily Living and Wellbeing in Older Adults with Intellectual Disabilities: A Mixed-Methods Approach to Inform Policy and Practice



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



Ms. Megan Riley Berg

Optimising the Potential for Equine Assisted Therapy to Benefit Children and Adults with an Intellectual Disability



Stewarts
Per Tenebras Ad Lucem



Mr. Barrie Tyner

The CANDID 2 study: An exploration of CANcer and cancer care in older adults with intellectual disabilities in Ireland



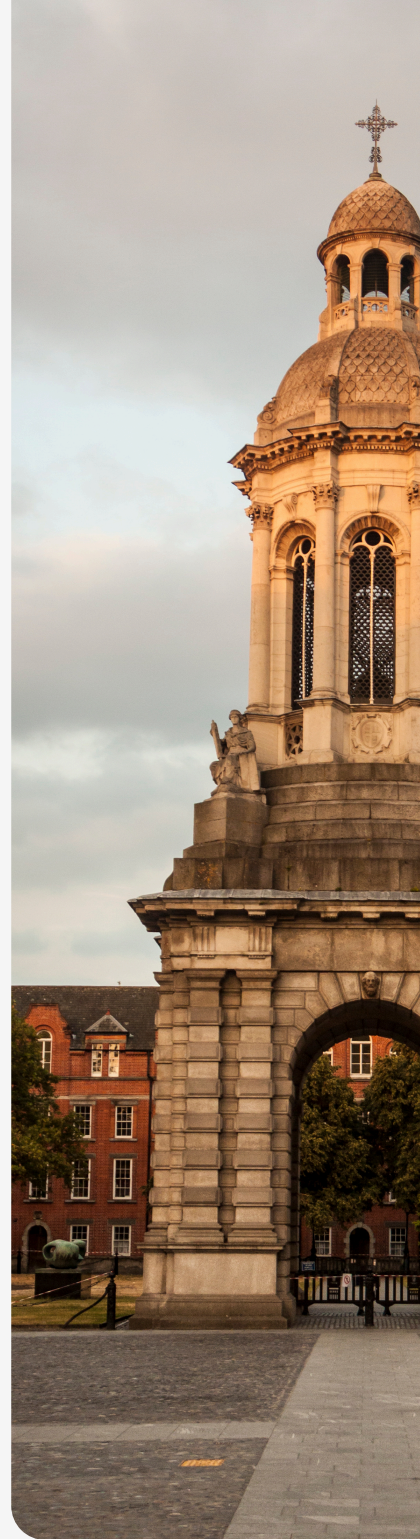
SPHeRE^{IR}
Structured Population health, Policy
and Health-services Research Education

PhD Graduates



Dr. Lamya Al Shuhaimi

Long-term use of medication with anticholinergic activity in older adults with intellectual disability: prescribing challenges and impact on health outcomes.



Award Winners



Dr. Eimear McGlinchey

Assistant Professor Dr Eimear McGlinchey has been awarded the Trinity Civic Engagement Award for Teaching and Learning 2025. The award recognises her work supporting the inclusion of people with intellectual disabilities within the School of Nursing and Midwifery's nursing programme.

The project will co-develop practical resources, including guidance for teaching and assessment, to support the meaningful involvement of people with intellectual disabilities as co-educators. The initiative aims to strengthen inclusive education practices and embed lived experience within nursing education.



Ms. Eilish King

Assistant Professor Dr Eimear McGlinchey has been awarded the Trinity Civic Engagement Award for Teaching and Learning 2025. The award recognises her work supporting the inclusion of people with intellectual disabilities within the School of Nursing and Midwifery's nursing programme.

The project will co-develop practical resources, including guidance for teaching and assessment, to support the meaningful involvement of people with intellectual disabilities as co-educators. The initiative aims to strengthen inclusive education practices and embed lived experience within nursing education.

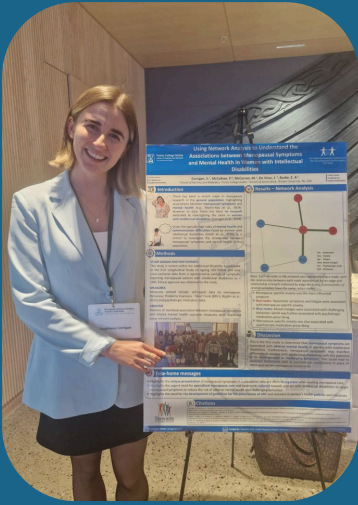


Dr. Darren Fitzpatrick

Dr Darren Fitzpatrick, an Intellectual Disability Nursing student at Trinity College Dublin, was one of the recipients of the 2025 Davis Coakley Undergraduate Award for Outstanding Professionalism in the Care of Older Patients.

He was nominated in recognition of his commitment to inclusion, his collaborative practice within interdisciplinary teams, and his leadership and advocacy in care for older adults with intellectual disabilities.

Award Winners



Ms. Stephanie Corrigan

Stephanie Corrigan, PhD student, was awarded first prize at the Menopause Society of Ireland Annual Conference for her research poster titled “Using Network Analysis to Understand the Associations between Menopausal Symptoms and Mental Health in Women with Intellectual Disabilities”.

The work was recognised for its innovation and for addressing an area that has been historically underrepresented in menopause research. The award was presented by Dr Karen Softe and reflects the growing visibility and impact of research on women with intellectual disabilities within mainstream academic forums.



Dr. Ashleigh Gorman

Dr Ashleigh Gorman was awarded funding through the Seed Funding Initiative from the School of Nursing & Midwifery, Trinity College Dublin. Her project examined the potential of social prescribing as an approach to addressing loneliness among people with intellectual disabilities.

The research was supported by a multidisciplinary project team including Dr Martin McMahon, Andrew Wormald, Professor Mary McCarron, and Professor Philip McCallion, and is based within the Trinity Centre for Ageing and Intellectual Disability (TCAID).



Ms. Katrina Byrne

Katrina Byrne, PhD student and Assistant Professor in Intellectual Disability Nursing, has been awarded the 2025 Oral Health Promotion Research Group (OHPRG) Bursary, sponsored by the Dental Health Foundation Ireland.

The funded project, “From Surveillance to Promotion: Inclusive Oral Health Monitoring for People with Disabilities in Ireland,” builds on the Modified Oral Status Survey Tool (MOSST), developed and validated through IDS-TILDA and recognised as the largest inclusive oral health survey internationally.

Led by Katrina Byrne in collaboration with Professor Blánaid Daly, Professor Philip McCallion, Professor Mary McCarron, and Dr Caoimhín Mac Giolla Phadraig, the project will focus on translating MOSST into everyday practice.

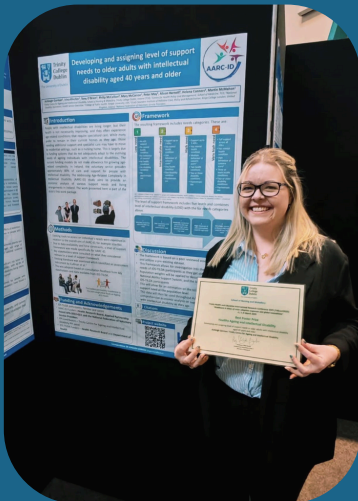
Award Winners



Dr. Antoinette O'Connor

Dr Antoinette O'Connor has been awarded a prestigious HRB Emerging Clinician Scientist Award – Clinical Research for her groundbreaking project, Biomarkers in the identification of Alzheimer's Disease in people with Down Syndrome (Bio-MinDS). This highly competitive award provides €1.34 million in funding to drive forward vital research in an area of urgent clinical need.

Dr O'Connor's work will focus on developing blood-based biomarkers to detect and track Alzheimer's disease in people with Down syndrome — a group at significantly higher risk, yet historically excluded from clinical drug trials. Her research will explore how inflammation influences disease onset, assess which blood tests show the greatest diagnostic promise, and determine how biomarker patterns change over time. This work will also generate essential data to support future clinical trials, helping to ensure that people with Down syndrome are not left behind as new Alzheimer's treatments emerge.



Dr. Ashleigh Gorman

Dr Ashleigh Gorman was awarded the Poster Prize in the Healthy Ageing and Intellectual Disability strand at the Health and Education International Research Conference (THEconf2025), hosted by the School of Nursing & Midwifery, Trinity College Dublin.

The winning poster, Designing and Assigning Level of Support Needs to Older Adults with Intellectual Disability Aged 40 Years and Older, forms part of the HRB funded AARC-ID study. This project aims to advance understanding of support needs and living arrangements for older adults with intellectual disabilities in Ireland, informing more effective resource allocation and investment as people age.



Dr. Martin McMahon

Congratulations to Dr Martin McMahon, Associate Professor in Intellectual Disability Nursing at the School of Nursing & Midwifery, Trinity College Dublin, who was honoured at the IASSIDD Asia-Pacific Conference in Singapore (15–17 October 2025).

Dr McMahon received an award for his high-impact poster presentation: "A Longitudinal Exploration of Cancer and Associated Mortality in Older Adults with Intellectual Disability: Findings from IDS-TILDA."

The findings contribute to a growing international agenda focused on improving early detection, treatment access, and outcomes for this population.

Award Winners



Mei Lin Yap awarded honorary Doctor of Laws (LL.D.) by Trinity College Dublin

Mei Lin Yap, Ambassador Liaison Officer with the Trinity Centre for Ageing and Intellectual Disability (TCAID) and People Experience Administrator at CPL Recruitment Agency, has been conferred with an honorary Doctor of Laws (LL.D.) degree by Trinity College Dublin. She is the first person in Ireland with an intellectual disability to receive an honorary doctorate from the University, marking a significant milestone in the recognition of contributions by people with intellectual disabilities to academic and public life.

A Dublin native, Mei Lin has been a long-standing advocate for inclusion, accessibility, and equality. She has represented Ireland internationally through the Irish Down Syndrome Sporting Organisation and has contributed extensively to public and patient involvement (PPI) in research, including impactful presentations at major conferences such as the International Dementia Conference. Her role at TCAID has placed lived experience at the centre of research, policy engagement, and advocacy.

In conferring the degree, the Public Orator highlighted Mei Lin's leadership in championing an equitable society where the voices of people with intellectual disabilities are heard and valued across sectors.



Award Winners



Professor Mary McCarron Honoured by the Faculty of Health Sciences

Professor Mary McCarron was honoured by the Faculty of Health Sciences with the unveiling of a new portrait and the inaugural Dean's Award for Distinguished Service to Health Sciences. The recognition reflects her exceptional and sustained contributions to health sciences, research, teaching, and innovation.

Professor McCarron served two terms as Dean of the Faculty of Health Sciences, becoming the first woman and first nurse to hold the role at Trinity College Dublin. She is Professor of Ageing and Intellectual Disability, Director of the Trinity Centre for Ageing and Intellectual Disability (TCAID), and Executive Director of the National Intellectual Disability Memory Service.

As founder and Principal Investigator of IDS-TILDA, the world's first longitudinal study on ageing in people with intellectual disabilities, her work has significantly advanced clinical knowledge and influenced policy and practice in Ireland and internationally. She has published over 200 peer-reviewed papers, secured more than €20 million in research funding, and supervised numerous doctoral and clinical researchers. McCarron's research has shaped major strategies, including Ireland's National Dementia Strategy and the report Shaping the Future of Intellectual Disability Nursing, and she was appointed to the Commission on Care for Older People in 2022.

Her contributions to public and patient involvement in research, through initiatives such as the PPI Ignite Programme, and her leadership across health sciences continue to have lasting impact.



Media, Communications & Public Engagement

LinkedIn and X

Over the past year, the Trinity Centre for Ageing and Intellectual Disability (TCAID) has seen strong and sustained growth across its digital platforms, reflecting increased visibility, engagement, and stakeholder interaction across research, policy, and community audiences.



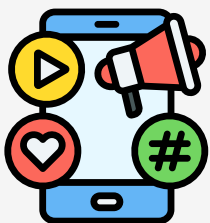
Audience Growth

Our combined social media audience grew to **4,816** followers, representing a net increase of **1,268** followers during the reporting period. LinkedIn accounted for almost all growth, with **+1,261** new followers, highlighting the platform's importance for professional, academic, and policy engagement.



Reach and Visibility

Across both platforms, TCAID content generated: **215,182** impressions (LinkedIn: **171,139** impressions and X: **44,043** impressions). LinkedIn accounted for nearly **80%** of total impressions, reinforcing its effectiveness as the Centre's primary channel for reaching stakeholders, funders, collaborators, and policymakers.



Engagement & Interaction

Engagement levels were particularly strong at **34,881** total engagements. Overall engagement rate is **16.2%** per impression (LinkedIn: **18.4%** and X: **7.5%**). These engagement rates are well above typical sector benchmarks, especially on LinkedIn, indicating that audiences are not just seeing content but actively interacting with it through likes, shares, comments, and clicks.



Driving Action

Content also prompted meaningful follow-through: **25,268** post link clicks, showing that audiences are engaging beyond the platform and accessing research outputs, event information, and resources.



Overall, these findings show that TCAID's digital presence is:

- Growing steadily, particularly within professional and policy networks
- Highly engaging, with strong interaction relative to reach
- Effective at driving action, not just visibility
- Supporting two-way engagement, reinforcing trust and collaboration

LinkedIn Highlights



Trinity Centre for Ageing and Int...

Fri 11/28/2025 5:37 pm GMT

Today marks an extraordinary and historic milestone at Trinity College Dublin, as Mei Lin Yap becomes the first person in Ireland with Down...



Total Engagements	8,498
Reactions	893
Comments	76
Shares	66
Post Clicks (All)	7,463



Trinity Centre for Ageing and Int...

Wed 11/26/2025 7:56 am GMT

Yesterday, we held our inaugural Trinity21: The TCD Down Syndrome Research Network meeting in collaboration with Trinity's Down syndrome...



Total Engagements	2,528
Reactions	141
Comments	3
Shares	16
Post Clicks (All)	2,368





Trinity Centre for Ageing and Int...

Thu 9/4/2025 4:26 pm BST

Dr. Martin McMahon, Dr. Liz Farsaci, and Ms. Mei Lin Yap represented the Trinity Centre for Ageing and Intellectual Disability (TCAID) at the official...



Total Engagements	950
Reactions	162
Comments	0
Shares	10
Post Clicks (All)	778



Trinity Centre for Ageing and Int...

Tue 10/7/2025 12:54 pm BST

👉 Professor Mary McCarron shares IDS-TILDA insights during academic visit to Australia

...



Total Engagements	818
Reactions	98
Comments	1
Shares	3
Post Clicks (All)	716

Media, Communications & Public Engagement

Irish Independent 
Thu 12 Jun 2025

Mary McCarron: Radical reform of elder care is urgently needed – and the change must be led by humanity

Professor Mary McCarron argues that Ireland's elder-care system is in urgent need of radical reform that goes beyond regulation to restore dignity, compassion and humanity to how we care for older people, especially in the wake of shocking revelations about mistreatment in private nursing homes. She calls for a fundamental cultural shift in how ageing and vulnerability are viewed and urges a reimagining of care as a public good rooted in evidence, respect and person-centred support, not a profit-driven service, with greater emphasis on safeguarding, workforce investment and treating older citizens with the dignity they deserve.

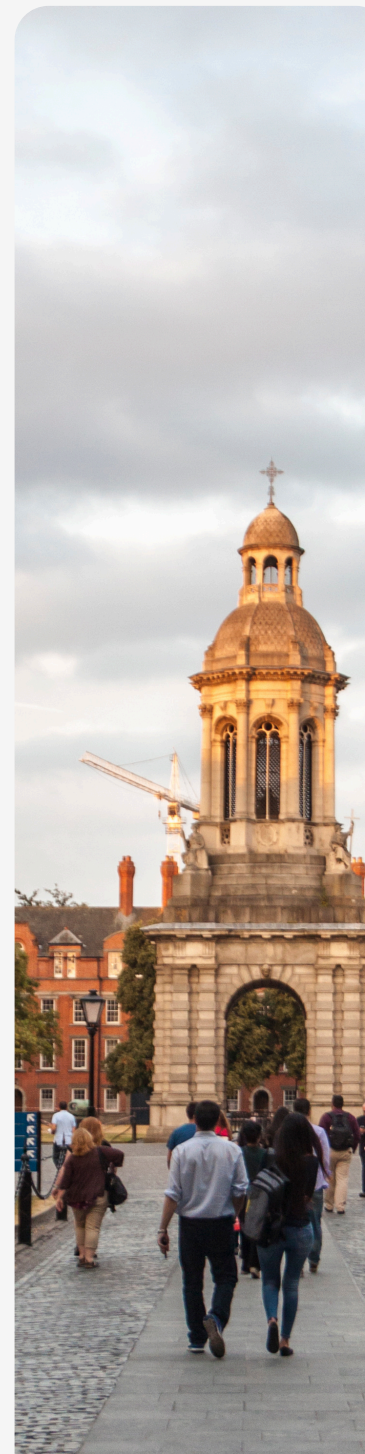
<https://www.independent.ie/opinion/comment/mary-mccarron-radical-reform-of-elder-care-is-urgently-needed-and-the-change-must-be-led-by-humanity/a699379855.html>

IT THE IRISH TIMES
Mon 08 Dec 2025

‘I feel seen and heard’: Special Olympian receives honorary doctorate in national first

Swimmer and Special Olympian Mei Lin Yap made history as the first person with an intellectual disability in Ireland to be awarded an honorary doctorate, receiving the degree from Trinity College Dublin and describing the moment as making her feel “seen, heard and respected”; the achievement reflects her long career representing Ireland in international competitions, her advocacy for disability inclusion in employment and society, and her message encouraging parents and policymakers to keep fighting for better supports and accessibility for people with disabilities.

<https://www.irishtimes.com/ireland/education/2025/12/08/i-feel-seen-and-heard-special-olympian-receives-honorary-doctorate-in-national-first/>



Reports

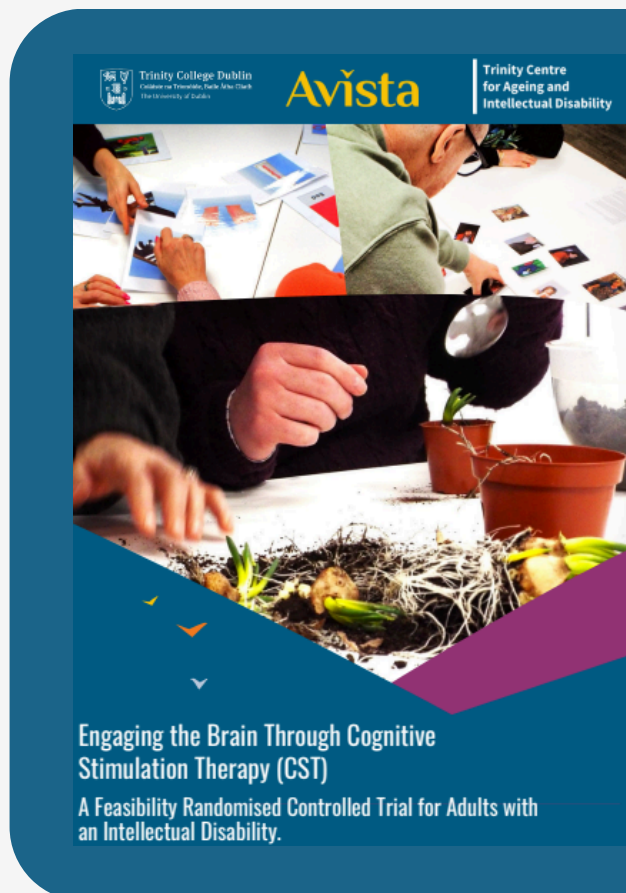
Engaging the Brain Through Cognitive Stimulation Therapy (CST)

The Trinity Centre for Ageing and Intellectual Disability (TCAID) published a feasibility study on “Engaging the Brain Through Cognitive Stimulation Therapy (CST)” in collaboration with Avista, exploring how group-based CST — a structured, evidence-informed psychological intervention shown to support cognitive function and quality of life in cognitive impairment — can be adapted and implemented for adults with intellectual disabilities, who often face higher risks of cognitive decline and limited access to tailored therapies; the report highlights practical insights on recruitment, acceptability, assessment tools and potential benefits for cognitive and social wellbeing, marking an important step toward making CST more accessible and responsive to the needs of this underserved population.

<https://www.tcd.ie/tcaid/assets/pdf/cstreport.pdf>

[Easy read →](#)

<https://www.tcd.ie/tcaid/assets/pdf/csteasyread.pdf>



Feasibility of the Echolight Device for Bone Health Assessment among Adults with Intellectual Disability

The report evaluates the feasibility of using the portable Echolight bone-health screening device as an accessible alternative to traditional DXA scans for adults with intellectual disabilities, finding high engagement and acceptability when assessments are paired with reasonable adjustments like easy-read information, flexible scheduling and home-based settings — addressing long-standing barriers to bone health screening in this group and aligning with Ireland’s National Human Rights Strategy by promoting equity, preventive care and improved wellbeing for underserved populations.

<https://www.tcd.ie/tcaid/assets/pdf/eacholightreport.pdf>

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<https://www.tcd.ie/tcaid/assets/pdf/echolighteasyread.pdf>



Research Outputs

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