

Trinity Centre  
for Ageing and  
Intellectual Disability

# STRATEGY 2023-2028



ADDING LIFE TO YEARS





BUILDING BETTER LIVES FOR PEOPLE AGEING WITH AN  
INTELLECTUAL DISABILITY THROUGH RESEARCH AND PARTNERSHIP



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

Trinity Centre  
for Ageing and  
Intellectual Disability

[Accessible Easy Read Version](#)

	<p>This is about the strategy for the Trinity Centre for Ageing and Intellectual Disability (TCAID) from 2023 - 2028</p> <p>This plan tells us what we will work on over the next 5 years.</p>
	<p>Professor Mary McCarron is the director of the centre and she introduced the plan which is called “Adding life to years – building better lives for people ageing with an intellectual disability through research and partnership”</p> <p>This means that we want to work together with people with an intellectual disability, their carers and other organisations to help live happy healthy lives.</p>
	<p>To make this plan we talked with a lot of people with an intellectual disability, their carers, government organisations, service providers and other stakeholders around the world.</p>
	<p>The plan has a vision. This vision tells everyone what TCAID wants to see.</p> <p>TCAID wants to enhance health, wellbeing, and quality of life for people with an intellectual disability as they age</p>



The plan wants to change the future of care for people with an intellectual disability by working on 9 goals over the next 5 years

This picture shows the 9 goals we will focus on.

We will talk about each goal now



1. Put the voice of people with an intellectual disability at the heart of this strategy

We want to include the voice of the experts who live with an intellectual disability in everything we do.

Putting them at the heart of our research, our activities and all our work over the next 5 years



## 2. End avoidable mortality (treatable and preventable)

We will look at keeping people healthy, so they do not get diseases or injuries.

Examples of this include women's health, cancer and keeping your brain healthy.





## 3. Create care pathways for poorly understood diseases




We want to create new information about diseases like cancer, loss of memory, and frailty.

This new information will help us to understand and develop new services for caring for people who have these health challenges.

We will work on clinical trials where there will be new medicines and therapies to stop or treat these health problems.



	<p><b>4. Medicines optimisation &amp; non-pharmacological interventions to increase quality of life</b></p> <p>Sometimes people need to take medicine to make them feel better.</p> <p>Sometimes people are given too much medicine which can make them feel sick or too tired to move.</p> <p>It is important to take the right amount of medicine when you need it. This will give a better quality of life.</p>
	<p><b>5. Improving oral health for longer better living</b></p> <p>We want people to have healthy mouths. Keeping our teeth and mouth healthy leads to better general health.</p> <p>Working with our partners, we will develop a programme for people with an intellectual disability, carers and dentists across Ireland for healthy mouths.</p>
	<p><b>6. Understand and positively influence social determinants of health</b></p> <p>There are lots of fun social things people can do to stay healthy at any age.</p> <p>TCAID will look at how having groups of friends, relationships and doing activities in your local towns can help improve your health and quality of life.</p>

	<p>7. Understand and positively influence mental health and well being</p> <p>We will do research to improve mental health and well-being.</p> <p>We will tell everyone, including service providers and government, how best to support people to keep well and healthy in body and mind.</p>
	<p>8. Create new service and financing models that support ageing in place and family carers</p> <p>We will learn about the best places for people to live as they grow older with family, or in group homes or other kinds of housing.</p> <p>We will tell everyone about the best choices for people with an intellectual disability to be supported as they age and their needs change.</p>
	<p>9. Death, dying and end of life care</p> <p>Research on end of life is designed to better understand both quality of life and quality of dying for people with intellectual disabilities.</p> <p>We will research care that will help with pain, tiredness and other symptoms during long terminal illness.</p> <p>We will make sure people are included in planning their care with their families and carers.</p>

Trinity Centre for Ageing and Intellectual Disability **IS GLOBAL**

**Canada**

- York University
- Memorial University, St. John's
- University of Toronto

**United States**

- George Washington University
- Duke University, North Carolina
- University of North Carolina

**Northern Europe**

- Ageing & Health, Oslo, Oslo
- University of Göttingen
- Radboud University, Nijmegen
- Leiden University, Leiden
- Vrije Universiteit Amsterdam, The Netherlands
- Radboud University, The Netherlands
- Amsterdam University of Applied Sciences

**Europe**

- University of Cambridge, UK
- Royal Holloway College, UK
- Cardiff University, Wales
- Royal College of Physicians, UK
- Brunel University, UK
- University of Southampton, UK
- University of York, UK
- University of Stirling, Scotland

**Europe (continued)**

- German Research Foundation, Bonn
- University of East Anglia, Norwich
- Free University, Berlin
- Free University, Berlin
- Free University, Berlin
- Free University, Berlin
- Free University, Berlin
- Free University, Berlin
- Free University, Berlin

**Asia**

- Singapore Institute of Technology
- National Central University, Taiwan
- National Central University, Taiwan

**Australia**

- Centre for Disability Studies, University of Sydney
- University of New England, Australia

TCAID works in partnership with researchers and people all around the world

Trinity College Dublin Trinity Centre for Ageing and Intellectual Disability

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**TCAID STRATEGY 2023-2028**

**Contact us**

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Thank you for reading our plan

Please contact us with any questions or comments you have about TCAID's strategy and work plan for the next five years.



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### 2023-2028

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