



IDS-TILDA Newsletter

Summer 2021



GREETINGS FROM PROFESSOR MARY MCCARRON PRINCIPAL INVESTIGATOR

As the summer comes to a close, I hope that this newsletter finds you well. I especially hope that the summer has offered some time to get outside more and to re-connect with family and friends.

I sympathise with those of you who have found the pandemic an especially difficult time because of separation from family and friends, the need to cocoon and isolate, loss of supports and services, or the general anxiety experienced during this time. And I offer my deepest condolences to those who have lost loved ones during this time.

While COVID-19 remains a threat worldwide, the rollout of vaccines in Ireland has offered hope and allowed us to regain a little bit of normality.

At IDS-TILDA, we have made great efforts to keep the study on track. I would personally like to thank all of you who have engaged with us in our COVID-19 survey, including our participants, your family members, support staff and services. I believe that our ongoing survey will provide critical data to support the needs of people with intellectual disability as we begin to emerge from COVID-19.

I wish you every good wish for the coming months.

Prof. Mary McCarron.

IDS-TILDA UPDATE

The first IDS-TILDA COVID-19 survey was completed last year, with our report launched in December. Following this, we received funding from the Department of Health to conduct a second IDS-TILDA COVID-19 survey. This will provide critical data about our participants' experiences of the pandemic as it continued in 2021, and of support needs as we hopefully begin to emerge from the crisis.

Data collection for the second COVID-19 survey began in June and has just finished with almost 700 interviews completed by phone or on Zoom. Our sincere thanks to everyone who took part in this survey, and to all the families and service staff who provided critical support for interviews. As always, IDS-TILDA would not be possible without your assistance.

This second survey will provide more information on how participants have continued to cope during the pandemic. It has also asked questions about uptake and experiences of the COVID-19 vaccines. We will soon be examining the information we collected and look forward to sharing our findings with you.

At the same time, we will also start to focus on planning for Wave 5 of the regular IDS-TILDA study, which is due to begin in the second half of 2022.

NEWS AND EVENTS

BUILDING BRIDGES




Building Bridges was an online project that brought people with intellectual disabilities in Dublin and San Francisco together to talk about brain health. At a series of virtual coffee breaks, people shared their experiences of trying to keep their brain healthy, like exercise and learning new things. People then recorded short video clips promoting brain health for the TCAID YouTube channel.

We have now started Brain Buzzers, a club where we discuss brain health, play some brain games and talk about research that is being planned by TCAID and colleagues.

Building Bridges was designed by Eimear McGlinchey and Andrew P. Allen, with support from Mei Lin Yap, TCAID Ambassador Liaison Officer, and the Trinity PPI Ignite Office, with video editing from Mark Sheridan and Phillip Naessens at Trinity Online Services. It was funded by the Trinity Equality Fund.

Photo: MCM M'Carroll.



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MEI LIN YAP - AMBASSADOR LIAISON OFFICER

My name is Mei Lin Yap and I am the Ambassador Liaison Officer with the Trinity Centre for Ageing and Intellectual Disability. I work as a contributor to PPI activities and I also support the TCAID team. It is a great opportunity to work at Trinity College Dublin.

I am an advocate for people with all disabilities. I think it is important that there are employment opportunities for people with disabilities because working helps people to feel connected and engaged.

I lead a very busy life and have many interests. I represent my country in swimming with the Irish Down Syndrome Swimming Organisation. I like to hang out with my friends and spend time with my family. I also enjoy going out for walks with my mum and my dog, Murphy.

KEEP IN TOUCH

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