



Interdisciplinary Network for Dementia Using Current Technology

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INDUCT NEWSLETTER

Fall/Winter 2016

@INDUCT_MSC

WELCOME!

Welcome to the second INDUCT newsletter. This bi-annual document is to inform project collaborators, stakeholders and interested members of the community about the content and development of INDUCT. INDUCT was launched in March 2016 and is now well under way. Our new Early Stage Researchers (ESRs) have been appointed and have started their research and training activities. This newsletter therefore focuses on introducing some of the INDUCT members and their plans and expectations for INDUCT. We hope you enjoy reading this issue and welcome any feedback via the contact information at the end of the last page.

Deborah Oliveira (Project Manager)

INTRODUCING OUR EARLY STAGE RESEARCHERS

Sara Bartels (ESR 9). Maastricht University, Netherlands.

INDUCT Adventure - Far from boring

When visualising the future and developing expectations, we orientate our thoughts on previous experiences. Looking back to the interview event in London, I remember a feeling of excitement, joy and happiness mixed with stress, fear and worries. I am imagining the same emotions for the next three (or even four) years. I am satisfied with my choice to start a PhD in the field of dementia and becoming an ESR in INDUCT – it's far from boring! My name is Sara and I am originally from Germany. There, I studied Psychology (BSc) before I specialised in Neuropsychology (MSc) at the University of Maastricht, the Netherlands. Furthermore, I gained research and clinical experience in Cologne and Aachen, Germany, as well as in Oxford, UK. As an ESR at the University of Maastricht supervised by Professor Frans Verhey and Dr Marjolein de Vugt, I will evaluate the effectiveness of a psychosocial intervention operated by the technical device PsyMate to promote meaningful activities in people with dementia. I will spend my time in Maastricht as well as in Stockholm. It will be an adventure and challenging, but I don't have to manage it alone. I have already received a lot of support and welcoming gestures from my colleagues in the department as well as the whole INDUCT team. I expect a colourful time – especially the secondments as well as the summer/winter schools which will be amazing – and for now, I am looking forward to meeting all of you in Maastricht in January. Best of luck and have a good start!

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Martina Vanova (ESR 15). IDES, Spain.

I have a lot to look forward to!

From the very first moment, I felt very welcomed at my new workplace and all my new colleagues were supportive and helped me with everything. The first thing on my list of work tasks was to “master” the GRADIOR programme. I learnt it through practice as I helped to create a treatment session for the upcoming “memory trainings”, but I will also participate in further training. On 22nd September, I participated in a scientific conference in Slovakia where I presented the INDUCT project and my work as an ESR. My upcoming tasks are writing a literature review on ICT based instruments in dementia, writing a descriptive paper about GRADIOR and a further article about the RCT design protocol. The training and work are fully meeting my expectations as I am learning new things and challenging myself every day. We will start to run the RCT in January and that is something I am most looking forward to. And for all the ESRs with their secondments in Zamora – you have a lot to look forward to, and I am not only speaking about the local wine, Spanish food and the climate.



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A WORD FROM THE INDUCT COORDINATORS

Rose-Marie Dröes (Research Coordinator). VUMC, Netherlands.

The real work starts...now!

After half a year of recruitment, interviews with candidates, selection, administrative procedures, preparation of documents like the Quality Assurance Plan and Work Package Plans, we are very, very happy to welcome the 15 ESRs who, at the start of the new academic year, were appointed throughout Europe to contribute to the planned research on technology for people with dementia within the INDUCT Training Network. In the first month, a lot of energy will have gone into exploring the college, getting acquainted with colleagues in the research group, feeling at home in the new environment, mastering the subject of research, preparing a ‘PhD and training’ plan as well as a Personal Career Development Plan. In October, most ESRs will start with the real research work, which will for most consist of studying the literature relevant to their own research project. It may be worthwhile to see where exchange and collaboration between projects at this stage is already useful. The work package plans that will soon be uploaded at Project Place may help to find this out. If relevant, don’t hesitate to contact your fellow ESRs in the Network! I wish all ESRs a wonderful, challenging, inspiring and happy time within INDUCT in the next three years! Hope to meet some of you in Copenhagen at the Alzheimer Europe conference!



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Frans Verhey (Training Coordinator) & Inge Klinkenberg (Training Manager). Maastricht University, Netherlands.

If the INDUCT ESRs are happy, we are happy.

It will be our job to prepare you not only for your day-to-day jobs as PhD students, but also to develop and empower you as future leaders in technology, dementia care research and enterprise. It is with great pleasure that I announce some of our upcoming training activities. Firstly, the e-learning module Living with Dementia: Personal Perspectives will run from Monday 7 November – Friday 16 December 2016 (approximately 6 weeks, estimated study load 6 ECTS / 10-15h per week). This online course will not only enable you to become acquainted with your fellow ESRs, but also with the following topics: diversity in dementia, stigma and stereotypes, communication skills, wellbeing and lifestyle interventions, caregiver needs and support approaches. This module is compulsory for all ESRs. More information will follow soon. Secondly, the first INDUCT Winter School will take place in Maastricht from 9-13 January 2017. Please save the date in your agendas. More information will follow soon. Lastly, I would like to highlight that there is an upcoming INTERDEM Academy Masterclass on the 1st of November 13:30-17:30 under the theme of "Involving people with dementia as advisors to your research". It is part of the Alzheimer Europe Annual Conference in Copenhagen. For more information, please get in touch.



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Lieve Van den Block (Secondment Coordinator). VUB, Belgium.

The secondments!

Now that all individual ESRs have started their work at their respective institutions, I would like to focus on one of the most important added values of this international training network: the secondments. Being able to travel to and work at another institution than your host institution provides you not only with the possibility to experience new (research) cultures, new visions and new networks, but it also requires a particular mindset. Having the willingness to adapt and learn, setting clear and concise goals, being motivated to change your views and perspectives and coping with multiple incentives and opportunities are key assets if you want to get the most out of your secondment. I want to wish all ESRs a warm welcome to the INDUCT project and I look forward to welcoming ESRs at our institute. As secondment coordinator, we will inform all of you about the secondment plans and procedures in the near future. In the meantime, you can contact us should you have any further questions.

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MESSAGE FROM THE INDUCT OMBUDSMAN

Nancy Nicolson (INDUCT Ombudsman). PhD, Associate Professor, Department of Psychiatry and Neuropsychology. Maastricht University, Netherlands.

Following established guidelines, INDUCT has appointed an ombudsman: an impartial person whose role it is to provide consortium members “with confidential and informal assistance in resolving work-related conflicts, disputes and grievances, with the aim of promoting fair and equitable treatment ... and improving the overall quality of the working environment” (European Charter for Researchers). Having access to a confidential advisor is particularly important for ESRs; given inherently hierarchical aspects of their relationship with supervisors, ESRs may be reluctant to bring up sensitive issues concerning the supervision, project progress, scientific misconduct or private issues in this context. Here, an independent ombudsman can serve a useful role.



It is my privilege to accept this position! I have recently stepped down as PhD coordinator and confidential advisor for the Graduate School for Mental Health and Neuroscience in Maastricht. As former chair of the PhD Commission of the Faculty of Health, Medicine and Life Sciences here, I am well aware of the challenges PhD students may face during their training and the kinds of conflicts that can arise. These experiences have convinced me that early intervention – maybe just a good talk to share one’s concerns and brainstorm with a neutral person about options to resolve the situation – can be helpful.

I am looking forward to meeting you all during the Winter School. In the meantime, you are welcome to contact me by e-mail if you have questions or would like to set up a phone or Skype appointment. Finally, I wish all INDUCT consortium members a productive and pleasurable research collaboration over the next years. I’m happy to serve you in any way I can.

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ALZHEIMER EUROPE CONFERENCE 2016, COPENHAGEN

Kate Shiells (ESR 13). Univerzita Karlova, Czech Republic.

This year’s Alzheimer Europe conference took place in Copenhagen and addressed the theme of ‘Excellence in dementia research and care’. Over three days, participants were able to choose from a range of seminars on topics such as psychosocial interventions in dementia, assistive technologies, and advances in diagnosis and treatment. The conference also provided ESRs with the opportunity to network with individuals from various countries and sectors, as well as to come together to share their INDUCT experiences so far. Furthermore, the INTERDEM Academy Masterclass gave an invaluable insight into involving people with dementia as advisors to our research.



Finally, congratulations to Iva Holmerová on being appointed the new Chairperson of Alzheimer Europe! See you all in Berlin!

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GUIDANCE FOR INVOLVING PEOPLE WITH DEMENTIA IN RESEARCH

Nicole Batsch. Alzheimer's Disease International.

Involving people with dementia in research originates from two main perspectives. From the researcher perspective, the potential outcomes of research may be more meaningful to the daily lives of people with dementia if they are involved in the research design from the beginning. This can be for practical reasons. For example, an intervention may make little difference if how, when, and where to conduct the intervention were not discussed with potential research participants. A researcher may find wonderful outcomes as a result of their intervention; perhaps it provides improved quality of life, enhanced cognitive stimulation or social benefits. However, if transport is challenging for participants and is not discussed, then the successfulness of a potential intervention may be less valuable. The researcher should also be prepared and knowledgeable about the subject area and how to engage with people with different types and stages of dementia. It can be helpful to develop relationships with people with dementia not affiliated with the research in order to learn, develop a comfort level and build rapport, as well as, attend educational seminars and training.



From the person with dementia perspective, the Scottish Dementia Working Group produced a brochure titled, *Core principles for involving people with dementia in research*. In it, people with dementia shared concerns about being valued and kept informed during the research project and would like to be told the results after the project concluded. Ideally, being valued includes being involved from the beginning and incorporates how people with dementia wish to be involved and what they say about research priorities. Involving relatives is also useful, as it is typically a relative who may be supporting the person with dementia with reminders, transport and social support such as reducing anxiety prior to participation. During participation, the researcher should ensure a safe environment physically and emotionally. Should difficult emotions arise, then the researcher should be sensitive to the needs of the participant and prepared to sign post to counseling and support as needed. Another concern is the use of language. Language used by the research team and in research materials should be simple and easy to understand. Language should also be sensitive and not stigmatizing or negative.

More information can be found at <http://www.sdwg.org.uk/wp-content/uploads/2014/06/Core-Principles.pdf>.

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MORE INFORMATION

For more information, please access our website: www.dementiainduct.eu

Follow us on Twitter: @INDUCT_MSC

Articles for the Spring/Summer newsletter to be submitted by 15 May 2017 to: deborah.deoliveira@nottingham.ac.uk

