IDS-TILDA CHRISTMAS NEWSLETTER 2024

EASY-TO-READ VERSION

Trinity Centre
for Ageing and
Intellectual Disability
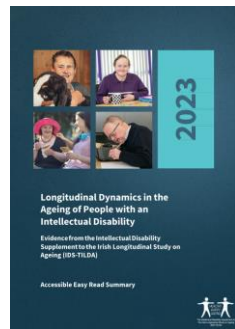
HEALTHY
HAPPY
AGEING

The Intellectual Disability Supplement to
The Irish Longitudinal Study on Ageing
(IDS-TILDA)

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

Greetings from Prof. McCarron and the IDS-TILDA team	
	Hello from Professor McCarron and the IDS-TILDA Team! We are very happy to send you our IDS-TILDA Christmas Newsletter
	As we prepare for Christmas, we are looking back on everything we have done this year. We have done lots of work sharing what we learned from wave 5 of our study.
	We have met lots of important people across Ireland and have been sharing what we learned with them.
	This is very important because it helps make life better for people with intellectual disabilities.
	We are getting ready for Wave 6 of our study which will start next year.

	We will be doing interviews again soon. We are looking forward to meeting with all our IDS-TILDA participants again soon.
	We will be in touch during the year to arrange an appointment for your interview.
	Thank you everyone who participates in IDS-TILDA for making wave 5 of our study so successful!
	Merry Christmas and happy new year!

IDS-TILDA Christmas Card Competition

	We were delighted to receive so many wonderful pictures for our 2024 Christmas card competition!
	Thank you to everyone who entered!

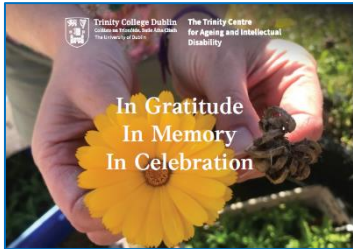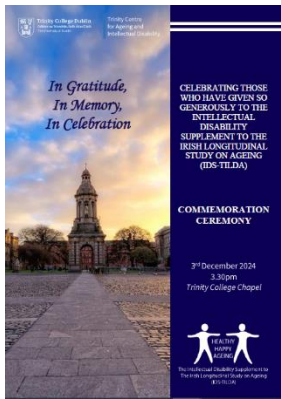|	
	Our judges found it very difficult to pick just three winners.
	The winning entry in our Christmas card competition came from Isabella Gielarowska, Abbeyview Residences
	Second place went to Lee Shannon, Stewarts Care
	Third place went to Miriam Roche, Peamount Healthcare
IDS-TILDA Remembers Our Deceased Participants	
	On the 3rd of December we had a ceremony in Trinity Chapel to remember all the IDS-TILDA participants who have died.

	Family and friends of these participants joined us for the event.
	The theme was 'In gratitude, In memory, In celebration'.

We are very grateful for everything these participants have done for IDS-TILDA. |
| | There are 270 IDS-TILDA participants who have died.
We remember them all during this ceremony. |
| | There were readings and musical performances at the ceremony. |
| | Musical performances were by musicians from Viewpoint Self-Advocacy Group of Sunbeam House Services and Mr David Banfield. |

Translating IDS-TILDA Knowledge Into Policy And Practice Event	
	On the 17th and 18th of October we had event called IDEAS in Maynooth.
	Lots of experts, researchers, service providers and advocates went to the event.
	The conference was about how IDS-TILDA research can help make services and supports better for people with intellectual disabilities.
	The event was organised by the Trinity Centre for Ageing and Intellectual Disability (TCAID) with the National Federation of Voluntary Service Providers.
	The meeting helped people who care for older adults with learning disabilities. It gave them ideas to make life better for these adults.

	Some people with intellectual disabilities spoke about their experience of research making positive changes in their lives.

	There is a new research project at IDS-TILDA. This project looks at using a new tool called the Echolight.
	The Echolight tool is for bone screening for people with intellectual disability.
	The tool looks at if you have weak or fragile bones.
	This tool is recognised by the Irish Osteoporosis Society.
	This bone screening tool is a different option to the DXA Scan because the DXA scan can sometimes be challenging for people with disabilities.

	People from the Trinity Centre for Ageing and Intellectual Disability and Wexford Residential Intellectual Disability service worked on this project.
	80 people with all kinds of intellectual disabilities from all over Ireland took part in this project.