



# Interdisciplinary Network for Dementia Using Current Technology

[www.dementiainduct.eu](http://www.dementiainduct.eu)

INDUCT NEWSLETTER

Spring 2019

@INDUCT\_MSC

## WELCOME!

Welcome to the seventh 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. There have been a number of changes in the INDUCT team over the last few months. In January, we sadly said goodbye to our project manager, Dr Déborah de Oliveira, who has returned to Brazil to take up an exciting research opportunity. However, we are very pleased to welcome Dr Orla McDermott as the new project manager. We also said goodbye to Floriana Mangiaracina (ESR 8). On page 7, you can read more about the new ESR 8, Kim Beentjes, who has recently taken up this post. Many ESRs will be leaving the INDUCT project as their three year contracts draw to an end in August. Therefore, the majority of this issue is dedicated to ESRs sharing their INDUCT experiences. However, please do keep an eye on the INDUCT website and Twitter for ongoing updates, which will be produced throughout the remainder of 2019 and into 2020 as ESRs publish their important results. Finally, the INDUCT recommendations, a culmination of the work of all fifteen ESRs, will be released in the autumn and can be accessed on the INDUCT website from that time.

Kate Shiells (ESR 13)

## THE FIFTH INDUCT SCHOOL, LONDON, UK

From 13-17 May, the fifth and final INDUCT school took place in London, organised by the University of Hertfordshire. The school began with ESRs delivering an update on their recommendations, which will form the basis of the INDUCT transversal objectives on the usability, effectiveness and implementation of technology for people with dementia.

During the school, ESRs also had the chance to visit the multisensory environment laboratory (PAMELA) at UCL and, listen to several experts, including Professor Nick Tyler, discuss the latest in accessibility and public transport research.

INTERDEM Academy members joined for the remainder of the week with a thought-provoking debate on advance care planning, as well as sessions on PPI, entrepreneurship, project management, realist methods and career development.



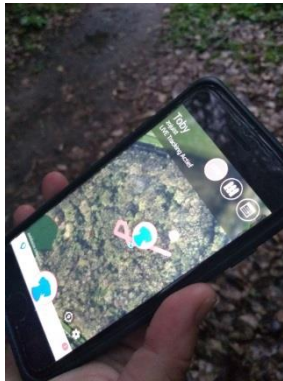
*Professor Nick Tyler from the PAMELA lab*

## OUR INDUCT EXPERIENCES

**Yvette Vermeer (ESR 1). University College London, UK**

y.vermeer@ucl.ac.uk

**Seconded to:** KI, Sweden and Alzheimer Nederland/Alzheimer Europe, the Netherlands



**My research:** *The needs for surveillance technology and caring media products:* Helping to empower people living with dementia and support carers.

**How I hope my research will benefit people with dementia and their carers:**

Advertisers considerably portray stereotypes of dementia to sell surveillance technologies (e.g. GPS, tracking devices) to increase the safety and independence of people with dementia. This study recognised that people with dementia have different needs from their carers when it comes to such technologies and advertisements, which will give insights to designers, developers and researchers. The results are hoped to ensure that products are meeting individual needs, are not stigmatising and will empower (rather than disempower) people with dementia. As a result, carers will be supported by having the person with dementia accepting the product to the benefit of all.

**Skills gained during INDUCT:** This has been a great learning experience and journey all in one. The question is, what skills did I not gain from this whole experience?

**Highlights from the last three years:** Running around London and discovering new places every day; the privilege and ability to live in Stockholm and learn basic Swedish; flying and driving around Europe for secondments and symposiums; attending a masterclass and presenting at a conference in Florida, the United States.



**Phrase which sums up my INDUCT experience in [English]:**

*It's okay if it does and it's okay if it doesn't*

## Sophie Gaber (ESR 3). Karolinska Institutet, Sweden

sophie.gaber@ki.se

**Seconded to:** DZNE, University of Witten, Germany & Alzheimer's Disease International

**My research:** Use and Access to Everyday Technology for People with Dementia in Europe and Internationally.



*With interdisciplinary members of the Neurobiology, Care Sciences and Society (NVS) Doctoral Student Council*

### How I hope my research will benefit people with dementia and their carers:

The UN Convention on the Rights of Persons with Disabilities (CRPD) states that, people living with and without disabilities, including dementia, have the right to live

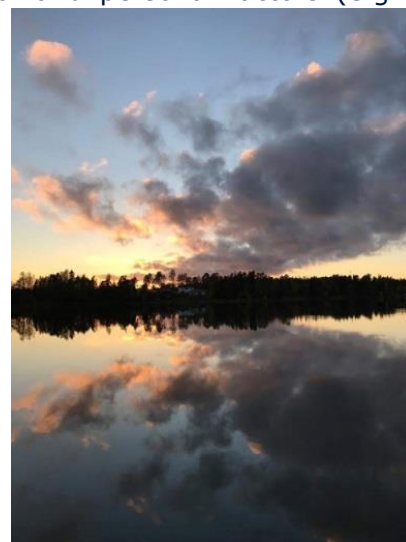
independently and participate fully in all aspects of life. I hope my research contributes evidence to help enable people with dementia to participate in places and activities within public space. By elucidating a statistically significant association between Everyday Technology use and participation in places and activities within public space, for older people with and without dementia, across different contexts, the research underlines the need to consider contextual and personal factors (e.g. cognitive capabilities, living situation, education level, gender, age etc.). The research can be used to support the health and wellbeing of people with dementia and their carers through the development of more targeted health and social care planning, as well as more accessible technologies and public spaces.

**Skills gained during INDUCT:** Perseverance and flexibility are the primary skills I have developed over the last three years. These skills have been crucial in balancing work and life commitments and in being able to adapt to the vicissitudes of research on an international scale (e.g. navigating ethical procedures in different countries, presenting research in Swedish, interdisciplinary working etc.). One of the most rewarding experiences I have gained is in combining work towards a high-quality PhD project that I am proud of, with also being able to invest and foster relationships with the communities I have worked with (e.g. being the Chair of the Neurobiology, Care sciences and Society Doctoral Student Council at KI, outreach activities with minority and migrant communities).

**Highlights from the last three years:** I am grateful for the opportunities INDUCT has given me. Particular highlights include travelling around the world and meeting a diverse range of people (e.g. international experts in Dementia research, the European Working Group of People with Dementia, NGOs and people living in refugee camps, fellow early stage researchers and of course, my fiancé). Relocating to Sweden has enabled me to immerse myself in a new culture and to embrace the Nordic way of life. It is a pleasure to live in a beautiful city like Stockholm, with its unique blend of hi-tech innovations and its proximity to nature.

**Phrase which sums up my INDUCT experience in [Swedish]:**

*Den som lever får se* (He who lives gets to see)



*Photograph of Lillsjö (Little Lake) in Upplands-Bro Municipality, Sweden*



## Sarah Wallcook (ESR 4). Karolinska Institutet, Sweden

sarah.wallcook@ki.se

**Seconded to:** World Federation of Occupational Therapists, UCL

**My research:** Access and Ability to use everyday technology among people with and without dementia in different countries.

**How I hope my research will benefit people with dementia and older adults in general:** One thing I am discovering is that much research, policy and practice is based around the growing numbers of older users of internet enabled devices. I have felt so privileged in my research to be able to hear the voices of those older adults who do not consider these devices relevant to them, and I am finding that this is often not a minority view. I hope that



*One of the tiny Lake District hamlets where Sarah interviewed people*

my research can be used to raise the need to ensure that all people's technological preferences are supported in the ways that we deliver services and carry out research. Inclusivity may be better achieved if technology is designed to present lower levels of challenge to people, and if people's varied abilities to use technology are taken into consideration.

**Skills gained during INDUCT:** I have grown in confidence and comfort in my own skin, especially when discussing my research, or networking and presenting. Designing and executing a project with multiple methods is continually giving me new skills in qualitative and quantitative methods and an understanding of how to combine them



*Skating (långfärdsskrisko style) on the sea ice in Stockholm's southern archipelago*

effectively. I am grateful to be able to notice my growing sense of authority and deepening understanding of my specialism as a researching occupational therapist.

**Highlights from the last three years:** Making precious new friends and experiencing the Swedish lifestyle from my beautiful island cottage with my husband and dog. Enjoying this special approach that our team at KI have to supporting, developing and celebrating doctoral students is an ongoing blessing. The memorable people and allies that I have met in the project and the moments we have shared together making this research the best that we can. Ice skating through the archipelago was an unforgettable and exhilarating way to spend a blue sky day.



*Recording new songs created from interview data with her long-time*

**Phrase which sums up my INDUCT experience in [English]:**

***Time is priceless, but it's Free. You can't own it, you can use it. You can spend it. But you can't keep it. Once you've lost it you can never get it back.***

(Audrey Niffenegger – Time Traveller's Wife)

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## Harleen Rai (ESR 5). University of Nottingham, UK

Harleen.Rai@nottingham.ac.uk

**Seconded to:** INTRAS, Zamora & Alzheimer Indonesia, Jakarta

**My research:** 'Adapting individual Cognitive Stimulation Therapy (iCST) for delivery by a touch-screen application'.

**How I hope my research will benefit people with dementia and their carers:** It can be difficult for people with dementia to stay mentally stimulated and often there are not enough activities out there to provide this stimulation through enjoyable content. I hope that Thinkability/the iCST application can help both people with dementia and their carers (relatives/friends) to stay mentally active but also to engage in conversations, discussions and spend quality time together.



**Skills gained during INDUCT:** Perseverance and adaptability are some of the first skills that come to mind. The whole INDUCT experience has been rewarding but has had challenging moments as well on both a professional and personal level. In addition, being in so many different environments quite frequently I learned to adapt and enjoy my new surroundings. I also think I have become more confident in my research abilities with the help of my supervisory team and all the training opportunities provided through INDUCT and the University of Nottingham.

**Highlights from the last three years:** I will always remember all the amazing people I met during these three years e.g. having a cohort of 15 ESRs to go through the journey with together made INDUCT even more special to me. All of the travel opportunities have been highlights but I especially appreciated both the secondments as they allowed me to experience new cities and cultures as a 'local'. Lastly, seeing people with dementia and their carers using Thinkability/the iCST app for the first time made me incredibly happy. Seeing all the hard work coming into fruition was an absolute highlight!

**Phrase which sums up my INDUCT experience in [Dutch]:**

*Traagheid is het geheim van het genieten*

(Slowness is the secret to enjoyment)





## Aline Cavalcanti Barroso (ESR 6). University of Nottingham, UK

Aline.Cavalcantibarroso@nottingham.ac.uk

**Seconded to:** VUmc, Amsterdam and Karolinska Institute, Stockholm.

**My research:** Using computer technology to enable arts and crafts for people with dementia in care homes

**How I hope my research will benefit people with dementia and their carers:** Life in care homes can be quite dull, especially if no entertainment activities are offered to the residents. With my research in the use of art activities in touchscreen technology, I expect to bring to care homes a different and exciting option of activity to be offered to people with dementia. With this activity, I hope to increase the wellbeing of people with dementia and carers while they spend some quality time together and have some fun creating art.



**Skills gained during INDUCT:** Resilience was one of the skills I developed during this PhD. A lot in this project did not happen as I first planned, so resilience and creativity were fundamental for this process. These also helped me with my self-confidence, and today, I feel more capable of being a researcher.

**Highlights from the last three years:** The travels to the most fantastic places for secondments, schools and conferences. One of my favourite trips was to Japan for the ADI conference. We had the opportunity to stay in a Buddhist Temple in Mount Koya and see Mount Fuji during cherry blossom season. It was amazing!

**Phrase which sums up my INDUCT experience in [Portuguese]:**

*Quem acredita sempre alcança*

(Who believes always achieves)



## Kim Beentjes (ESR 8). VUMC, Amsterdam, The Netherlands [k.beentjes@vumc.nl](mailto:k.beentjes@vumc.nl)

**My research:** Using the iPad for self-management and health promotion activities, and social inclusion

**Introduction:** As I only started on the 1<sup>st</sup> of May, I will introduce myself. My name is Kim Beentjes and I am from the area around Maastricht. I am based in Amsterdam at the VUmc and I am supervised by Prof. dr. Rose-Marie Dröes and Dr. Franka Meiland. I graduated in European Public Health from Maastricht



University and I have a Master's degree in Public Policy and Human Development from the United Nations University. After this, I studied Medicine at the University of Zagreb, Croatia for two years.



After only having worked for one week, I felt privileged to already attend the INDUCT school in London. I learnt a lot about INDUCT and the projects of all the other ESRs. I also enjoyed the sessions about entrepreneurship, professional development and palliative care. It was a great week in which I met a lot of wonderful people!

At the moment I am still looking for Dutch people with dementia and their carers who are interested in working with tablets (Ipad/Android). We prolonged the recruitment period to be able to include more people into our research. If you have any questions or suggestions regarding my project please send me an email on [k.beentjes@vumc.nl](mailto:k.beentjes@vumc.nl), or have a look on our website <https://findmyapps.onderzoek.io/> or [Twitter](https://twitter.com/FindMyApps_VUmc) account [https://twitter.com/FindMyApps\\_VUmc!](https://twitter.com/FindMyApps_VUmc)

**Phrase which sums up my INDUCT experience in [English]:**

*Short but sweet!*

## Hannah Christie (ESR 10). Maastricht University, The Netherlands

[Hannah.Christie@maastrichtuniversity.nl](mailto:Hannah.Christie@maastrichtuniversity.nl)

**Seconded to:** Mindtech at University of Nottingham, Nottingham & Betawerk, Heerlen

**My research:** *The implementation of eHealth interventions to support caregivers of people with dementia.*

**How I hope my research will benefit people with dementia and their carers:** Very few of the eHealth interventions developed by universities are currently used in practice. One of the problems is that there has been a lot of focus on effectiveness studies, with little follow-up research to assess which factors would contribute towards their successful implementation. Another important aspect is that the implementation process often starts too late, and the





intervention can no longer be adapted to the needs of the people who will be implementing it. By doing research on these contextual factors, I hope to make it easier for future eHealth interventions to find their way to the caregivers that need them.

**Skills gained during INDUCT:** I am happy to say I have learned a lot about organizing my time efficiently. I have also learned to balance having confidence in myself and my research with welcoming and integrating feedback from peer-reviews and supervisors. Nowadays, I feel confident in my qualitative analysis skills, as I have had the opportunity to participate as first or second author in four qualitative interview analyses so far. Finally, the many INDUCT events and conferences have also helped me feel at ease interacting with other researchers and discussing our research.



**Highlights from the last three years:** The best part of this three-year journey has been the sense of personal fulfilment in seeing how my research project grew from a short description on a website to a whole range of findings that will help people and contribute to the field. The feeling of being part of such a supportive network of my peers and seniors was also an invaluable part of this journey. Of course, I also very much enjoyed seeing everyone in all the exciting locations we were lucky enough to visit for our research.



**Phrase which sums up my INDUCT experience in [Dutch]:**

*Ik ben blij dat je hier bent*

(I'm happy you're here)

**Annelien Van Dael (ESR12). VUB, Brussels, Belgium**

Annelien.Van.Dael@vub.ac.be

**Seconded to:** University of Hertfordshire, Hatfield

**My research:** The effectiveness of advance care planning (ACP) as a complex health technology for people with dementia in nursing homes.

**How I hope my research will benefit people with dementia and their carers:** Advance care planning is a process of communicating present and future wishes to family carers and healthcare professionals in case a person loses decision-making capacity. In our project we developed an ACP training for





healthcare professionals in nursing homes. I hope that the results of my research will guide healthcare professionals in having ACP conversations in a sensible manner, adjusted to the needs of people with dementia.



*Presenting at the ACPI conference in Rotterdam*

### **Skills gained during INDUCT:**

Professionally I learned a lot about academic writing, how to present my research, planning and conducting a trial and doing statistics. Furthermore, I also learned a lot about the big puzzle that is called 'work-life balance'. At times this can still be a struggle, but both my supervisors and my fellow ESRs showed me that it is alright to ask for help sometimes to keep this balance healthy.

### **Highlights from the last three years:**

All the opportunities of travelling around Europe and meeting and becoming friends with other ESRs makes me feel very grateful. I also found it very valuable to learn about other cultures and people's views on care (for people with dementia). Connecting with so many people from different countries and different professional fields was very valuable to me.

### **Phrase which sums up my INDUCT experience in [Flemish]:**

***Repeteren, repeteren, wie zijn best doet zal het leren***

(Practice and you will learn)



*With colleagues at the ACPI conference*

**Kate Shiells (ESR 13). Univerzita Karlova, Czech Republic** [Kate.Shiells@fhs.cuni.cz](mailto:Kate.Shiells@fhs.cuni.cz)

**Seconded to:** VUB, Brussels & INTRAS, Zamora

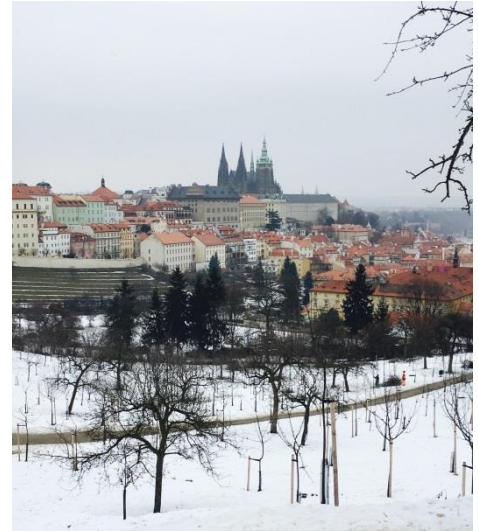
**My research:** *More of a hindrance than a help?* The usability of electronic patient records (EPR) for planning dementia care in nursing homes.

**How I hope my research will benefit people with dementia and their carers:** Documentation plays an important role in the care of people with dementia in nursing homes, although completing documentation has been described as a burden by staff, and some EPR systems have been found to hinder staff in their work. I hope that the results of my research will guide developers to design improved EPR systems, which also facilitate a holistic process of care planning for people with dementia in nursing homes, leading to an improvement in the quality of their care.



**Skills gained during INDUCT:** Patience and resilience are two of the most important skills I have acquired during the last three years (in relation to finding somewhere to live in Prague, trying to speak Czech, and of course, the publishing process). Secondly, having previously studied languages at university, joining this project I initially felt thrown in at the deep end. But, thanks to the wealth of training opportunities and expertise of supervisors, I am now beginning to feel like a researcher!

**Highlights from the last three years:** To have had the fantastic opportunity to live and feel like a local in one of the most beautiful cities in the world; spending summer evenings on Slovanský Ostrov-my favourite island in Prague; coming together with other ESRs for secondments, schools and conferences at various locations around Europe and the world.



*Prague Castle from Petřín hill*



*Poster presentation at Alzheimer Europe conference 2017*

**Phrase which sums up my INDUCT experience in [Czech]:**

*Trpělivost růže přináší*

(Good things come to those who wait)

**Angie Alejandra Diaz Baquero (ESR 15). INTRAS, Zamora, Spain**

[npasalejandradiaz93@gmail.com](mailto:npasalejandradiaz93@gmail.com)

**Seconded to:** Nottingham University, UK

**My research:** Effectiveness of the GRADIOR rehabilitation program in people with MCI and mild dementia

**How I expect my research to benefit people with dementia and their caregivers:** Gradior is a computer program designed for the cognitive rehabilitation of people with MCI and mild dementia. I hope that GRADIOR will help improve the cognitive functioning (memory, attention, language, cognitive functioning) of people with MCI and mild dementia who participate in the research and that, in turn, this will contribute to improvements in their mood and their relationships with their caregivers.





small but cozy town.

**Skills acquired during INDUCT:** Discipline and flexibility are two of the skills that every researcher must have, since research requires an organized mind, as well as the ability to develop solutions to the situations that are presented to us. Perseverance in difficult situations and resilience in the face of obstacles are key to the path that guides our actions towards what we want to achieve-*nobody said that the road would be easy, it comes loaded with adversities.*

**Highlights of the last three years:** Training opportunities in different places have allowed for continuous learning and interaction with other cultures. It has been a pleasure to get to know each person (supervisors, teachers, ESRs) that makes up INDUCT and the collaborative work has assisted in the development of my own project, as well as the clinical experience with people with MCI and mild dementia. And, of course, I have had the opportunity to live in Zamora, that

**Phrase that summarizes my INDUCT experience in [English]:**

*Cognitive flexibility is vital as it will allow us to adapt our behavior and thought to multiple contexts.*



## MORE INFORMATION



For more information, please access our website: [www.dementiainduct.eu](http://www.dementiainduct.eu)

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