

# IDS-TILDA SUMMER NEWSLETTER 2025



## EASY-TO-READ VERSION



**Trinity Centre  
for Ageing and  
Intellectual Disability**



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



## Greetings from Professor Mary McCarron and the IDS-TILDA team



Greetings from Professor Mary McCarron and the IDS-TILDA team.

We are happy to send you our IDS-TILDA Summer Newsletter!



We have been as busy as ever!

We hope you enjoy reading about all our activities!



We have been getting ready for Wave 6 of IDS-TILDA!

Sometime soon, someone will ring you by phone to arrange a time for your interview.



The nurse will also phone you about making an appointment for the health fair.



We hope that many of you will continue being a part of the IDS-TILDA Study.

We learn so much from you about growing older with an intellectual disability.



Your work for our study is so important and helpful!

We would like to thank everyone who supports us!



We hope you enjoy the summer!

We are looking forward to seeing you again soon!

## IDS-TILDA looking for new participants



We are looking for new participants to join our study.

We have had a great response so far!



We are still looking for more people to join our study.



Please ask your friends to take part!



We are looking for people with mild to moderate intellectual disability who are between 40 to 49 years old.



If you have any questions about joining the study, please call or email Jean Moynihan

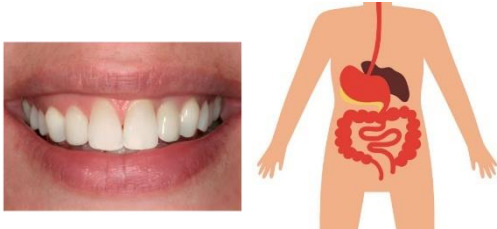
You can contact her by  
Phone: 086 19279171  
or

Email: [MOYNIHJE@tcd.ie](mailto:MOYNIHJE@tcd.ie)

## Exiting New IDS-TILDA Health Measures

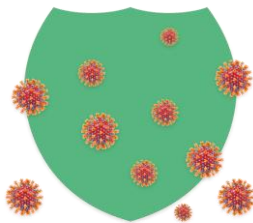


We are introducing some new health assessments as a part of Wave 6.



These look at the mouth and gut health of our participants.

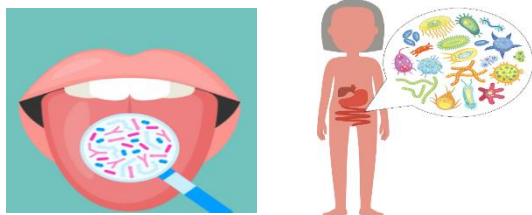
They will help us learn about your wellbeing.



Our mouth and gut have a lot of germs.

Lots of these germs are good.

They help us to digest food and medications.



The germs in our mouths are called the oral microbiome.

The germs in our gut are called the gut microbiome.



As we get older, the types of germs that live in our mouth and gut can change.



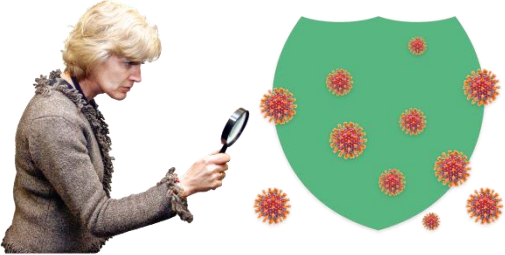
These changes may cause different problems.






These changes may cause tooth decay, infections, indigestion, constipation, obesity and diabetes.

They can also affect our mood or our mental health.



	<p>IDS-TILDA would like to study the microbiomes in people with intellectual disabilities.</p> <p>To do that, we need your help!</p>
	<p>Before your interview, our field researchers will tell you more about how gut microbiome samples are collected.</p> <p>They will also invite you to take part.</p>
	<p>If you wish to take part, they will send you a sampling kit which you will use to collect a small poo sample at home.</p> <p>The poo sample will be the size of a pea.</p>
	<p>This will be put into a special tube and posted back to us.</p>
	<p>We will also ask you to complete a short questionnaire to send back to us.</p>
	<p>During the health Fair, we will collect oral microbiome samples.</p> <p>We will do this by using swabs on the tongue and teeth.</p>
	<p>There will be a short questionnaire with this as well.</p>

	<p>These samples will show us how the microbiomes are linked to our health.</p>
---	---

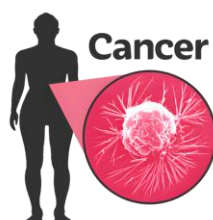
<b>Professor Mary McCarron Honoured by the Faculty of Health Sciences</b>	
	<p>A painting of Professor Mary McCarron has been painted and is on display in Trinity College.</p>
	<p>This was painted because Professor McCarron was the Dean of Health Sciences between 2012 and 2019.</p> <p>This is a very important and impressive job to have!</p>
	<p>She was the first woman and first nurse to hold this role at the University.</p>
	<p>Professor McCarron also got an award for all the amazing work she has done during her career.</p> <p>She has done lots of amazing work to help improve the lives of people with intellectual disabilities.</p>
	<p>We are very proud of this big achievement!</p>

## Breaking Barriers: Enhancing Cancer Care for Individuals with Intellectual Disabilities



TCAID had a conference called Breaking Barriers: Enhancing Cancer Care for Individuals with Intellectual Disabilities.

It was organised by Dr Martin McMahon.



It was all about cancer in people with intellectual disabilities.

It was the first conference to focus on this topic.



Over 200 people attended the conference!

This included people with intellectual disabilities, their families, carers, health workers, researchers, policymakers, and advocates.



We were honoured to welcome Minister Hildegard Naughton.

She gave a speech at the start of the conference.



Professor Brian O'Connell, who is the Dean of the Faculty of Health Sciences at Trinity, also gave a speech.



After each presentation there was an easy read summary.

This made sure everyone could understand the presentations.

These were presented by Mei Lin Yap and Shannon O'Farrell Molloy.



## Focus on Women's Health



Our Wave 5 research showed us that women with intellectual disability often have poor health.



Professor Eilish Burke and Ms Stephanie Corrigan have been doing lots of research on women's health for IDS-TILDA.



We have had lots of amazing events to share what we have learned about women's health.



We want to help make sure you know about your health!

We want to make women's health better for people with intellectual disabilities!

## Women's health and wellbeing activity class



We had an event to celebrate International Day of Action for Women's Health.



We held an activity class for women with intellectual disabilities.

It was great fun!



We invited women from Stewarts Care, Avista, and St Michael's House.



The instructors were amazing.

Everyone had a great time!



At the end, everyone got a certificate and a goodie bag.



It was great to celebrate women together and to promote women's health!

## Prosper Meath and Prosper Fingal women's health day



In February, TCAID had another event about women's health for women with intellectual disabilities.

It was organised by Professor Eilish Burke and Ms Stephanie Corrigan.



There were presentations about women's health.

We talked all about women's health, wellbeing and also about menopause.



Everyone had a great chat about women's health.

Lots of women with intellectual disabilities were there, and they had some great things to say!



Its so important to talk about Women's health with other people!

Everyone was very supportive.

This helped people feel comfortable to tell their stories and thoughts.



We hope to have more amazing events like this in the future!

**This document was proofread by  
individuals with intellectual  
disabilities.**



**Trinity Centre  
for Ageing and  
Intellectual Disability**



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