The Trinity Centre for Ageing and Intellectual Disability
Annual Report 2020 - 2021
The Trinity Centre for Ageing and Intellectual Disability investigates issues in ageing, intellectual disability and the life course, with the goal of advancing evidence-informed policymaking and service delivery. Underpinned by the Intellectual Disability Supplement to The Irish Longitudinal Study on Ageing (IDS-TILDA), the Centre aims to address the inequalities and health disparities that occur for people with an intellectual disability as they age.
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I am delighted to share that in 2020/21, Trinity Centre for Ageing and Intellectual Disability had significant impact. The Centre generated and translated research to inform policies and services. Our publications were used by national and international audiences. We guided talented students across all career stages and positioned colleagues for success, thereby enriching networks here in Ireland and abroad. Through effective in-person and on-line engagement, we grew our community with an emphasis on addressing the challenges we face.

These challenges are not inconsequential. Continuing low levels of awareness exist within health and social care services on the differing needs of people with an intellectual disability and the requirements to reorient services to better suit them. While we see tentative inroads, the technology sector could better serve, inspire and empower this population, as well. We need greater investment by industry and government in innovation pathways, educational opportunities, and skills development, too.

Across society, prevailing low expectations exist and people with an intellectual disability are fielding both disability discrimination and ageism. There is significant scope to engage and encourage this population to better manage their health. At the Centre, we are challenging stereotypes daily through our research, researchers, ambassadors, and liaisons. We seek to further collaborations that grow opportunities for people with an intellectual disability to thrive and live productive, joy-filled lives as valued members of their communities. This includes new and expanded opportunities and roles.

The Centre’s flagship research programme, IDS-TILDA, was in the middle of Wave 4 field work when the pandemic emerged, and thanks to the hard work and innovation of the core team and field workers, successfully completed data collection through unprecedented and difficult circumstances. The team had a choice – to pause research or to respond and pursue new and important avenues for research. Choosing to be proactive, IDS-TILDA refined its approaches to safely sustain research while ensuring and prioritising the health of the community. Initially curtailing on-campus activities, virtual data collection strategies were developed and, as the year progressed, the team gradually increased in-person activities when it was safe to do so.
The lessons learned from this period will inform our work into the future, as positive outcomes emerged from both in-person and online engagement. In November 2021, IDS-TILDA was successful in its funding application to the Health Research Board for Wave 5 of the study. During the review process, the International Review Panel noted that IDS-TILDA was "one of the most significant studies on ageing of people with ID in the world."

Additional funded studies were conducted by the team to better understand the epidemiology and impact of the COVID-19 pandemic on older adults with an intellectual disability, spotlighting the Centre for national and global audiences. I am so proud to share that the strength and stability of the Centre was visible in the compassion and resilience of the team throughout the pandemic. Colleagues rapidly responded to support emergency response efforts to minimize the pandemic’s effect, developing educational offerings for HSElAnD, and a suite of accessible information including weekly master classes to support front line workers. These open access educational opportunities attracted more than 1,000 attendees at each session, along with an additional 10,000 subsequent views.

Our public involvement ethos over many years proved a major strength, also reported on here. The breadth and collaborative nature of our contributions highlight the Centre’s growing influence, shared expertise, and agility in designing and implementing a broad range of research projects and translational activities. Our research is informing and transforming health policy and clinical services for people with an intellectual disability. This report also highlights a major translational innovation – the establishment of Ireland’s National Intellectual Disability Memory Clinic – a major achievement.

I am delighted to present this 2020/21 Annual Report and I hope you will enjoy learning more about the Centre.
Our Impact: 2020 - 2021
Significant achievements are highlighted here:

Generating & Translating Knowledge

- The Centre delivered two reports, three book chapters, 22 journal articles, and 21 oral presentations in 2020/21. The uptake of Centre research is substantial, including utilisation by national, European, and international healthcare organisations, educational institutions, research centres, and governments.

- The Centre’s publications have both policy and patent impacts. Twenty-six policy documents from 20 different sources and from nine different countries reference the Centre’s research. Of these, 14 are Clinical Guidance documents (Overton) and two publications are cited in two patents (Altmetric).

- The Centre’s publications are amongst the most cited and highly visible publications of the scholarly world. For example, 19.3% of Prof Mary McCarron’s publications (2011-2020) are in the top 10% of the most cited publications worldwide, with over 1.3k citations accumulated (SciVal).

- The Centre’s publications also inform public debate, increasing understanding and awareness of issues addressed in its research. Scholarly outputs are cited in articles by the Irish Times, The Conversation and other news outlets and blogs (Altmetric).

- In 20/21, the Centre was awarded eight grants, totalling €2,345,292, through the Health Research Board, Irish Research Council, Department of Health, Wellcome Trust, Health Service Executive, and Trinity College Dublin. Eleven active projects also progressed, with a focus on co-creation and advancing meaningful public, patient involvement.

The Centre’s publications have been cited by numerous government departments and agencies, including: the National Institute for Health and Care Excellence; the Agency for Healthcare Research and Quality; GOV.IE; Haute Autorité de Santé; Arbeitsgemeinschaft der Wissenschaftlichen Medizinischen Fachgesellschaften; New Zealand Ministry of Business, Innovation & Employment; Australian Government Department of Health; European Centre for Disease Prevention and Control; Publications Office of the European Union; GOV.UK; The Welsh Government; The Commonwealth of Virginia, USA; and the United Nations Environment Programme.
Our Impact: 2020 - 2021
Significant achievements are highlighted here:

Supporting the Development of Others

- The Centre team provided the following educational opportunities:
  - The Post Graduate Certificate in Ageing Health and Wellbeing in Intellectual Disability was completed by seven students.
  - The Post Graduate Diploma in Ageing Health and Wellbeing in Intellectual Disability was completed by five students.
  - The MSc in Ageing Health and Wellbeing in Intellectual Disability was completed by two students.
  - Two PhDs were completed and seven were in progress.
  - Improving Health Assessments for People with an Intellectual Disability attracted more than 7,000 learners on the Future Learn platform.
  - A masterclass series, in collaboration with the Health Service Executive, attracted more than 3,750 healthcare professionals.
  - Between 2020 and 2021, the Centre hosted 25 webinars and masterclasses with a wide-range of collaborators, including University of Pennsylvania research interns, COPE Foundation, All Ireland Institute of Hospice & Palliative Care, AVISTA, Brothers of Charity Services Ireland, Department of Health, Age & Opportunity, EIT Health, and Tallaght University Hospital Foundation.
  - A webinar series attracted more than 6,000 attendees and generated 10,000 subsequent views.
Our Impact: 2020 - 2021
Significant achievements are highlighted here:

Contributing to Society

- The Centre team led on the delivery of Ireland’s National Intellectual Disability Memory Service, in collaboration with Tallaght University Hospital, AVISTA, the Health Service Executive, National Dementia Office, and Department of Health. Demonstrated impact includes better patient outcomes, better experiences of care, and continued development of staff, substantiated through evaluation data and testimonials. Initially a trial clinic, permanent funding was provided by the Health Service Executive National Dementia Office. This is the only service of its kind in Ireland with only a handful of such clinics available internationally.

Recognised for Excellence

- Dr. Éilish Burke, Ussher Assistant Professor in Ageing and Intellectual Disability, was honoured with the 2021 International Association for Research on Service-Learning and Community Engagement (IARSLCE) award for Diversity, Equity and Inclusion in acknowledgment of her research work.
- Third year student, Xiaohan Hu, received a summer studentship award from the Health Research Board, working with Assistant Prof. Maire O’Dwyer, looking at changes in prevalence and patterns of antipsychotic prescribing in older adults with intellectual disability.
- Prof Mary McCarron, Director, was inducted as a Fellow into the American Academy of Nursing for her contributions in enhancing the quality of nursing, reducing health disparities and inequalities, and advancing healthy ageing.
- Centre teammates were awarded the Trinity’s 2020 Registrar’s Engagement Award.

Growing Our Research Community

- Online engagement for the Centre continues to grow, with more than 1,100 social media followers, up 74% on the previous year with content reaching a global audience of 300,000 annually.
- The Centre has active collaborations with 10 national partners and 25 international partners.
Growing Our Research Community

Advancing National and International Collaborations

National Collaborations

Ireland
- The National Federation of Voluntary Bodies
- Health Service Executive
- Tallaght University Hospital
- Down Syndrome Ireland
- Global Brain Health Institute
- Daughters of Charity Disability Support Services (AVISTA)
- Stewarts Care Services
- Peamount Health Care
- All Ireland Institute of Hospice and Palliative Care
- University of Limerick

International Collaborations

Europe
- Jerome Lejeune Institute Paris
- University of Caen, Normandy
- Parc Sanitari, Sant Joan de Déu, Barcelona
- Fundacio Catalana Sindrome de Downs, Barcelona
- University of Cambridge
- Kings College London
- Cardiff University
- Royal College of Psychiatrists
- Bournemouth University
- University of Southampton
- University of Bath
- Faculty of Health Sciences and Sport, Stirling
- Erasmus MC Rotterdam
- University Medical Centre, Radboud University
- Academisch Ziekenhuis Groningen
- Technical University of Munich
- LMU Munich
- Ageing & Health NAU, Oslo
- University of Gothenburg
- Karolinska University

Australia
- Centre for Disability Studies, University of Sydney

Canada
- Reena, Toronto, Canada

United States
- Temple University
- Duke University
- University of Illinois at Chicago

“What you all have done is amazing. It’s great to have the international support system for people with ID.”

Support Staff
Our People

Centre Directors

Prof Mary McCarron, Director
Dr Éilish Burke, Associate Director

Strategic Advisory and Executive Team

Gavin Dann, Senior Executive Officer
June O’Reilly, Strategic Development Officer
Margaret Haigh, Project Manager, IDS-TILDA
Fathima Rosmin Bavussantakath, Data Manager
Michael Foley, Programme Manager, PPI Office
Sarah Bowman, Director of Strategic Engagement & Impact Assessment

Academic Faculty

Prof Martine Smith (Clinical Speech & Language Studies)
Dr Duana Quigley (Clinical Speech & Language Studies)
Dr Orla Gheaney (Clinical Speech & Language Studies)
Dr Yvonne Lynch (Clinical Speech & Language Studies)
Dr Caoimhin Mac Giolla Phadraig (School of Dental Science)
Dr Peter May (Public Health and Primary Care)
Dr Martin Henman (School of Pharmacy)
Dr Maire O’Dwyer (School of Pharmacy)
Dr Juliette A O’Connell (School of Pharmacy)
Dr AnneMarie Bennett (Clinical Medicine – Dietetics)
Dr Maria O’Sullivan (Clinical Medicine – Human Nutrition)
Dr Damien Brennan (School of Nursing and Midwifery)
Dr Frances O’Brien (School of Nursing and Midwifery)
Dr Fintan Sheerin (School of Nursing and Midwifery)
Dr Sandra Fleming (School of Nursing and Midwifery)
Dr Louise Daly (School of Nursing and Midwifery)
Dr Carmel Doyle (School of Nursing and Midwifery)
Dr Eimear McGlinchey (School of Nursing and Midwifery)
Mr Paul Horan (School of Nursing and Midwifery)
Mr Paul Keenan (School of Nursing and Midwifery)
Dr Mary Ann O’Donovan (University of Sydney)
Dr Dominika Lisiecka (Munster Technological University)
Dr Andrew Wormald (University of Limerick)
Dr Sinead Foran (Waterford Institute of Technology)
Prof Seán Kennelly (Tallaght University Hospital and Medical Gerontology, Trinity College Dublin.)

Academic Advisor

Prof Philip McCallion, Senior Advisor

Postdoctoral and Research Fellows

Dr Darren McCausland
Dr Andrew Allen
Dr Andrew Wormald
Dr Yaohua Chen
Dr Esther Murphy
Dr Amara Naseer
Dr Retha Luus, Statistician

Research Assistants

Ms Áine Ní Ghráda
Ms Holly Dennehy
Ms Louise Lynch
Ms Christina Corr
Meet Our Newest Teammates: 2020 - 2021

Ms Fathima Rosmin Bavussantakath
Data Manager/Assistant Statistician

Dr Retha Luus
Statistician

Ms Áine Ni Ghráda
Research Assistant

Ms Christina Corr
Research Assistant

Ms Mei Lin Yap
Ambassador Liaison Officer
Enhanced health, wellbeing and quality of life for people with intellectual disability as they age.

Our Centre aims to address the inequalities and health disparities that occur for people with an intellectual disability as they age. We do this by conducting rigorous engaged research on the physical and social determinants of health and well-being, and translating findings to inform models of policy and practice.
Strategic Priorities
The Centre focuses on the following priorities:

- Conduct high-quality, partnership-driven research and advance knowledge mobilisation through ongoing cross-sectoral engagement.
- Develop and strengthen national and international collaborations, focused on increasing capacity in ageing and intellectual disability-related research.
- Serve as policy advisors to local, national, and international governments as they address system inequalities and obstacles to healthy, happy ageing for people with intellectual disabilities.
- Advance policy briefs, strategies and interventions to address society-wide concerns, particularly regarding determinants of health, quality of life and social supports for an ageing population.
- Offer evidence-based teaching and learning opportunities to develop practice leaders who are ready to improve service delivery across sectors, through a wide-range of educational opportunities.
- Engage industry to advance technologies which improve economic, social and health indicators for older adults with intellectual disability and serve as a hub for development efforts.
- As a national exemplar in public and patient involvement in health research, promote the inclusion of people with intellectual disability in all aspects of research and to become a thought leader in tackling exclusion in this field.
- Translate co-created knowledge in creative, engaging ways to further advance research, practice, education, and advocacy.
Highlight: Generating & Translating Knowledge

IDS-TILDA Data Informed Strategic Responses to COVID-19 by Government, Service Providers and Carers across Ireland

As Ireland joined the world in responding to the first wave of the COVID-19 pandemic, IDS-TILDA researchers adapted rapidly in order to deliver reliable, trust-worthy information to guide policymakers, service providers, and carers, including:

- In collaboration with the Health Service Executive, IDS-TILDA created a module for clinical staff on ‘COVID-19 Assessment and Recognition Among People with Intellectual Disability,’ utilising learnings from the IDS-TILDA Health Fair. Hosted on HSELaND, more than 3,750 healthcare professionals in Ireland completed this module.

- In collaboration with the All Ireland Institute of Hospice and Palliative Care, the Daughters of Charity Disability Support Service, St Francis Hospice, and Tallaght University Hospital, TCAID researchers hosted a seven-part masterclass series for carers and service providers, between April and May 2020, to address information gaps, attracting more than 10,000 attendees, and recordings were subsequently viewed more than 10,000 times on the IDS-TILDA website.

“The evidence base provided through the research of the IDS TILDA team has been of enormous importance in grounding the collaborative work undertaken to ensure the health and wellbeing outcomes of people with ID during Covid 19, and of particular importance with regards to the vaccination campaign, a key moment in making real our response to Article 25 of the UNCRPD.”

Dr Alison Harnett, Chief Executive Officer, National Federation of Voluntary Service Providers
IDS-TILDA was invited by the Houses of the Oireachtas to prepare a submission to the Special Committee on COVID-19 and this was delivered in June 2020. In February 2021, IDS-TILDA made a submission to Minister Anne Rabbitte, TD, highlighting the case for accelerated COVID-19 vaccination for people with Down syndrome. Also in February 2021, IDS-TILDA provided data to support a submission by the Federation of Voluntary Service Providers to Dr Colm Henry, HSE Chief Clinical Officer, and Dr Tony Holohan, Chief Medical Officer, on the urgent vaccination needs of people with intellectual disabilities. These representations, underpinned by more than 10 years of evidence from IDS-TILDA, helped to inform the decision by Government to classify people with intellectual disability among those at ‘high risk’ of COVID-19, and people with Down syndrome among those at ‘very high risk’ thereby prioritising people with an intellectual disability for vaccination.

IDS-TILDA was in the process of data collection for Wave 4 of IDS-TILDA when the initial national restrictions were introduced. The IDS-TILDA team formulated an adjustment to data gathering protocol and initially applied for internal ethical approval and review from the Data Protection Office and then applied to the National Research Ethics Committee on COVID-19 and the Health Research Consent Declaration Committee. This process also provided an opportunity to add questions to the protocol about experience of COVID-19. A supplemental COVID-19 survey was developed and administered to 710 IDS-TILDA participants between May and September 2020, in response to the COVID-19 crisis in Ireland. Researchers from Trinity College launched a special report on COVID-19 and older people with an intellectual disability, which has found that COVID-19 was well managed in services and calls for decisions to impose further restrictions during the pandemic were data-driven, as they have been for the non-ID population. The report, ‘The Impact of COVID-19 on People Ageing with an Intellectual Disability in Ireland’ report was formally launched by the Minister of State with responsibility for Disability, Minister Anne Rabbitte TD. Broadcaster Olivia O’Leary led a panel discussion with a variety of stakeholders, exploring different perspectives on the pandemic and lockdown.
Highlight: Contributing to Society

Delivering Ireland’s first National Intellectual Disability Memory Service and Advancing the National Dementia Strategy and Sláintecare Strategic Priorities

Initially a trial clinic, permanent funding was provided by the HSE National Dementia Office, in April 2022. This is the only one of its kind in Ireland with only a handful of such clinics available internationally.

- **Better Patient Outcomes**: Includes patient testimonials on positive experiences of assessment, diagnosis, and the delivery of post-diagnostic supports;
- **Better Experiences of Care**: Includes testimonials by patients, carers, and service providers on reductions in feelings of worry and stress, as well as appreciation for timely diagnoses, and the delivery of respite and support services; and
- **Continued Development and Supported Staff**: Includes recognition by staff on process improvements in the delivery of care, as well as greater equity in accessing services, and changes in local practices due to engagement with NIDMS.

“This new Memory Clinic is a National Centre of Excellence and is rapidly improving the timely detection of dementia in people with an intellectual disability. I would like to pay tribute to the multidisciplinary team including specialist clinicians, nurses, psychologists, and health and social care practitioners. Their work in research and developing our dementia services over the past number of years has laid the groundwork for this important new service,”

Prof Seán Kennelly, NIDMS Clinical Director and Director of the TUH Institute for Memory & Cognition
“You have given me a platform and a voice to advocate for people like me.”

Ms Mei Lin Yap,
Ambassador Liaison Officer
Highlight: Growing Our Research Community

Enabling Public, Patient Involvement in Health and Social Care Research

In 2021, Trinity joined the national effort to involve public in research processes from the start. The PPI Ignite Network, with a combined €3.3 million funding from the Health Research Board and Irish Research Council, provides a national voice for public and Patient Involvement in health and social care research, and is matched with financial and in-kind supports from the Network partners, totalling a €5 million investment across Ireland.

The PPI Ignite Office at Trinity includes members of the public and patients on decision-making committees, executive committees, and governance boards. A growing number of strategic plans at institutional, college, and school level include, acknowledge and reward PPI activities. Supports are being embedded across the University to facilitate clinics, workshops, train-the-trainer activities, research teaming, brokerage events and other opportunities to scale efforts. A strong culture for training exists, with emphasis on accessibility, inclusion, and mutually-beneficial experiences for partners. As Trinity’s efforts mature, our focus is placed on engaging with human resources, financial services, and research ethics to investigate process improvement opportunities to fully develop and embed PPI across the institution to exemplary standards, alongside assessment of outcomes and impact.

In 2020, the PPI Ignite Office celebrated Phase 1 accomplishments, which included:

- 22 training workshops and more than 100 clinics, reaching 783 researchers and support staff.
- 37 networking events which engaged more than 3,400 PPI contributors, researchers, support staff and members of the public.
- Proposal development assistance which resulted in €7.5 million for research activities.
- 12 co-authored publications, including a toolkit for research charities to begin a PPI relationship, with Health Research Charities Ireland.
- Successful applications for the 2020 Registrar’s Engagement Award; the 2020 Irish Cancer Society Cancer Research Engagement Award; and the 2020 shortlist for Health Service Executive (HSE) Excellence Awards.
Highlight: Growing Our Research Community

2020/21 Active Research Projects

Prevent Dementia DS and Building Bridges
A project examining early biomarkers of Alzheimer’s disease in people with Down syndrome, and to develop best practice guidelines for Post Diagnostic Dementia Support for people with an Intellectual Disability, in collaboration with the Centre and the Global Brain Health Institute. This project team is Dr Eimear McGlinchey, and Dr Andrew P. Allen.

Digi-ID: Digital skills education to support health and social inclusion for adults with intellectual disabilities
Digi-ID is a pan-European partnership that addresses the challenge of digital inclusion and digital literacy among people with intellectual disabilities. Digi-ID is an EIT Health funded multidisciplinary project involving partners from Ireland, France, Sweden, and The Netherlands who are experts in education, health, and technology. The project is developing an innovative digital skills education programme, delivered via an accessible solution/app, using an inclusive co-creation process with adults with intellectual disability, supporters, professionals, and families/carers. This project team is Dr Esther Murphy, Dr Darren McCausland, Citizen Advisory Panellists, and Áine Ní Ghráda.

The Care of Older Adults with Intellectual Disability and Complex Care-Related Conditions
This project is exploring the current models of care available for adults with intellectual disabilities as they age. People ageing with intellectual disability are more likely to have complex health issues. Given that complexity, this study seeks to examine the care of older adults with intellectual disability and complex age-related conditions, with a focus on the effectiveness of different care models in relation to outcomes and quality of life, and with consideration to their respective cost implications. This project team is Dr Fintan Sheerin, Dr Sandra Fleming, Prof Mary McCarron, Prof Philip McCallion, Dr Peter May, Dr Amara Naseer, and Dr Amara.

Building Bridges for Better Brain Health is a fantastic project organized by the Atlantic Fellows and Trinity Centre for Ageing and Intellectual Disability that is connecting people living with Down syndrome from Ireland and San Francisco to talk about and promote good brain health.
IDS-TILDA: Intellectual Disability Supplement to The Irish Longitudinal Study on Ageing, Wave IV

IDS-TILDA is a large scale nationally representative study of people with an intellectual disability aged 40 years and over. The longitudinal design entails interviewing participants at incremental time periods over a number of waves. The project team is Prof Mary McCarron, Margaret Haigh, Gavin Dann, Dr Darren McCausland, Dr Andrew P. Allen, Dr Rachael Carroll, Dr Retha Luus, Fathima Rosmin Bavussantakath, Michael Foley, Catherine Nealon, Louise Lynch, Sonia McDermott, Kathyan Kelly, Cathy McCarthy, Mary Carroll, Fidelma Flannery, Dr Andrew Wormald, and Dr Catriona Ryan.

Including best practices and the voices of experience in developing post-diagnostic dementia support guidelines for people with an intellectual disability

The aim of the study is to develop accessible best practice guidelines for post-diagnostic dementia supports for people with an intellectual disability in Ireland. The project team is Prof Seán Kennelly, Prof Mary McCarron, Prof Philip McCallion, Holly Dennehy, Christina Corr, Pamela Dunne, Dr Eimear McGlinchey, Dr Louise Daly, and Dr Andrew P. Allen.

Questions of Inclusion: What inclusion means for adults with an intellectual disability, and the role of technology (INCLU-ID)

INCLUD-ID is a collaborative study involving the National Federation of Voluntary Service Providers, and the Trinity Centre of Ageing with an Intellectual Disability to engage with people with intellectual disabilities to find out what inclusion means for them, and also hear from their support services. The project team is Dr Esther Murphy, Dr Darren McCausland and Mei Lin Yap.

“It’s a great time to be someone living with a learning disability, and I am fortunate to have such a rich digital life. I like to help others use technology to reach their goals.”

Fionn Crombie Angus, Citizen Advisory Council, Digi-ID
EIT SOOTHE: First Response to Mental Health Concerns in Mid and Older Aged People with Intellectual Disability

Older people with ID experience poorer mental health than those in the mainstream population, the typical manifestations of such mental health concerns have historically led to difficulties in achieving accurate diagnoses. Therefore, mental health needs are often unmet, resulting in significant health decline. SOOTHE assists in re-establishing a locus of control for the person and thus supporting empowerment, in a connected context. This project supports older people with ID to take on ownership and control for their own mental health and wellness. The project team is Dr Fintan Sheerin, Dr Sandra Fleming, and Dr Niamh Mulryan.

Staff Mental Health while Providing Care to People with Intellectual Disability during the Covid-19 Pandemic

COVID-19 placed enormous strain on health systems around the world, undermining the mental health and wellbeing of healthcare workers. Anecdotal accounts from intellectual disability services suggested that there were significant pressures on staff, as the public health restrictions imposed on ‘vulnerable’ people resulted in changes to routines, staffing and work patterns. Furthermore, the fact that people with intellectual disabilities have increased vulnerability to more negative effects of COVID-19, with significantly higher mortality rates, caused considerable concern. It is against this backdrop and a dearth of research on the mental health of staff working with people with an intellectual disability that this study is undertaken. The project team is Dr Fintan Sheerin and Dr Yaohua Chen.

Get Wise about your Health, supporting people with intellectual disability to become health savvy

The ‘Get Wise’ project is a European project funded by EIT Health. The project partners include Erasmus MC from the Netherlands. Guided by the mission of the project to promote empowerment through knowledge, the programme targets specific health disparities identified among individuals with intellectual disabilities to deliver health education on an innovative online platform in an accessible easy-read manner for people with ID. The project team is Dr Eilish Burke, Holly Dennehy, Áine Ni Ghráda, Sarah Bowman, Gavin Dann, Alex Verbinschi, Dr Esther Murphy, Dr Alyt Oppewal, Dr Anna Bakker, Dr Dederieke Maes-Festen, Anne Cosgrove, Darren Heduan and Catherine O’Connor.

PPALS trains people with intellectual disability to be physical activity leaders among peers. Despite COVID-19 they moved online to great effect and were congratulated for their outstanding efforts by Minister Jack Chambers TD, entertainer Daniel O’Donnell, and the Irish Women’s Rugby Team!
PPALS2 People with intellectual disability as Physical Activity Leaders

PPALS2 is a leadership programme designed to engage and promote individuals with intellectual disability as physical activity leaders. It follows the successful role out of the programme in 2018 at which time 15 individuals in Ireland and 20 individuals in Spain were trained to be PPALS leaders, leading games, and physical activity among their peers. In PPALS2 an additional element called ‘Ageing with Confidence’ was included in Ireland. Led by Age & Opportunity this programme supports individuals explore and grow their confidence. The project team is Dr Eilish Burke, Sonia McDermott, Sue Guildea, Paul Gallier, Ciaran McKinney, Brian Dooney, Dr Maria Carbó Carreté, Joan Guardia Olmos, Guillermo Ruben Oviedo, Daniela Schwarz, Elke Langbein, and the Brothers of Charity Roscommon.

The experience and risk of homelessness for people with intellectual disabilities and/or autism and their families in Dublin

This is a small mixed-methods research study looking at the experiences of people, or families of people, with an intellectual disability (ID) and/or autism spectrum disorder, around housing and homelessness. The study was funded by the National Disability Authority and facilitated by the daughters of Charity Disability Support Services at their Dublin base. The project team is Dr Mary-Ann O'Donovan, Emer Lynch, Linda O'Donnell, Kathyan Kelly and Michael Foley.

Get Wise Rainbow

We asked people with an intellectual disability to share their tips for keeping healthy and staying well. Elizabeth Callaghan created a rainbow collage of all her favourite healthy fruit and vegetables.
Highlight: Supporting the Development of Others

Education and Training Opportunities Delivered

The Centre provided the following educational opportunities in 2020/21:

- Post Graduate Certificate in Ageing Health and Wellbeing in Intellectual Disability, completed by seven students
- Post Graduate Diploma in Ageing Health and Wellbeing in Intellectual Disability, completed by five students
- MSc in Ageing Health and Wellbeing in Intellectual Disability, completed by two students
- Two PhDs completed and seven in progress
- A Massive Open Online Course: Improving Health Assessments for People with an Intellectual Disability which has attracted more than 7,000 learners on the Future Learn Platform
- A Masterclass Series which attracted more than 3,750 healthcare professionals
- A Webinar Series which attracted more than 6,000 attendees and 10,000 subsequent views

Completed Masters in Ageing Health and Wellbeing in Intellectual Disability

Dr Shiling Chen:
An exploration of the factors associated with mobility limitations in adults with intellectual disability in Ireland.

Ms Bronagh Ganley:
A Descriptive Quantitative Exploration of Choice in the Lives of Older Adults with Intellectual Disabilities in Ireland
Highlight: Supporting the Development of Others

Education and Training Opportunities Delivered

MSc/PhD Students

Ms Hadiah Khalaf Almutairi

Ms Maureen D’eath

Ms Rosemary Monaghan
In progress. Patterns of medication use associated with epilepsy and comorbid behavioural and mental disorders in older people with intellectual disability.

Ms Judy Ryan
In progress. An Exploratory Study of Overweight and Obesity in People with an Intellectual Disability in Ireland.

Ms Marianne Fallon

Ms Lamya Al Shuhaimi
In progress. Enhancing medicine use in older adults with intellectual disabilities.

Ms FidELma Flannery
In progress. The impact of COVID-19 on the mental health and wellbeing of older adults with an intellectual disability in Ireland.

Ms Louise Lynch
In progress. What are the sedentary behavior and physical activity levels of Adults with Intellectual Disability and how does this affect their health and wellbeing?

Mr Brendan Dee
In progress. Determinants of frailty among older adults with an intellectual disability.
Participant Engagement

The 2020/21 IDS-TILDA Christmas Card and Easter Card competitions received more than 600 entries from people with an intellectual disability from across Ireland. The 2020/21 newsletters reached a national audience of more than 2,000 individuals and service providers.
Appendix

Research Outputs 2020/2021

Reports

Between 2017 and 2021, TCAID issued 12 reports. The 2020/2021 reports were:


Book Chapters

Between 2017 and 2021, TCAID has issued 14 book chapters. The 2020/2021 book chapters were:


Journal Articles

Between 2017 and 2021, TCAID has issued 58 journal articles. 2020/2021 journal articles were:


Appendix

Research Outputs 2020/2021


Appendix

Oral Presentations

Between 2017 and 2021, TCAID has issued 63 oral presentations. 2020/2021 oral presentations were:

Appendix

Oral Presentations

For more information

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